



**Follow the videos for a demonstration of how to do all the activities**

### Equipment Needed:

- Family Members
- A Ball
- Hula Hoops
- Teddies
- Cones
- Empty Buckets
- A Stopwatch or Timer

### How to Complete the Young Athletes Circuit:

- Start at Station 1.
- Complete the activity for 30 seconds.
- After 30 seconds, do one lap of the circuit. You can run or hop!
- Go to Station 2 and begin the activity.
- Continue the above as many times as you like.
- We recommend doing the circuit 3 times.

**\*\*Please note, this is *your* Young Athletes circuit. If you would like to add in some different activities to the circuit please do\*\***

