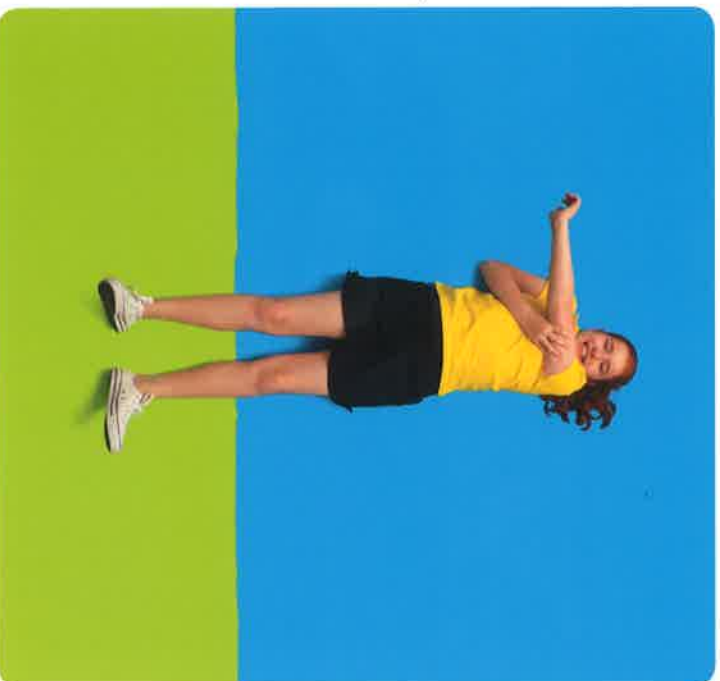


Health-related activities

9. Aerobic circuit

On the right is a sample circuit. Other activities could be used. These should use major muscle groups and be continuous.

- More or fewer stations could be used.
- Try to alternate high and low-impact activities.
- Also alternate arm and leg activities.



Leg striders (hands on floor, bottom in air, feet jumped forwards and backwards alternately)



Spotty dogs (jump with split legs so one is in front of the other, arms swinging backwards and forwards)



Jogging around the area (heels down)



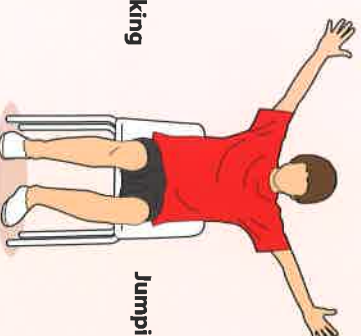
Step ups



Knee-to-elbow lifts



Race walking



Jumping Jax