



Small Group Circuits

What's needed

- 4x Arrow Mats
- 12x Mini Mats

How to play

A variation of the circuits splitting into smaller teams. Starting on the home mats and working around the activities set out in front.

Once you have completed all your activities, sit on your home mat and wait until everybody is ready to swap.

A timer can be incorporated into the activities, as it is important that controlled and good technique is employed, rather than speed.

