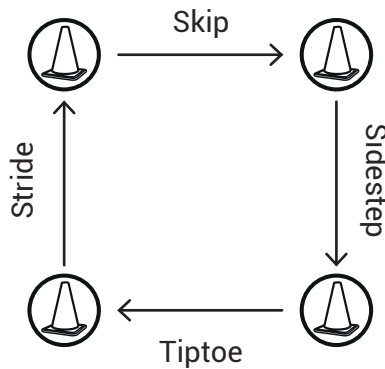
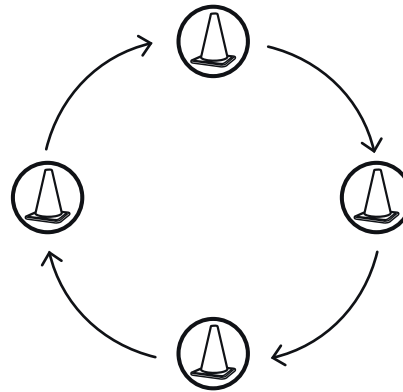


Area Plan: Mini Circuits

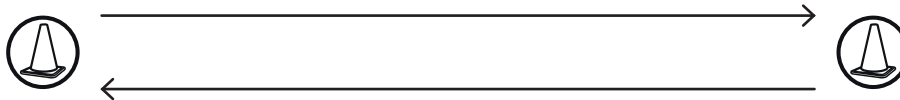
Station 1: Stepping Squares



Station 3: Hopscotch



Station 2: Lunges



Set up three stations in the playing space.

Stepping Squares Instructions:

- Start at one cone and skip to the next cone.
- Sidelstep to the next cone.
- Tiptoe to the next cone.
- Stride to the last cone.

Lunge Instructions:

- Travel from one cone to the other, lunging forward and alternating each leg.
- Turn and travel back to the first cone, again lunging forward and alternating each leg.

Hopscotch Instructions:

- Hopscotch from one cone to the next, following a circular line of travel.
- Hopscotch by alternating hopping and jumping.

KEY



cone