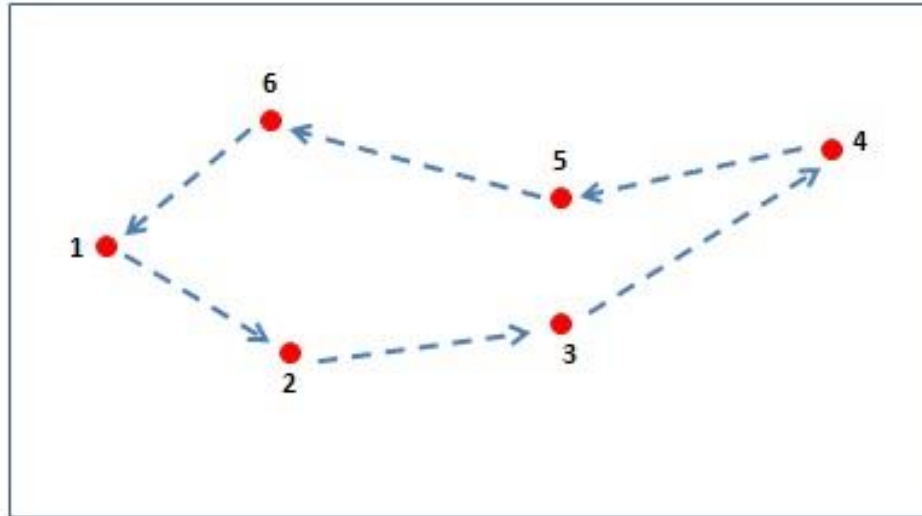


Continuous Circuit



- a. Organise children with similar sustained running ability in groups of 4 – 6.
- b. Mark out a running circuit with cones of approximately 6 x 30 metres.
- c. Design the shape of the circuit for variety and interest.
- d. Remain in groups and start next to a cone on the outside of the circuit.
- e. Each group starts on a different cone and runs in an anti-clockwise direction.
- f. On teacher's command run to the next point in the circuit in an estimated 10 seconds and stop.
- g. Progress to building up to a full circuit without stopping.
- h. Groups should aim to pass a cone every ten seconds.
- i. Practise and improve.