



# Playground Circuits



# Acknowledgements

We would like to acknowledge Bre Erickson for her contributions to this resource.

## Purpose

Elevate physical literacy through this thoughtfully crafted Playground Circuits resources, combining fitness and skill refinement on the playground. The resource's suggested circuits and activities empower students in fostering agility, balance, coordination, spatial awareness, and muscular endurance, nurturing fundamental movement skills while prioritizing safety and enjoyment.

For more great physical activity and physical literacy resources, check out [www.schoolpapl.ca](http://www.schoolpapl.ca):



# Table of Contents

<b>Safety</b> .....	<b>4</b>
How to land .....	4
Hangs .....	4
Swings .....	4
<b>Steps, Wooden Edge, Beam, Benches, Pods</b> .....	<b>5</b>
Stationary Balances .....	5
Dynamic Balances .....	5
<b>Ropes, Climbing Wall with Chain, Metal Ladders</b> .....	<b>6</b>
<b>Poles</b> .....	<b>6</b>
Strength .....	6
<b>Monkey Bars or Bar</b> .....	<b>7</b>
Types of Grip .....	7
Hangs .....	8
Dynamic Hangs .....	9
Support .....	11
Swings .....	12
<b>Playground Circuit</b> .....	<b>13</b>
Steps and Slides .....	13
<b>Visual Glossary</b> .....	<b>14</b>

Updated October 16, 2023



# Safety

## How to land

- Landing on feet – motorcycle
- Fall forward on hands – bend elbows in prone fall
- Backward fall on hands – thumbs to bum

## Hangs

- Prepare to land on your feet before letting go of bar

## Swings

- Do NOT let go of bar in forward swing.
- For safety let go of bar in backswing.
- Let go when you can see where you are going to land on your feet.





# Steps, Wooden Edge, Beam, Benches, Pods

## Stationary Balances

- Stork stand
- Front scale
- Arabesque – Airplane
- Tuck sit to V-sit

## Dynamic Balances

- Heel Raises – both feet
- Heel Raises – one leg
- Walking
  - Forward
  - Backward
  - Sideways
  - Stork walk
  - Challenge: Try the above on toes



# Ropes, Climbing Wall with Chain, Metal Ladders

- Climb up – hands on rope/chain
- Climb down – hands on rope/chain
- Chin hold – hands on rope/chain
  - Pull up so chin is level with hands – use legs to help pull chin up
- Challenge: Pull ups
  - Arms tall overhead holding onto rope/chain
  - Pull up without assistance of legs



## Poles

### Strength

#### Jump to chin hold

- Lower down – count slowly

#### Stationary holds

- Bent arm or straight arm hold legs in:
  - Tuck
  - Straddle
  - Pike to side of pole

#### Climb down or up poles

- Climb down – control speed
- Climb down – stop part way, bent arm hold
- Climb up – using arms and legs



# Monkey Bars or Bar

## Types of Grip

- Overhand grip
- Underhand grip
- Mixed grip



## Hand Variations



Overhand



Underhand

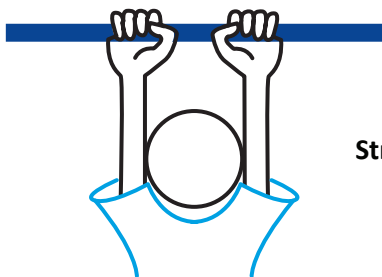


Mixed

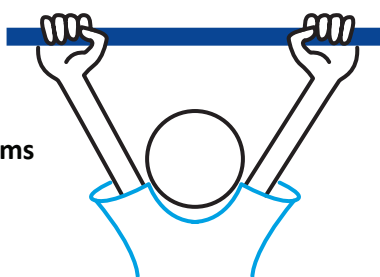


Mixed

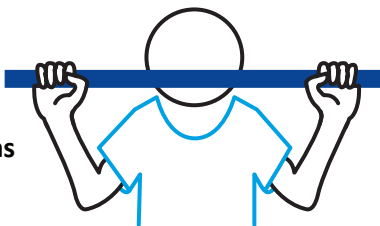
## Arm Variations



Straight Arms



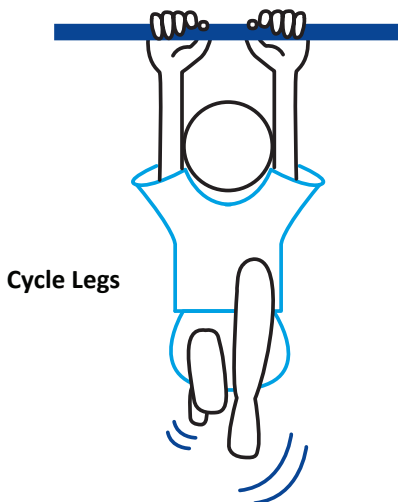
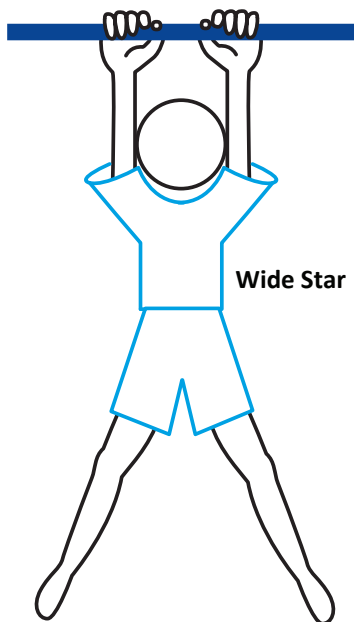
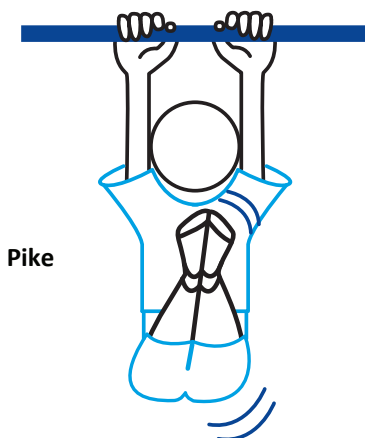
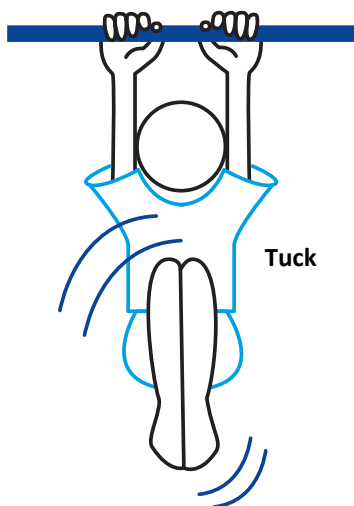
Bent Arms



## Hangs

- Straight
- Tuck
- Star
- Straddle
- Pike
- Incurve
- Outcurve

### Leg Variations

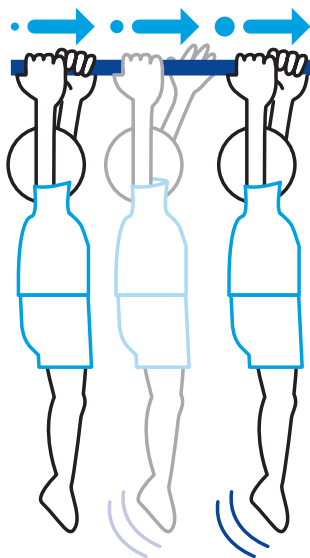




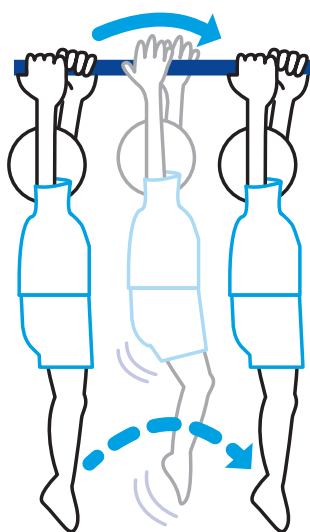
## Dynamic Hangs

- Monkey Walk
  - Sideways
  - Forwards
  - Backwards
- Hopping Hands
  - 180 degree turns
  - Upside down bear

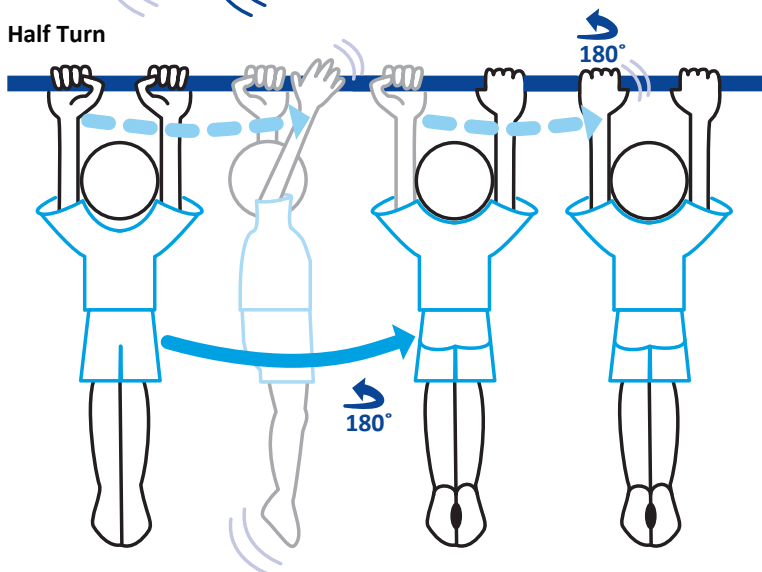
**Walking Hands**



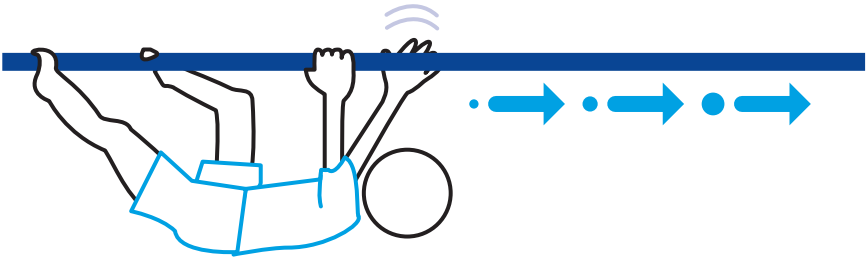
**Hopping Hands**



**Half Turn**



# Upside-down Bear Walk

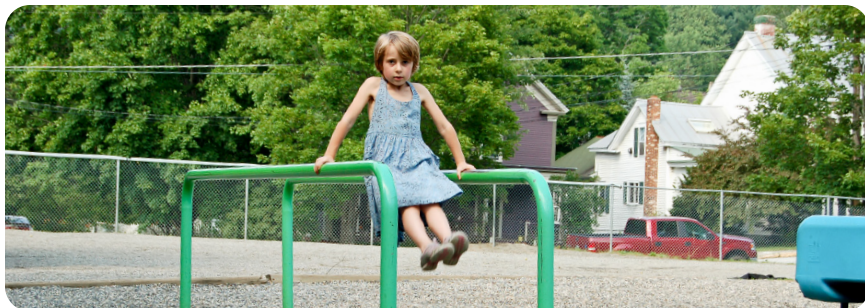


## Support

- Front support on bar or parallel bars
  - Hands over bar – thumbs face towards each other
  - Push arms straight to a tall position
  - Keep legs together and straight
- Challenge: On bar
  - Shoulder shrug in front support
  - Seal walks in front support (Lean forward on bar to move hands)
- Challenge: On parallel bars
  - Walk hands forward
  - Try leg variations: tuck, pike, straddle



**Front Support  
on Bar:** Keep  
body straight.



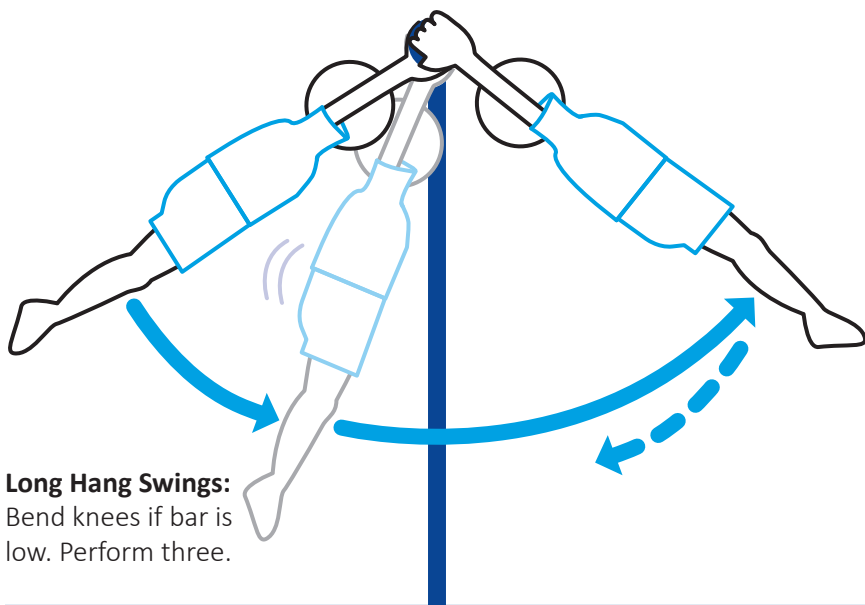
## Swings

### Long hang swing

- Start and finish at the back of swing
- Bend knees if bar is low
- Complete a single swing in correct position first

### Teach – how to do a re-grip

- Hands slide up and over the bar at the back of the swing
- This is to prevent from slipping off of the bar



### Additional types of swings

- Stir the pot – feet move in a circular motion
- Pendulum – feet move left to right

\* **Safety** – Reminder to land at the back of swings



# Playground Circuit

Station	How	Duration/Repetition
Monkey bars	Hangs – Tuck, Pike, Straddle	10–20 seconds
Parallel Bars	Front support or pike hold	10–20 seconds
Climb down the ladder		Once
Slide	Tricep push ups	5 times
Slide	Step ups	5 times, each leg
Chain and climbing wall	Climb up then down	Once
Bar Ladder	Pull ups	5 times

## Steps and Slides

### Jump off to motorcycle landing

- Forward
- Backward

### Push Ups

- Hands or feet on steps or slide
  - Tricep – try with hands close together, hands wide
  - Wide arms

### Tricep Dips

- Hands on steps or slide
  - Bent legs
  - Straight legs

### Pull ups – on stomach

- Lay on stomach, tall arms overhead, pull up holding onto the edge of slide, return to start position

### Squats

- Touch bottom to step or slide

### Step ups

- Step up – push through heel

### Lunges

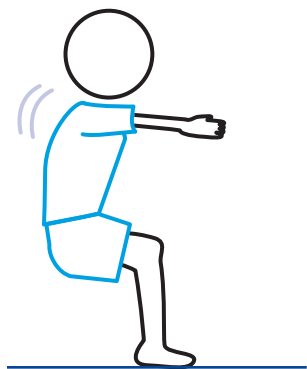
- Back foot on step

Find more playground circuits in [PLAYBuilder](#):

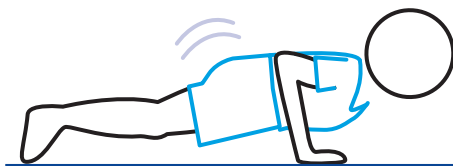


# Visual Glossary

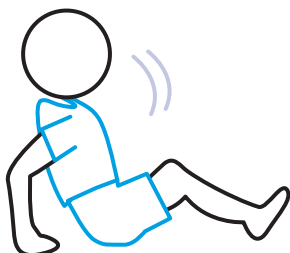
**Motorcycle:** Landing on feet



**Fall Forward on Hands:**  
Bend elbows in prone fall



**On Hands Backwards Fall**



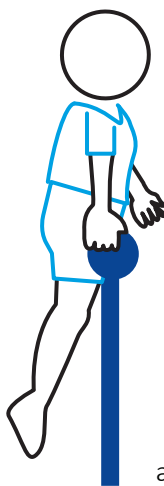
**Stork Stand**



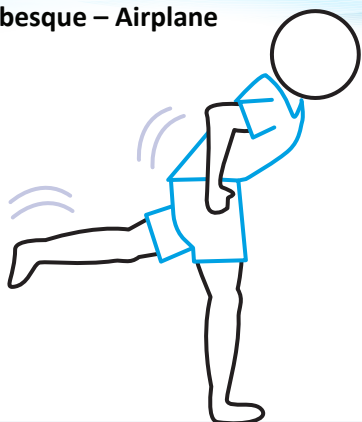
**Front Scale**



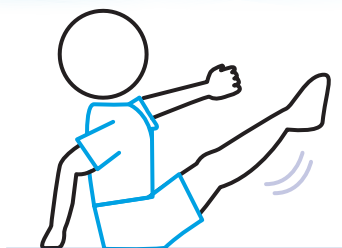
**Seal Walk:**  
Lift one hand at a time to walk hands along the bar.



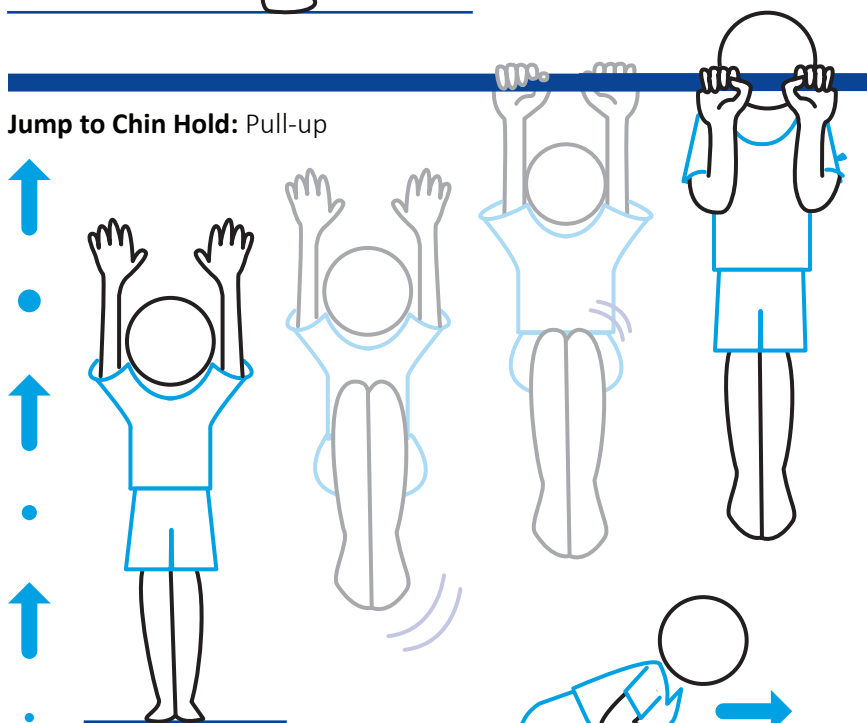
**Arabesque – Airplane**



**Tuck Sit to V-Sit**



**Jump to Chin Hold: Pull-up**



**Pull-ups on Stomach**

