

# Around the Circle

Grades K–5

## BENEFIT

Moderate aerobic exercise

## LOCATION

Large circle on the blacktop

## EQUIPMENT

None

## Tip

Remind your students to move carefully—no jogging or running—especially when they change directions or change movement types.

## Tip

If your students don't yet know a movement type, or are having trouble remembering it, demonstrate the movement yourself, or call on a volunteer to demonstrate the correct form.

- 1** Ask your students to begin moving around a large circle painted on the blacktop. Give instructions for various low-to-moderate-speed exercises, such as walking, marching, and so on (do not use fast exercises, such as jogging, skipping, or galloping). Identify a command that signals when to start a new type of movement. The students must change exercises when they hear the command.
- 2** Have the students perform one movement type for 20 to 30 seconds before introducing a new command. Once your students are familiar with the commands, you can skip saying the instructions and simply call out new commands every 20 to 30 seconds.

Here are some sample instructions and commands to use with your students.

- When I say “Green light,” march around the circle. When I say “Red light,” freeze.
- When I say “Switch,” turn and move around the circle in the opposite direction.
- When I call out “Stop for a strength exercise,” stop moving around the circle and perform five push-ups. (Teachers can use any strength exercise, such as squats, V-sits, curl-ups, lunges, push-ups, or sit-ups.)
- When I say “Giant steps,” walk with gigantic steps around the circle.
- When I say “High knees,” bring your knees up as you step.
- When I say “Hop,” hop around the circle on one foot. Hop 10 times on each foot.
- When I say “Bear-crawl,” get down and crawl like a bear around the circle. (For variety, have your students imitate other animals—crawl like a crab, fly like a bird, hop like a kangaroo, and so on.)

- When I say “Tiny steps,” walk with tiny steps around the circle.
- When I call out a number of steps—for example, 30 steps—everyone must walk that number of steps while counting out loud together, staying in time with everyone else and finishing their steps at the same time.
- When I say “Burst,” jog in place as fast as you can for 10 seconds, then continue walking around the circle.



Students move around the circle, acting out the commands given by the teacher.