

SESSION STRUCTURE & CONTENT



The format should follow the same structure as any other sporting activity

WARM UP

Prepare the body for physical exercise.

Reduces the risk of injury.

Include mobility of joints.

Pay special attention to wrists and ankles.

Aerobic Content

Marches, side steps, grapevine, box step, jumping jacks, knee lifts.

Plan and prepare your warm up knowing your aims and objectives.

Choose a suitable teaching formation.

Stay in control of your group.

Keep it energised and FUN.

GAMES

Prison Break - Command Led Game

Convicts - Run to the right.

Wardens - Run to the left.

Coppers coming – Stand straight and still.

Released – Free to follow next instruction.

Searchlight – Move around the space low to the floor.

Climb the fence – Arms and legs climbing action.

3 people on the run – in a line one behind the other.

4 people in jail – sit back to back, arms linked, feet pulled in.

Use '**Spirit Lives**' as an incentive and a way of not eliminating participants.

The aim is for participants to follow commands as swiftly as possible.

Try to catch the group out in an engaging, FUN way.

STRETCH

Static stretch – a stretch held for 8/10 seconds

Dynamic stretch – a flowing stretch using full range of movement.

Include all major muscle groups.

Use variations and allow for progressions.

Ask your Coach/Teacher for help if you are unsure.

TECHNICAL ACTIVITY

Cheer Arm Motions

Dance Routines

COOL DOWN

Return the body to a pre-exercise state.

Reduces the risk of injury.

Adapt games and remember to include stretching.

VOCALS

TO BE USED IN ALL OF THE ABOVE

Include vocals to support duration of the activity and help regulate breathing pattern (see page 13).