



Playground Workout

The Task

Complete the circuit of activity cards doing each activity until time runs out, then move on to the next one.

How?

- Space the 10 activity cards out around a large open area (playground, football pitch, park or woodland).
- Divide participants up so that there aren't too many people at each card.
- Set a time limit for doing each activity depending on the total time available (i.e. 20 mins activity time available means participants have 2 mins at each of the 10 cards, but also factor in a few minutes for the brief and debrief).
- Make sure everyone knows what direction to go when moving on to then next card (i.e. everyone goes clockwise) and what the signal will be to move on (whistle, shout, clap?).

Considerations

- New cards can be added in to include activities using equipment you have available (i.e. bouncing a basketball or skipping with a rope).
- Keep scores somewhere safe for next time so participants can track their improvements.



What will you need?

Each participant will need paper and a pencil to write down their "scores".

A whistle or air horn if you want to use it to signal moving on time.

A watch, clock or stopwatch to keep track of time.

Stones to weigh down cards if it is a windy day.





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Organisation & Layout

- Choose an open space large enough for the number of participants you have with a central spot that you can see everyone and supervise from.
- Place each activity card in an appropriate spot (i.e. the tree/wall push ups card near a wall or tree) Divide the participants up equally between activity cards ensuring everyone knows what direction to go when it's time to move on and what the signal will be.
- Tell them when to start, keeping a track of time. Signal when it is time to move on to the next card.

Learning Objectives

- Energetic play in the outdoors – FUN!
- Self-awareness.
- Experiencing personal achievement through challenge and perseverance.
- Motor skills and coordination.
- Exercise as part of a healthy lifestyle.
- Emphasis on personal challenge rather than competition with others.

Safety Information

- Participants must stay close to where you have placed the cards ensuring you can see and supervise them.
- Check for any sharps in the area while placing the cards.
- Keep instructions clear and specific.
- Ask participants to bring the cards back to you at the end of the session.

Review & Assessment

- How do you feel – physically? Mentally?
- Was each exercise too easy, hard or just the right amount of challenge?
- Do you think it will be easier next time? Why?
- Why do this outdoors instead of in the gym hall? What could you see, hear and feel during the session?
- Can you think of any other activities we could add in next time given the equipment we have available?
- What are the benefits of doing these types of activities?



Additional Links & Support

[Blairvadach Playground Workout - YouTube](#)
[Blairvadach Playground Workout - Exercise Cards](#)