

CAMP OLAVE

Amy Leigh Fitness Circuit – Camp Olave

Children must be supervised at all times. Do not use the equipment if conditions are not right, if it feels too big or too small, too slippery or too snowy or too wet etc. Have fun!

- 1. Hurdles** - run several steps and jump over hurdle right leg first, proceed to next hurdle and do the same until you have jumped them all
- 2. Balance Beam** - walk one foot in front of the other along the balance beam. If you fall off go back and start again
- 3. Sit-ups** - sit on the bench and place your toes under the toe board, place your arms across your chest, lean back and using your toes and legs and stomach muscles lift yourself into a sitting position again. Complete 5 sit ups
- 4. Monkey Bars** – stand on the ladder, grab hold of the monkey bars, swing your feet free and using your body motion move on to the next monkey bar until you reach the other side. If you fall off go back and start again.
- 5. Step Stairs** - step up and step down 5 times
- 6. Swing Balance Beam** – hand on to the hand rails and walk carefully cross the beam one person at a time.
- 7. Parallel Bars** - place your hands on top of the bars, straighten your elbows so that your legs swing free. Use your body motion to walk your hands down the parallel bars
- 8. Leap Frog** – run up to the first stump, place your hands together on to the stump and jump over the stump, run up to the next stump and jump it in a similar manner.