



# KIDS ON THE MOVE



## Activity: The Triangle Circuit

### Equipment

- Cones or Spots to map out triangle
- Large space

### Set Up

- Map out a triangle using either cones or spots.
- Ensure each "leg" is approximately the same distance
- Assign a different workout to each "corner" of the triangle

### How To Play:

- Each student must run to the corner, do ten reps (or more) of the designated exercise, then run to the next and repeat
- You can do as many circuits as you want, and you can make the distance of the runs as far as you want to fit your students needs
- Depending on the length of the circuit you set up, this exercise functions as a moderate-to-difficult-level workout

