





Purpose

Elevate physical literacy through this thoughtfully crafted Playground Circuits resources, combining fitness and skill refinement on the playground. The resource's suggested circuits and activities empower students in fostering agility, balance, coordination, spatial awareness, and muscular endurance, nurturing fundamental movement skills while prioritizing safety and enjoyment.

*We would like to acknowledge
Bre Erickson for her
contributions to this resource.*

For more great physical
activity and physical literacy
resources, scan this QR code:



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Safety

How to land

- Landing on feet – motorcycle
- Fall forward on hands – bend elbows in prone fall
- Backward fall on hands – thumbs to bum

Hangs

- Prepare to land on your feet before letting go of bar

Swings

- Do NOT let go of bar in forward swing.
- For safety let go of bar in backswing.
- Let go when you can see where you are going to land on your feet.



Steps, Wooden Edge, Beam, Benches, Pods

Stationary Balances

- Stork stand
- Front scale
- Arabesque – Airplane
- Tuck sit to V-sit

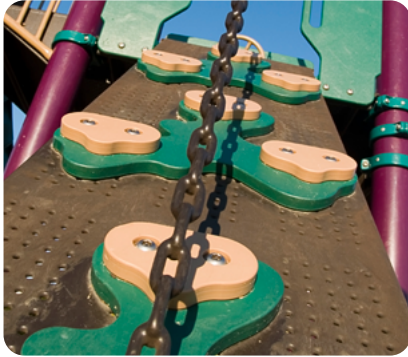
Dynamic Balances

- Heel Raises – both feet
- Heel Raises – one leg
- Walking
 - Forward
 - Backward
 - Sideways
 - Stork walk
 - Challenge: Try the above on toes



Ropes, Climbing Wall with Chain, Metal Ladders

- Climb up – hands on rope/chain
- Climb down – hands on rope/chain
- Chin hold – hands on rope/chain
 - Pull up so chin is level with hands – use legs to help pull chin up
- Challenge: Pull ups
 - Arms tall overhead holding onto rope/chain
 - Pull up without assistance of legs



Poles

Strength

Jump to chin hold

- Lower down – count slowly

Stationary holds

- Bent arm or straight arm hold legs in:
 - Tuck
 - Straddle
 - Pike to side of pole

Climb down or up poles

- Climb down – control speed
- Climb down – stop part way, bent arm hold
- Climb up – using arms and legs



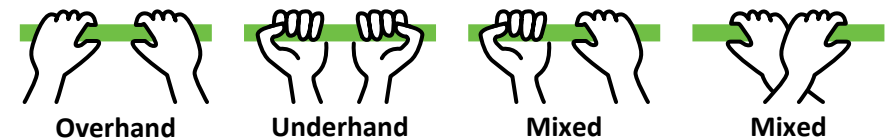
Monkey Bars or Bar

Types of Grip

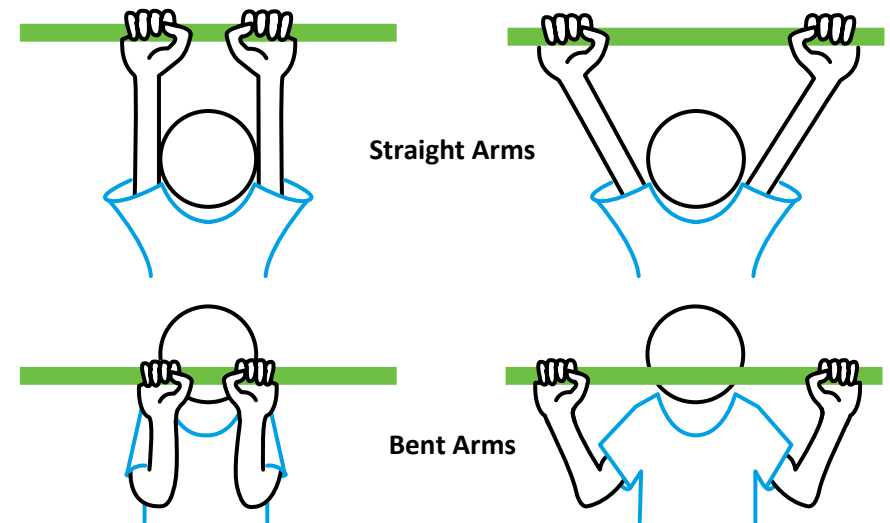
- Overhand grip
- Underhand grip
- Mixed grip



Hand Variations



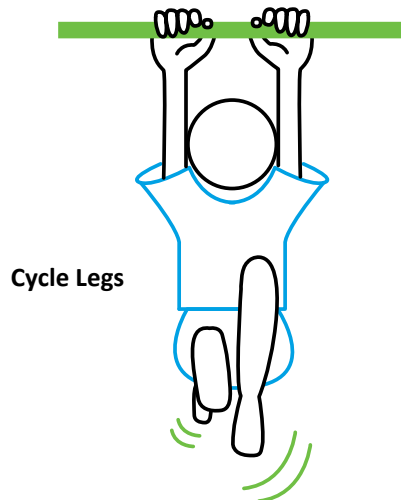
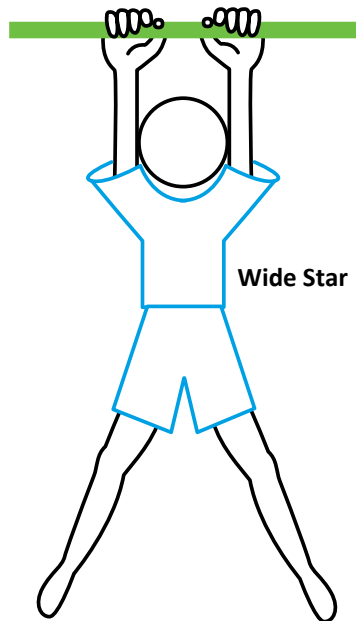
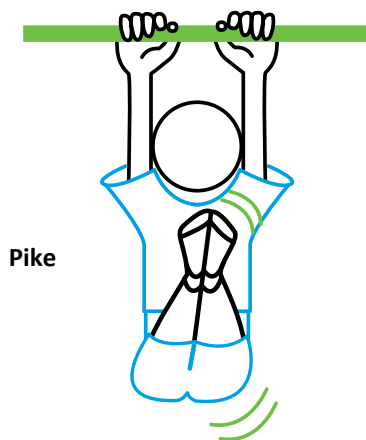
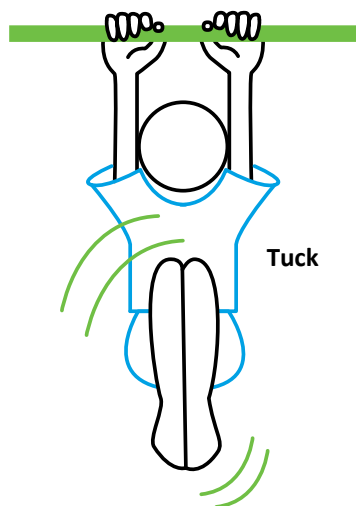
Arm Variations



Hangs

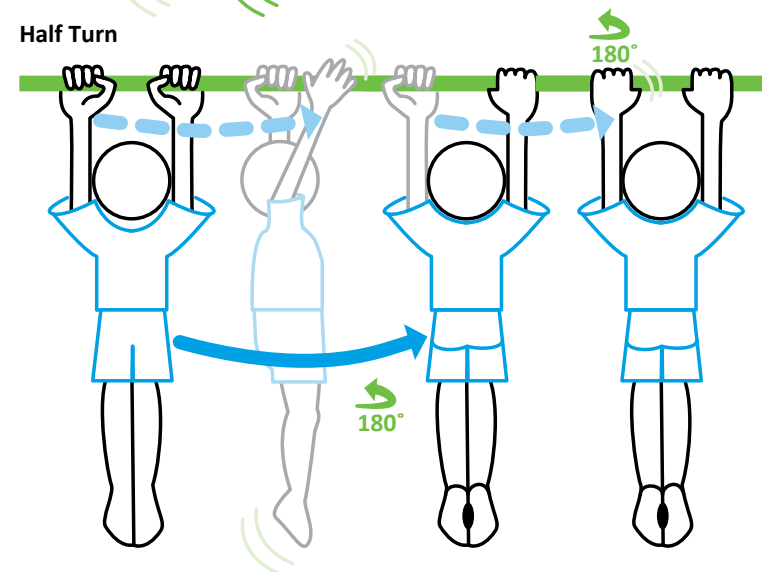
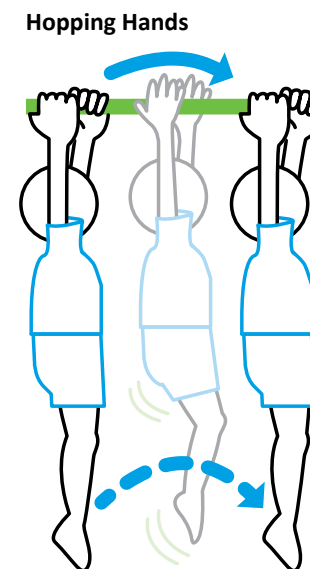
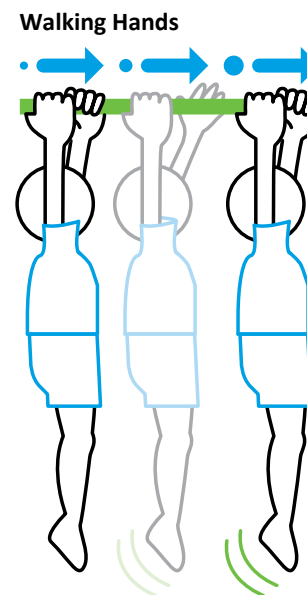
- Straight
- Tuck
- Star
- Straddle
- Pike
- Incurve
- Outcurve

Leg Variations

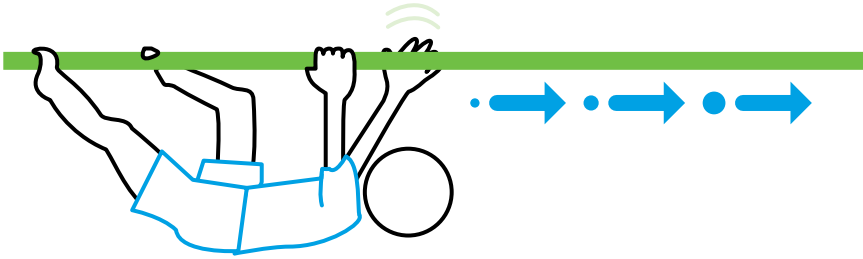


Dynamic Hangs

- Monkey Walk
 - Sideways
 - Forwards
 - Backwards
- Hopping Hands
- 180 degree turns
- Upside down bear

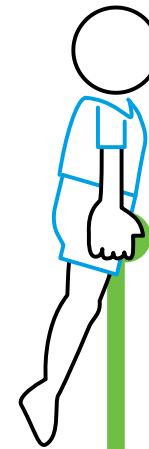


Upside-down Bear Walk



Support

- Front support on bar or parallel bars
 - Hands over bar – thumbs face towards each other
 - Push arms straight to a tall position
 - Keep legs together and straight
- Challenge: On bar
 - Shoulder shrug in front support
 - Seal walks in front support (Lean forward on bar to move hands)
- Challenge: On parallel bars
 - Walk hands forward
 - Try leg variations: tuck, pike, straddle



Front Support on Bar: Keep body straight.



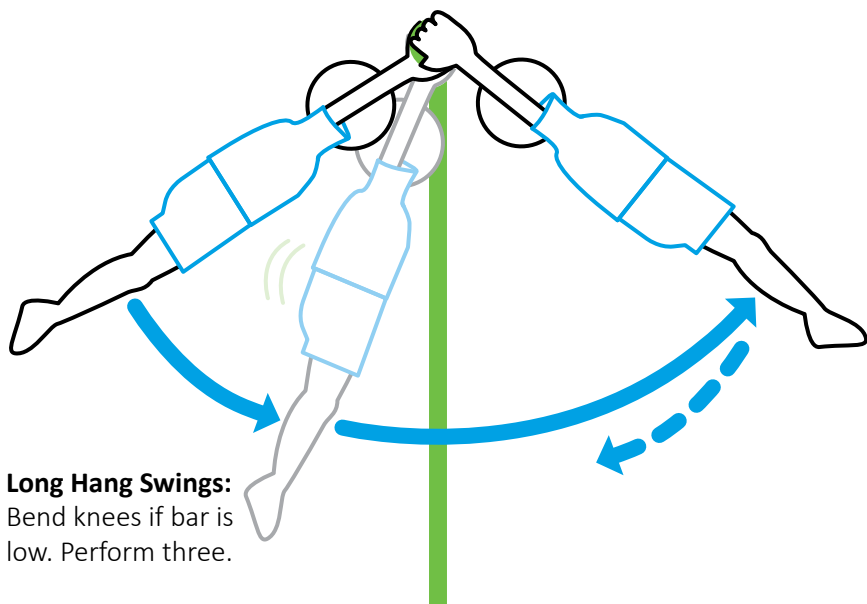
Swings

Long hang swing

- Start and finish at the back of swing
- Bend knees if bar is low
- Complete a single swing in correct position first

Teach – how to do a re-grip

- Hands slide up and over the bar at the back of the swing
- This is to prevent from slipping off of the bar



Long Hang Swings:
Bend knees if bar is low. Perform three.

Additional types of swings

- Stir the pot – feet move in a circular motion
- Pendulum – feet move left to right

* **Safety** – Reminder to land at the back of swings

Playground Circuit

| Station | How | Duration/Repetition |
|-------------------------|------------------------------|---------------------|
| Monkey bars | Hangs – Tuck, Pike, Straddle | 10–20 seconds |
| Parallel Bars | Front support or pike hold | 10–20 seconds |
| Climb down the ladder | | Once |
| Slide | Tricep push ups | 5 times |
| Slide | Step ups | 5 times, each leg |
| Chain and climbing wall | Climb up then down | Once |
| Bar Ladder | Pull ups | 5 times |

Steps and Slides

Jump off to motorcycle landing

- Forward
- Backward

Push Ups

- Hands or feet on steps or slide
 - Tricep – try with hands close together, hands wide
 - Wide arms

Tricep Dips

- Hands on steps or slide
 - Bent legs
 - Straight legs

Pull ups – on stomach

- Lay on stomach, tall arms overhead, pull up holding onto the edge of slide, return to start position

Squats

- Touch bottom to step or slide

Step ups

- Step up – push through heel

Lunges

- Back foot on step

Find more playground circuits in **PLAYBuilder:**

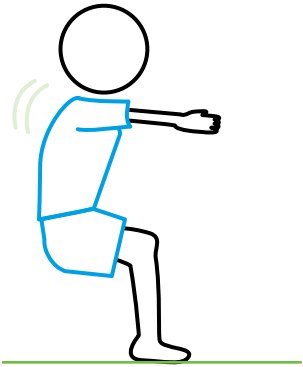


SCAN ME

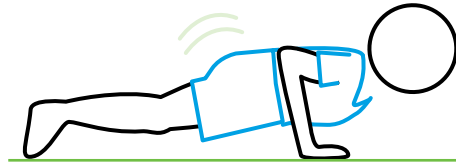


Visual Glossary

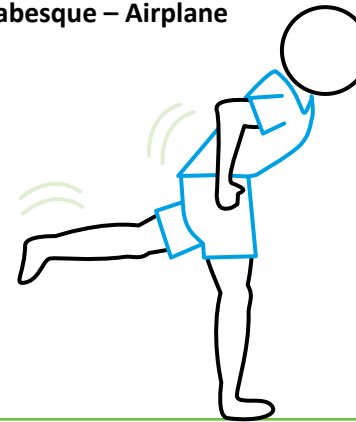
Motorcycle: Landing on feet



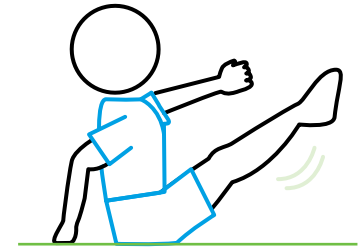
Fall Forward on Hands:
Bend elbows in prone fall



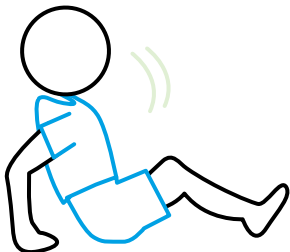
Arabesque – Airplane



Tuck Sit to V-Sit



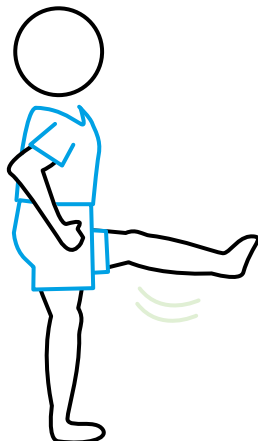
On Hands Backwards Fall



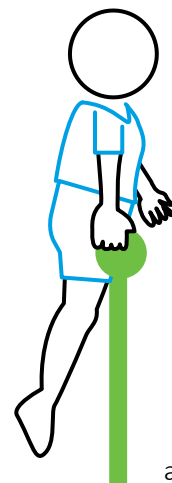
Stork Stand



Front Scale



Seal Walk:
Lift one hand at a time to walk hands along the bar.



Jump to Chin Hold: Pull-up



Pull-ups on Stomach

