

Station 1 - Push Ups (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
18		26	Gold	13		15
15		22	Silver	9		11
12		18	Bronze	5		7
9		14	Tin	3		3
Age Record (year of birth)						
BOYS				GIRLS		
20		12 years		15		
20		13 years		15		
23		14 years		15		
24		15 years		14		
30		16 years		13		
33		19 years		13		

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Start by lying flat on board with hands under chest
3. On "Go", Push up to fully extend arms
4. Keep body straight
5. Bend elbows, touch chest to board
6. On "Stop" the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
7. Fitness component/s - Aerobic capacity + ME of arms

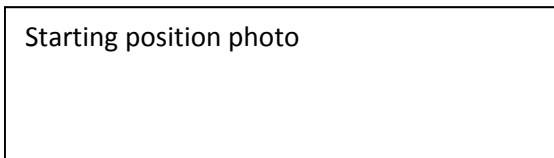
Starting position photo

Station 2 - Step Ups (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Start by facing bench. Feet together.
3. On “Go” Step up, up, down, down (counts as 1)
4. On “Stop” the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - Aerobic capacity + ME of legs

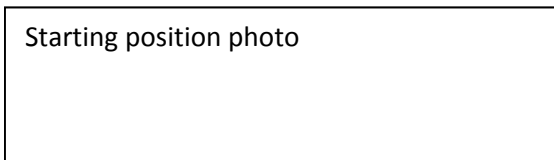


Station 3 - Chin Ups (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Start position - reach up and grasp bar with both hands shoulder width (either grip), lift both feet off ground
3. On "Go", flex arms to lift chin above bar (counts as 1)
4. On "Stop" the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - Aerobic capacity + ME of arms



Station 4 – Hill?? Shuttle Run (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Start by standing behind starting line board
3. On “Go”, run to opposite line & touch bar/ board, back & touch start line with foot(Up and back is one)
4. On “Stop” the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - Aerobic capacity + Agility

Station 5 - Dips (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Starting position - support weight on hands, elbows straight
3. On "Go", bend arms until triceps are parallel with ground., lower and lift to straight elbows (counts as one)
4. On "Stop" the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - ME of arms

Station 6 - Sit Ups (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Start by placing hands behind head, partner holds ankles, knees bent
3. On “Go”, sit up and touch knees with elbows. Lay down until back touches bench (counts as 1)
4. On “Stop” the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - ME of stomach muscles

Station 7 – Challenge Rail (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Starting position – reach up and grasp 1st. handle with both hands
3. On “Go”, reach for next handle with one hand and transfer weight to this hand (counts as 1)
4. On “Stop” the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - ME of hands and shoulders

Station 8 – 10m. Agility Run (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Starting position - place front foot on starting board
3. On "Go", run and weave around the eight poles (counts as 1), turn and weave back (2), turn and
4. On "Stop" the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Fitness component/s - Agility and speed

Station 9 – Standing Long Jump (1 Minute)

BOYS			LEVEL	GIRLS		
Junior 7 – 9		Senior 10 – 12		Junior 7 – 9		Senior 10 – 12
			Gold			
			Silver			
			Bronze			
			Tin			
Age Record (year of birth)						
BOYS				GIRLS		
			12 years			
			13 years			
			14 years			
			15 years			
			16 years			
			19 years			

Exercise Description

1. In Pairs, one counting number of reps in one minute and recording, partner doing the exercise.
2. Starting position – Feet together, toes behind take off line
3. On “Go”, two foot jump and , measure from behind heel of back foot to start line
4. On “Stop” the Recorder writes down score and changes places with partner and adopts the ready position (see picture)
5. Longest jump in one minute, at least two attempts
 - Year Level (actual distance)
 - Age Record (% of standing height)

Use phone calculator to work out % - divide jumping distance by your height

6. Fitness component/s – Leg power

Fitness Trail Circuit training – Student

This is a general fitness circuit. It aims to improve power, muscular endurance, aerobic capacity and agility

NAMES

Teacher:- _____

Class:- _____

Station No.	Exercise	Description	Fitness Component	No. in 1 Min.	No. in 1 Min.
1	Push Up	Push up to fully extend arms. Keep body straight. Bend elbows, touch chest to board (counts as 1)	Arm _____ & _____		
2	Step Up	Step up, up, down, down (counts as 1)	Leg _____ & _____		
3	Chin Up	Reach up and grasp bar with both hands shoulder width (either grip), lift both feet off ground. Flex arms to lift chin above bar (counts as 1)	Arm _____ & _____		
4	Hill Shuttle Run	Place front foot on starting board. Run to opposite line & touch bar/ board, back & touch start line with foot. (Up and back is one)	_____ & _____		
5	Dips	Support weight on hands, elbows straight. Bend arms until triceps are parallel with ground., lower and lift to straight elbows (counts as one)	Arm _____		
6	Sit Ups	Place hands behind head, partner holds ankles, knees bent. Sit up and touch knees with elbows. Lay down until back touches bench (counts as 1)	Stomach _____		
7	Challenge Rail	Reach up and grasp 1 st . handle with both hands. Reach for next handle with one hand and transfer weight to this hand. (counts as 1)	Hand, Shoulder _____		
8	Agility Run	Place front foot on starting board. Run and weave around the eight poles (counts as 1), turn and weave back (2), turn and	_____ & _____		
9	Standing Long Jump	Feet together, toes behind take off line. Two foot jump and, measure from behind heel of back foot to start line. Longest jump in one minute, at least two attempts – Year Level (actual distance) - Age Record (% of standing height) Use phone calculator to work out % - divide jumping distance by your height	Leg _____		