Secondary Circuit Training I – Strength and Aerobic Capacity Intervals
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NASPE Standards
Demonstrates understanding of movement concepts, principals, strategies, and tactics as they apply to the learning.
Participates regularly in physical activity.

Virginia Standards of Learning
2 – Application of movement principals and concepts
3 - Demonstration of achievement and maintenance of fitness

Character Standards
Responsible for self control and safety during activity around equipment.

Circuit training can meet the needs of both deconditioned and fit students. Alternating between muscular endurance/strength exercises and aerobic training allows a recovery period for students who need it and adds an anaerobic threshold set that will challenge the most fit students.
After an appropriate warm up, group students in 2’s or 4’s and send out to stations to read the card and be ready to demonstrate the exercise. Ideally, the ratio of cardio to strength would be about 3:1, but to make best use of equipment, an equal ratio is best.
During the interval, cue the cardio stations for the anaerobic threshold of 15 – 30 seconds, with an equal recovery time.

Aerobic Training Stations
Jump rope – fast jump
Tethered run – mogul jumps
Pass 3 and go – pass 1 and go
Over the bosu – side squats
Straddle step – straddle step jump
Roll and go – touch and go
Chariot ride

Muscular Strength and Endurance stations
Trunk twist/ Back extension
Cross lateral raise/ Inclined row
Front raise/ Overhead press
Chest flye/ Bent over row
Bicep curl/ tricep extension
Chop/ Side bend
Push up/ Seated row