

Kids Outdoor Fitness Circuit

What you need:

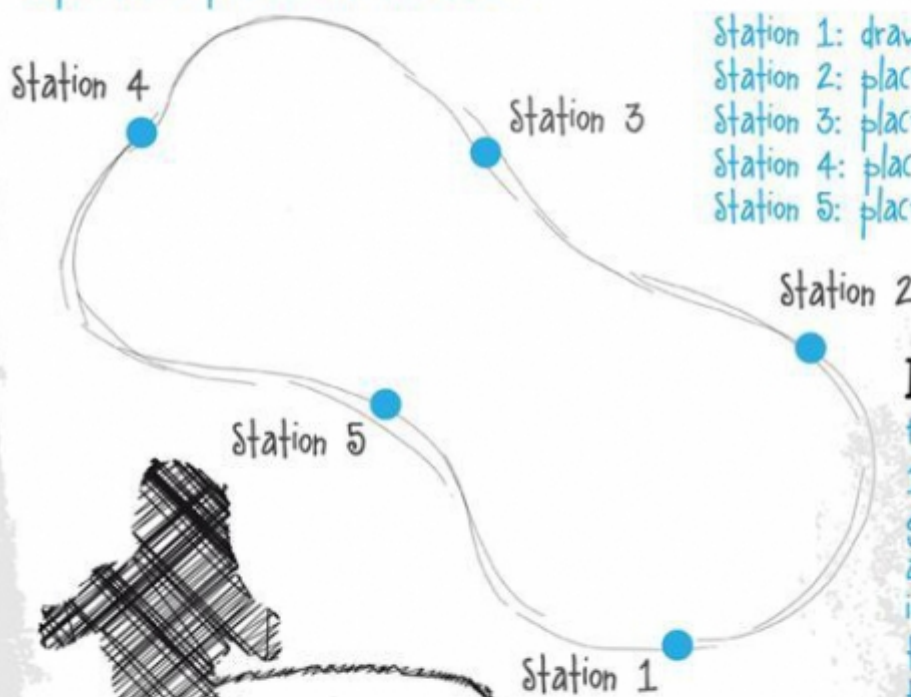
Fun Summer Activity Game

Sidewalk chalk
Hula hoop
Jump rope
2 buckets filled w/water
Scooter or bike
Stopwatch
Paper to keep track of time/score

Setup:

Setup 5 stations in an oval shape around your yard and driveway. It can also be a straight line. Space stations as far apart as possible.

Station 1: draw a hopscotch
Station 2: place hula hoop
Station 3: place jump rope
Station 4: place buckets
Station 5: place scooters or bike



Instructions:

Have kids line up at station 1. Each kid will take turns going through the circuit and you will time how long it takes them to complete the circuit. The child with the fastest time wins.

At station 1, kids hop on one leg across the entire hopscotch. At station 2, they hula hoop for 5 rotations. At station 3 they jump rope 5 times. At station 4 they carry the 2 buckets of water, one in each hand, to station 5. At station 5 they get on the bike or scooter and ride back to station 1.