

LESSON PLANS - FUN IN ATHLETICS ACTIVITIES

GUIDELINES FOR TEACHERS, COACHES AND INSTRUCTORS

GROUPS & TEAMS: 7–12 YEARS OLD

CONTENTS:

1. BALANCE AND STABILITY - BALANCE BEAM
2. FOOTWORK AGILITY 1 - HI-STEPPER
3. FOOTWORK AGILITY 2 - SPEED BOUNCE
4. REACTION-ACCELERATION RUNNING - TIMED SPRINT
5. SPRINT ENDURANCE - SHUTTLE RUN
6. SPRINT RHYTHM - HURDLE SPRINT
7. UNDER CONSTRUCTION
8. DOUBLE LEG JUMPS 1 - STANDING LONG JUMP
9. DOUBLE LEG JUMPS 2 - VERTICAL JUMP
10. SINGLE LEG JUMPS - FIVE STRIDES
11. COMPLEX JUMPS - STANDING TRIPLE JUMP
12. UNDER CONSTRUCTION
13. THROWING ACCURACY - TARGET THROW
14. THROWING FOUNDATION - CHEST PUSH
15. LIFTING THROW 1 - FORWARD PITCH
16. OVERHEAD THROW 1 - SOCCER THROW
17. LIFTING THROW 2 - OVERHEAD HEAVE
18. OVERHEAD THROW 2 - SOFT JAVELIN
19. WARM UP CARD
20. COOL DOWN CARD





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OVERVIEW:

The chart is a suggested activity framework for groups of 20–30 in a gymnasium setting and 30–45 minutes of active time.

[Sequence = WARM - MOVE - COOL]

The underlying objective of the structure is to optimize activity time for all children within a climate of fun, safe and effective delivery.

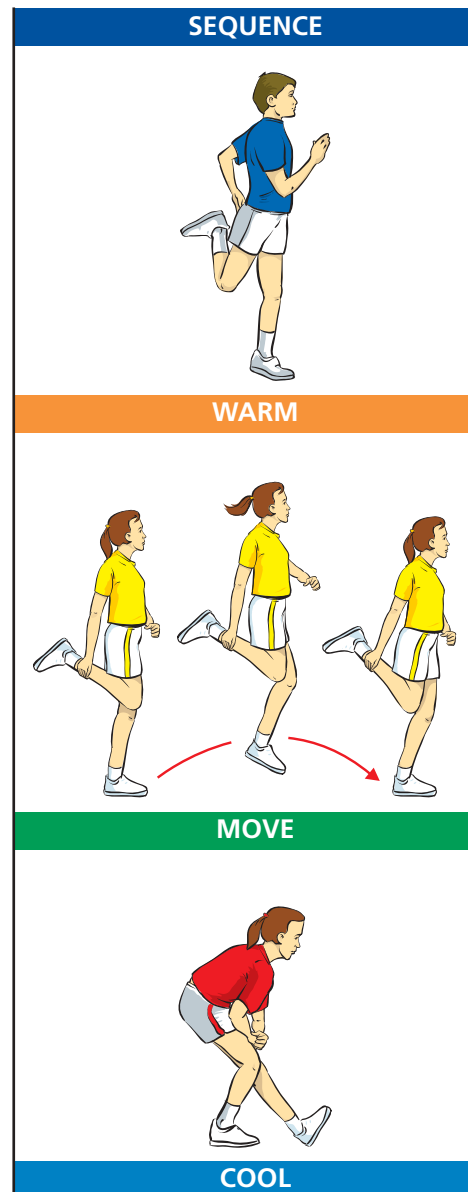
PROCEDURE:

Each of the lesson plans in the package contains selections and variations that can be applied to this framework.

Due to the suggested time frames it is suggested that one major objective (Double Leg Takeoffs for example) be selected on a given day to avoid delays with equipment setup or format changes.

Further, it is suggested that format changes be kept to a minimum for the selections (all line relays, or all circuit stations for example) to decrease reorganization time.

KEY POINT: *variations and the suggested formats on each lesson card are listed as a stimulus to creating new and different approaches to the same movements and skills - thereby reinforcing the sensations and techniques that are a part of each of the movement areas.*



GUIDELINES FOR CREATING EFFECTIVE ACTIVITY SESSIONS

ORGANISED WARM UP:

5–8 minutes of group activity that includes a sequence or selections that 'warm the body and mind' in preparation for the CORE. This section might also include equipment movement to the stations or locations. [see Warm Up Card for suggestions]

TRANSITION:

A brief but important section that communicates the objectives for the session, and organizes the group into teams, lines or stations depending on the pre-selected format.

MOVEMENT CORE:

A series of 5–8 activities, arranged in circuits, stations, relay lines, or teams, so that every child is active and moving within reasonable work-to-rest guidelines.

EXAMPLE: 6 Relays using Hopping and Leaping

Each of the selections for the CORE need to be adapted to the age and stage of the group, and mindful of safety guidelines in reference to space and effort.

[see Lesson Plans 1–18 for suggestions]

COOL DOWN:

5–8 minutes of relaxed stretching or slow movements that allow for a transition out of the CORE. This can also be a time to re-emphasise cues or restate objectives.

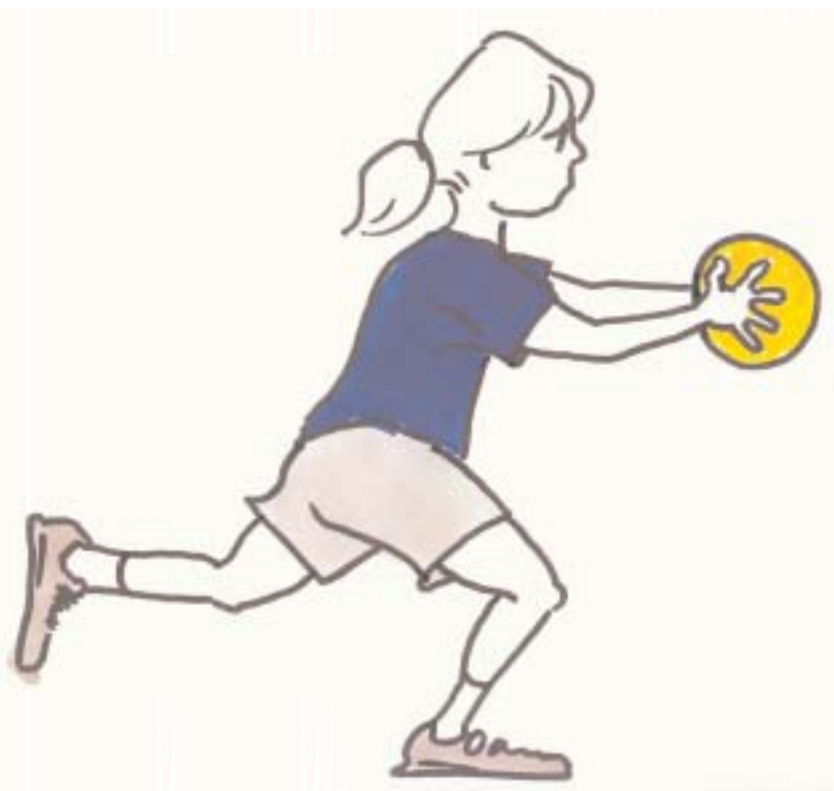
[see Cool Down Card for suggestions]

CLOSURE:

A brief time that can be used to communicate the objectives of the next session, and may include moving equipment into storage.



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EXAMPLE: BALANCED HALF-SQUAT (M-BALL)

COACHES EYES

Breathing is relaxed, shoulders are not tensed, hips control stability

BALANCE & STABILITY

LEARNING OBJECTIVE:

Reinforce an automatic sense of balance as a foundation for all fitness and sport activities.

COACHING CUES:

GENERAL: only the working muscles are used with all else relaxed

POSTURAL: stabilize with hips & torso

UPPER: arm movements correct and adjust balance

LOWER: lower legs and feet always shift to adjust and stabilise

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY STATIONS: M-Ball Balancing, Balanced Leg Swings, Ankle Rock 'n Roll, Balance Beam variations (advanced = ball passing in balance poses)

RELAYS & LINES: HopScotch (eg with Hula Hoops), Freeze-Frame Leaps (1, 2, 3 count), Slow Toad Jumping, Long Walking Stride Relays, Tiptoe walking along lines

EQUIPMENT:

Balance Beam, Hula Hoops, M-Balls, Gym Lines

PROGRESSION:

Consistency and control with line, beam and slow movements ~ progress to stability with arm and leg actions ~ progressing to an ability to 'fix' a position (eg landings) after a movement

PROGRAM NOTE:

Using a ball, hockey stick or hoop as part of the movements adds challenge, but also provides a useful balance cue

COMMENTARY:

Stability activities are an often underrated aspect of a program, and yet, as either the core or a compliment to speed and agility sessions, can be extremely beneficial and fun. Athletes will soon invent their own related activities



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BALANCE & STABILITY: **BALANCE BEAM**

DEVELOPMENT LINKS:

- Sense of balance, movement stabilisation, postural stability, right-left equality

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge
- Reinforce using related activities in a circuit or group activity

SAFETY:

- SITUATION:** establish a non-interference zone around
- ACTIVITY:** encourage relaxation - avoid rushing or time pressures
- FACILITY:** dry, flat surface - no other equipment in vicinity
- EQUIPMENT:** stable footwear, beam and mat in good order

LEARNING OUTCOMES:

Establish effective skill, and consistency with both right and left stance ~ progress to effective movement stability when changing speeds, directions and landings ~ develop activity and sport specific balance and stability

CROSS-LINKS:

Fundamental component of many sport and movement activities: stop-start in soccer, basketball, hockey; also landings and poses in jumps, volleyball, gymnastics, dance; also a major component of lifelong fitness and postural stability

FORMAT:

2 x Left & Right for total time up to 15 seconds each.



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FOOTWORK AGILITY 1: ACTIVITIES

LEARNING OBJECTIVE:

reinforce footwork quickness as a component of rhythmical running and sprint agility

COACHING CUES:

GENERAL: emphasise quickness rather than 'strength'

POSTURAL: body stays 'tall'- focused forwards

UPPER: arms move from the shoulders in rhythm

LOWER: full hip and leg extension-strides are 'quick' and 'snappy'

VARIATIONS:

[5-8 selections as part of a structured workout plan]

ACTIVITY STATIONS: Hi-Knee drills with Ball (in front, behind, on head) Hi-knee Running, Ball Carry with Hi-Knee activities, Cross-Step activities

RELAYS & LINES: Weave Running, Hi-Stepper mats as footwork ladder, short Shuttle Runs, Start-Stop Relays (on whistle), Tasks at Turnaround Points, use Hurdles as Slalom barriers, Team Slaloms (weave through)

EQUIPMENT:

Hi-Stepper, Pylons, Hula hoops, Plastic Hurdles

PROGRESSION:

Familiarise with straight-ahead activities-fast and short ~ then progress to more stop-start activities and lateral shifts, perhaps with circle or square patterns ~ advance to complex patterns and multiple tasks with obstacles and mazes

PROGRAM NOTE:

keep formats relatively simple (to stage of development) since speed tends to overrule accuracy

COMMENTARY:

one of the most adaptable and rewarding of program formats with multiple benefits to development



EXAMPLE: HI-STEPPER (LADDER FORMAT)

COACHES EYES

Look for forward focus - quick, balanced rhythm



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FOOTWORK AGILITY 1: HI-STEPPER

DEVELOPMENT LINKS:

- Rhythm Control, Footwork Agility, Quickness, Postural Stability

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (maximum of two efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: allow rest between efforts

ACTIVITY: use a no-walk zone around the activity

FACILITY: non-slip floor, open area with no obstacles

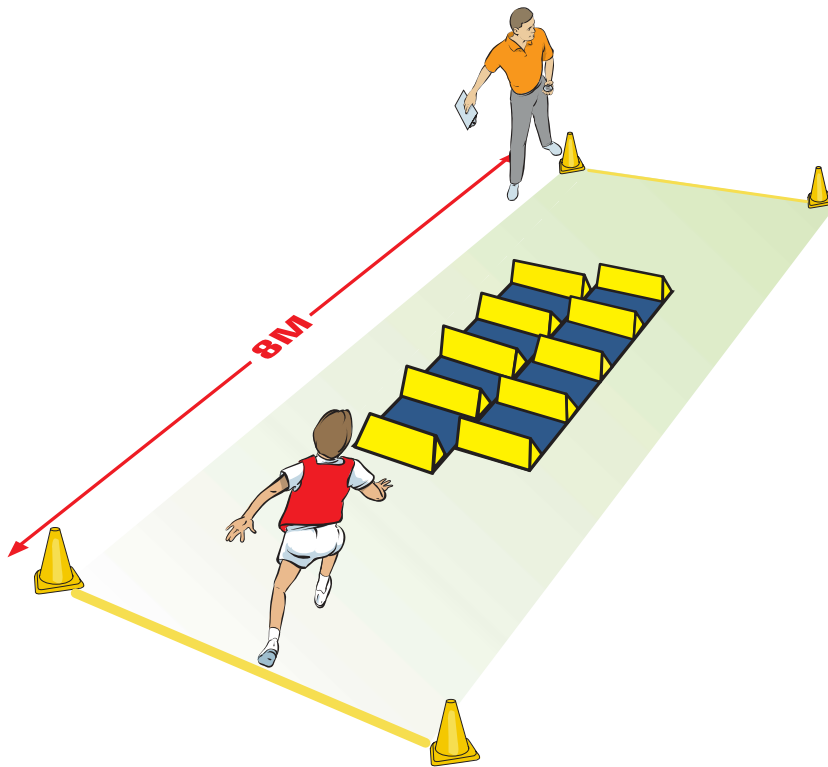
EQUIPMENT: non-slip, supportive shoes

LEARNING OUTCOMES:

Progress from consistent rhythm and effective skill - speed and quickness are enhanced ~ leads to improved sport and movement agility and 'automatic' timing

CROSS-LINKS:

Of benefit to all sports and activities that use directional change, stop-start and speed combinations: soccer, basketball, racquet sports, dance, hockey and gymnastics as examples...



FORMAT:

4 x 8 metre shuttle for total time - penalties for each touch or skipped wedge



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FOOTWORK AGILITY 2: ACTIVITIES

LEARNING OBJECTIVE:

reinforce lower-leg agility and fitness primarily in relation to lateral movements

COACHING CUES:

GENERAL: moves are focused ahead in anticipation

POSTURAL: body stays 'tall' and the back & hips are supple

UPPER: arms assist balance and control

LOWER: lower legs and feet are resilient and 'snappy' in landings/take-offs

VARIATIONS:

[5-8 selections as part of a structured workout plan]

ACTIVITY LINES: L-R Cross-Steps, Wide-Narrow Leaps, Advancing Leg Exchanges, Ankle Slalom along a gym line, (can all be combined with skipping rope activities)

RELAYS: Quick Bunny Hops, Pylon Patterns, Lateral Shuttle Runs, [advanced = combine with soccer ball or basketball dribble]

EQUIPMENT:

Speed Bounce Mat, Balls, Pylons, Skipping Ropes, Gym lines

PROGRESSION:

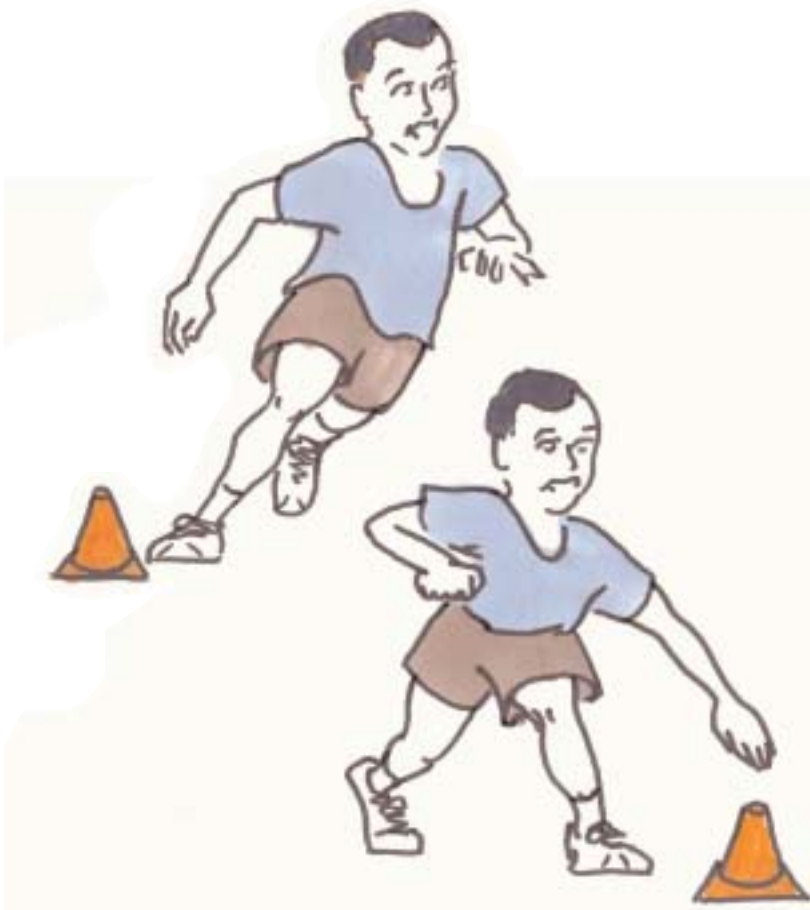
Start with straight ahead activities and limited footwork complexity ~ progressing to slalom patterns and lateral shuffles with more complex footwork ~ towards combinations with ball carrying/dribbling and complex patterns & courses

PROGRAM NOTE:

Because of the underlying stability and balance requirements it is best to familiarise with two-legged variations before introducing speed or one-legged footwork activities

COMMENTARY:

Lateral agility activities have a high coordination and decision making component to them, and as such inject a great deal of fun and excitement into a program - additionally the variations and adaptations are endless



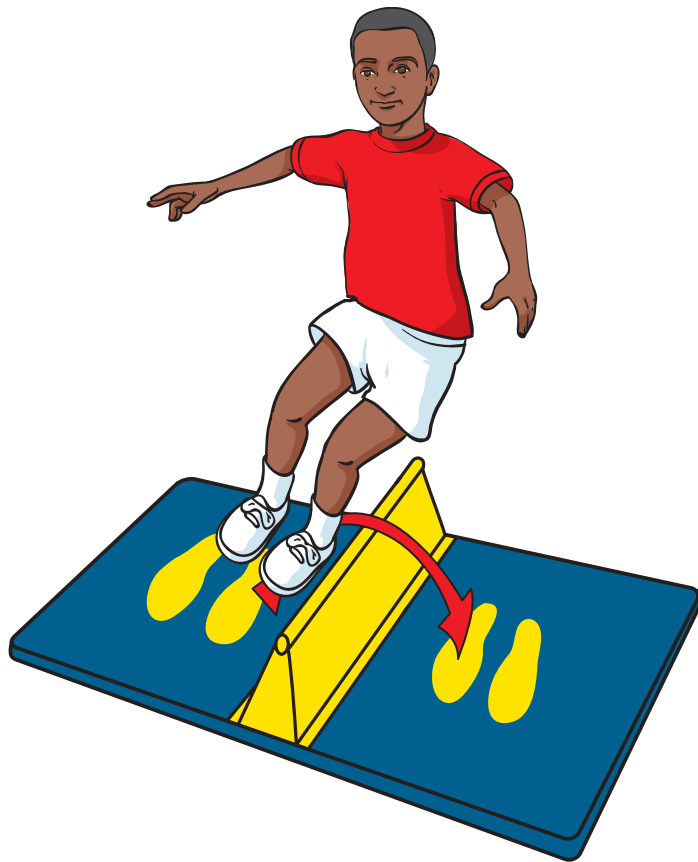
EXAMPLE: PYLON SLALOM (LATERAL)

COACHES EYES

Look for forward focus - emphasis on light quick moves



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FOOTWORK AGILITY 2: SPEED BOUNCE

DEVELOPMENT LINKS:

- Sense of Balance, Speed, Landing Control, Lower Leg Fitness, Sport Quickness and Fitness

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (max 2 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: establish a non-interference zone around mat

ACTIVITY: remain in the middle of the mat

FACILITY: dry, flat surface-no other equipment in vicinity

EQUIPMENT: mat in non-slip situation, stable footwear

LEARNING OUTCOMES:

Athlete develops an 'automatic' sense of agility and accuracy ~ improvements are seen in right-left equality ~ agility and mobility in multi-directional and sport movements evolves

CROSS-LINKS:

Lateral agility and stability are fundamental components of many activities that have direction and speed changes in them-examples include basketball, soccer, hockey, racquet sports, dance and gymnastics

FORMAT:

20 second count of two-legged lateral leaps over a wedge



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EXAMPLE: SCRAMBLE START (SEATED)

COACHES EYES

React to start cue/noise - arms initiate moves - focus forwards

REACTION-ACCELERATION: ACTIVITIES

LEARNING OBJECTIVE:

to reinforce an 'automatic' sense of reaction that translates into acceleration and high speed running, or game/sport reactions

COACHING CUES:

GENERAL: quick and fast, yet 'relaxed' - focus is forwards

POSTURAL: hips and body extend with each leg drive

UPPER: arms move from the shoulders and initiate the leg drive

LOWER: full leg and hip extension with each stride

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY LINES: short burst activities from a static start = seated forwards and backwards, pushup position, one-legged balance, half-squat, lie on back with legs in the air...progress to athletics starts (crouch and standing) and sport ready positions

RELAYS: static starts combined with relay formats-use hand touch, baton or ball exchange with short distances (10–15 metres). Combine with pylon weaves, tasks at turn-arounds etc.

EQUIPMENT:

pylons, stop watches, soccer balls, batons, mats for seated starts

PROGRESSION:

emphasise reactive skill with many body positions, using a straight sprint corridor ~ progress to weaves and combinations with other team relays (ball carrying etc) ~ with consistency and fitness add direction changes and shuttle runs

PROGRAM NOTE:

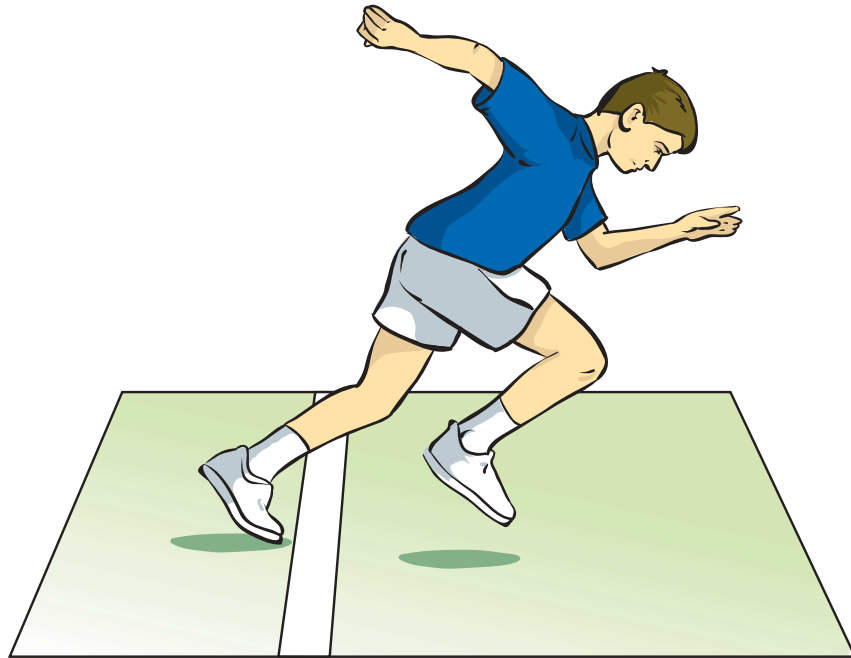
use a clear sprint corridor for the activities, and structure the teams or groups to allow for adequate rest between efforts (5–8 per group or team)

COMMENTARY:

sprint scrambles and the relay activities are among the most exciting of group activities-with variations in both body position and start cue (noise, command, touch, baton pass) the athletes learn to react and move without anticipation



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REACTION-ACCELERATION: **TIMED SPRINT**

DEVELOPMENT LINKS:

- Effective running technique, reaction and timing skills, agility and mobility

STRATEGIC APPROACH:

- Test or Challenge as part of a Running Challenge (maximum two efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: establish a sprint corridor with run-off distance at end

ACTIVITY: avoid rushing or time pressures - always warm up before

FACILITY: dry, flat surface - no other equipment in vicinity

EQUIPMENT: stable footwear, colourful/visible lane markers

LEARNING OUTCOMES:

Establish a consistent reaction-acceleration skill ~ enhanced sprint speed and agility arise with time ~ leading to improved sport fitness and movement ability

CROSS-LINKS:

A foundation skill for many activities that utilize leg speed: basketball, soccer, athletics, racquet sports, hockey and skating as examples

FORMAT:

60 metre timed sprint from a standing start



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SPRINT ENDURANCE: ACTIVITIES

LEARNING OBJECTIVE:

develop specific fitness and skills related to higher intensity activities

COACHING CUES:

GENERAL: 'fast yet relaxed'

POSTURAL: stay 'tall' - focus is forwards

UPPER: arms move from the shoulders and coordinate with legs

LOWER: 'pawing' action of legs under the hips (ie not in front of body)

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY LINES: High Knee Running, Inchworm Runs (last runner sprints to front of team then jogs...), High Knee Jog with hand touch (to opposite knee), Surge Running (continuous with short tempo sections), Sprint between pylons in middle of tempo sections

RELAYS: Shuttle Runs (2–5 sections each), Weave Runs (through team), Circle Relays, Pursuit Relays, Over-Under Relays. Fall Back Lines (team is jogging, first runner jogs backwards to end/)

EQUIPMENT:

Pylons, (stopwatch), Batons, Plastic Hurdles, Soccer Balls

PROGRESSION:

Establish fitness base with short distance repeats or jog-sprint combinations ~ add shuttle runs and continuous runs or pursuits ~ then combine with tasks or obstacles, direction changes, and tempo (speed change) relays

PROGRAM NOTE:

an effective program builds a solid fitness base with more repeats at shorter distances (and associated rest) rather than emphasising max efforts over longer distances

COMMENTARY:

these are the classic activities for developing effective running technique and related fitness-with imagination these become an easily applied component to an enjoyable program.



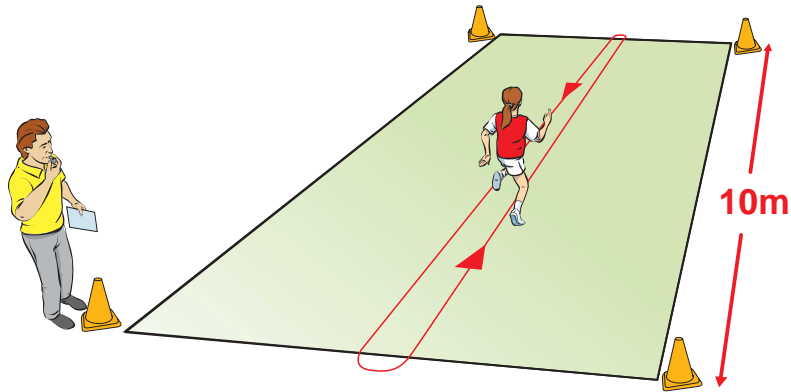
EXAMPLE: SPRINT RELAY (BATON)

COACHES EYES

Exchanges are smooth with minimal loss in speed



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SPRINT ENDURANCE: SHUTTLE RUN

DEVELOPMENT LINKS:

- Reaction motor skills, stop-start footwork, fitness

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge
- Reinforce using related activities in a circuit or group activity

SAFETY:

- SITUATION:** establish a 5m non-interference zone around
- ACTIVITY:** encourage relaxation - avoid rushing or time pressures
- FACILITY:** non-slip, obstacle free area
- EQUIPMENT:** stable footwear, colourful/visible pylon markers

LEARNING OUTCOMES:

From a specific fitness base and effective footwork ~ enhanced sprint endurance and acceleration/deceleration skills develop ~ leading to performance application in games, sports and related activities

CROSS-LINKS:

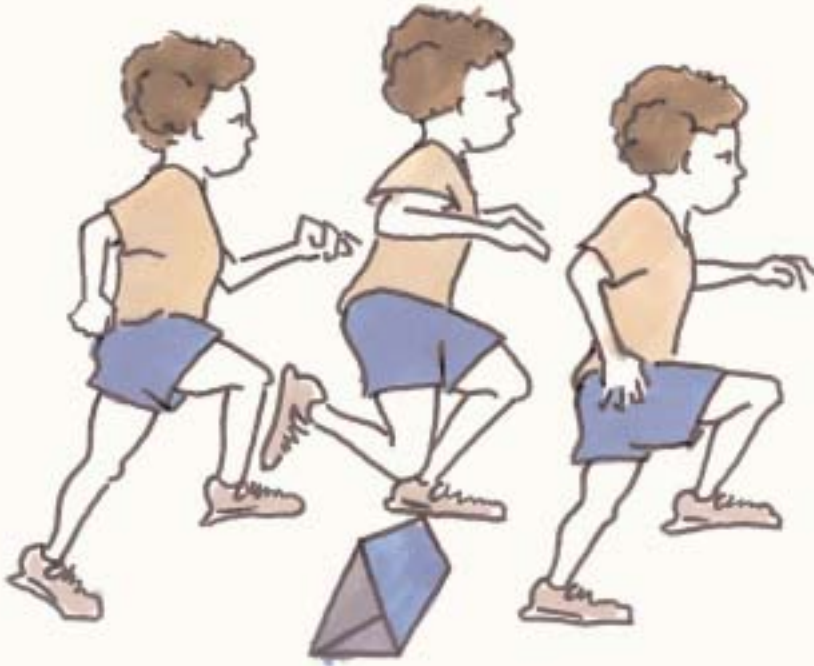
This is a key fitness activity with strong links to a variety of activities that utilize changes in speed and continuous movement: basketball, soccer, athletics, racquet sports, hockey and skating as examples

FORMAT:

10 x 10 metre shuttle from a standing start



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EXAMPLE: HURDLE HOPS

COACHES EYES

Focus is forwards and flight time is minimal - landings are stable

SPRINT RHYTHM: ACTIVITIES

LEARNING OBJECTIVE:

reinforce speed development and fitness with rhythmical cues and tasks

COACHING CUES:

GENERAL: smooth fast rhythm with minimal air-time

POSTURAL: 'tall' running style with a slight forward lean

UPPER: arm movements in rhythm, and correct/adjust balance

LOWER: full hip extension with take-off, resilient 'active' landings

VARIATIONS:

[5-8 selections as part of a structured workout plan]

ACTIVITY LINES: variety of hurdle drills in lanes: lead-leg only, trail leg only down sides, 1 step between, 5 steps between, offset by 1 metre, hop over, two-legged landings...

RELAYS: set for 3-5 strides between, combine with variations above: down and back relays, circles, around gym, pursuits, over-under relays, continuous relays, paarlauf relays...

EQUIPMENT:

Plastic Hurdles, pylon markers, batons

PROGRESSION:

Familiarise with straight courses and set spacing ~ add variations and complexity in straight courses ~ progress towards variable spacing and combinations with other tasks/relay styles

PROGRAM NOTE:

For introductory levels and sport situations that demand right-left equality, learn the rhythms and take-offs with both legs. On an additional note these activities usually require assistants to re-set hurdles that are knocked over

COMMENTARY:

Hurdle and obstacle activities are among the most valuable of program sessions because of the multiple benefits to fitness, skill, rhythm, agility and mobility.



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SPRINT RHYTHM: HURDLE SPRINT

DEVELOPMENT LINKS:

- Effective running technique, mobility, endurance, rhythm control, take-off/landing skills

STRATEGIC APPROACH:

- Test or Challenge as part of a Running Challenge (maximum two efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

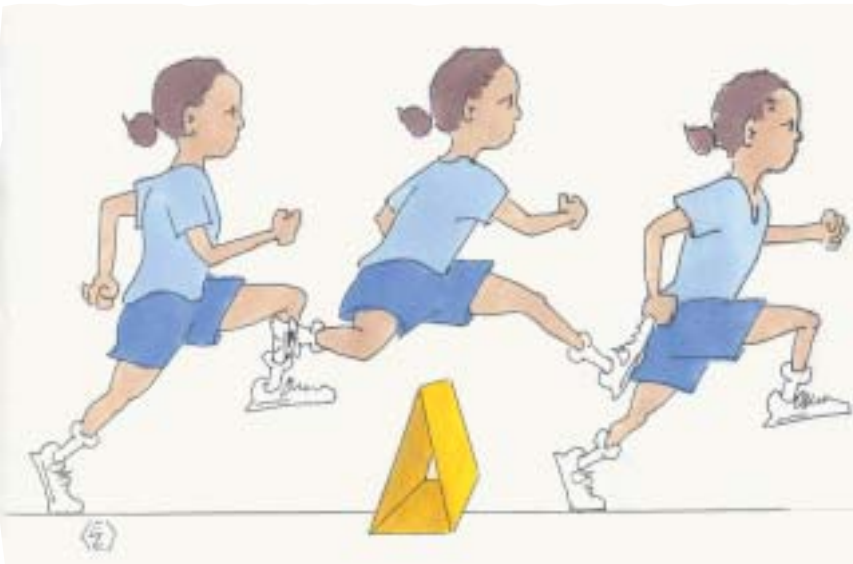
- SITUATION:** use a long run off area at end and no-walk zone around
- ACTIVITY:** avoid rushing or time pressures, rest between efforts
- FACILITY:** dry, flat surface - no other equipment in vicinity
- EQUIPMENT:** stable footwear, colourful/visible pylon markers, colour code hurdles in lanes

LEARNING OUTCOMES:

From a specific fitness base and effective footwork - enhanced sprint endurance and acceleration/deceleration skills develop - leading to performance application in games, sports and related activities

CROSS-LINKS:

This is a key fitness activity with strong links to a variety of activities that utilize changes in speed and continuous movement: basketball, soccer, athletics, racket sports, hockey and skating as examples



FORMAT:

50 metre - 5 hurdle timed sprint from a standing start

FURTHER READING: See Pacesetter - Working with Young Athletes (ISBN 0-9542412-0-7) - SECTION 6



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DOUBLE LEG JUMPS 1: ACTIVITIES

LEARNING OBJECTIVE:

establish and reinforce effective jumping and landing skills

COACHING CUES:

GENERAL: 'shift-lift' explosively, using the whole body (up-out direction)

POSTURAL: "tall" posture with slight forward lean

UPPER: arms both balance and assist the continuous movement

LOWER: full extensions of hips and legs, landings are along a centre line

VARIATIONS:

[5-8 selections as part of a structured workout plan]

ACTIVITY LINES: using 10–15 metres.. reach-for-the-sky leaps, ski slalom leaping, low ceiling leaps, hands-on-hips, Hop Scotch pattern leaps, two forwards one back, distance for five leaps

RELAYS: Speed Leaps, hold baton with 2 hands leaping, ball carry, ball between knees (maximum 10 metres), [advanced = over low hurdles], team member leaps from landing place of previous jumper for max distance by team.

EQUIPMENT:

Pylons, jumping mat, batons, m-balls, soccer balls

PROGRESSION:

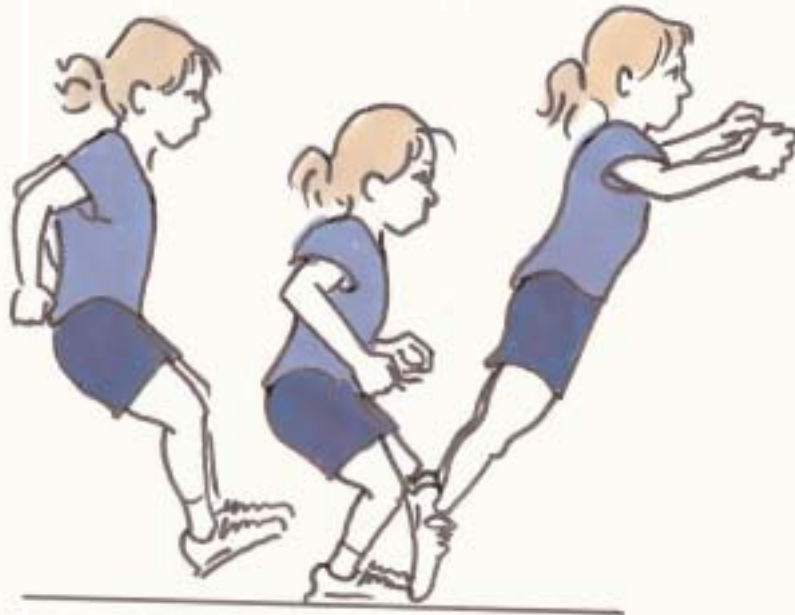
Consistency and fitness develop first with rhythmical straight-ahead movements ~ reinforcement occurs with different arm positions, patterns and actions ~ these translate into use within sport and game situations over time

PROGRAM NOTE:

Jumping activities are conducted in clear corridors and lanes to minimise the risk of collision or injury

COMMENTARY:

With variety applications the notion of developing jumping power and skill takes on a fun aspect: take-offs are take-offs and the background work pays off in many different activities. With familiarisation the athletes tend to invent their own variations.



EXAMPLE: GRASSHOPPER LEAPS

COACHES EYES

Focus is forwards and jumps are smooth - landings are stable



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DOUBLE LEG JUMPS 2: **STANDING LONG JUMP**

DEVELOPMENT LINKS:

- Take-off and landing skills, power and strength, agility, injury prevention, speed

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (maximum three efforts)
- Reinforce using related activities in a circuit or group activity

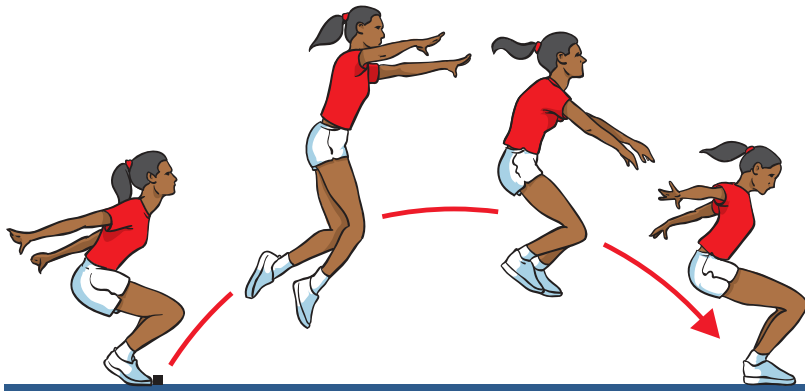
SAFETY:

SITUATION: no-walk zone around, area clear

ACTIVITY: use half squat landings, heel first or flat landings (not toes)

FACILITY: non-slip surface and mat, no other equipment in vicinity

EQUIPMENT: stable footwear, always land on cushioned surface



LEARNING OUTCOMES:

From effective jumping technique and related fitness ~ to enhanced take-off and landing skills in a variety of situations ~ to enhanced speed and power in a variety of activities, sports and games

CROSS-LINKS:

Take-offs and landings are a fundamental component of many activities: basketball, volleyball, gymnastics, athletics, dance, etc. The stable positions and power components also relate to soccer, swim starts, racquet sports and hockey as examples

FORMAT:

Two-legged leap for maximum distance



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EXAMPLE: LINE SLALOM (M-BALL)

COACHES EYES

Leaps are controlled, yet powerful - take-offs and landings are smooth and continuous

DOUBLE LEG JUMPS 2: ACTIVITIES

LEARNING OBJECTIVE:

to reinforce fitness and skills related to two-legged leaps in the vertical direction

COACHING CUES:

GENERAL: jumps are a 'whole-body' activity centred in the hips

POSTURAL: body remains 'tall', and is never rigid

UPPER: arms balance and assist in the jumps

LOWER: full leg and hip extension-"pop" up

VARIATIONS:

[5-8 selections as part of a structured workout plan]

ACTIVITY LINES: Use 10-15 metres or 10-15 seconds (max) of vertical leaping and skipping rhythms: ankle pops, big arm swing leaps, 2 horizontal- one vertical, continuous leaps with vertical on the whistle, partner passes (soccer ball) while in the air, line slalom

RELAYS: combine with other running, skipping or leaping relays: add 5 vertical leaps at turnaround points, use small hurdles as vertical obstacles, 2 forwards-1 up progressions

EQUIPMENT:

Pylons, M-balls, soccer balls, (calibrated v-jump board)

PROGRESSION:

Familiarise with rhythmical jumps and skipping in one spot or with slight advances ~ progress to slaloms, weaves, and combinations of horizontal and vertical jumps ~ then progress to sport specific movements, ball carrying and complex tasks

PROGRAM NOTE:

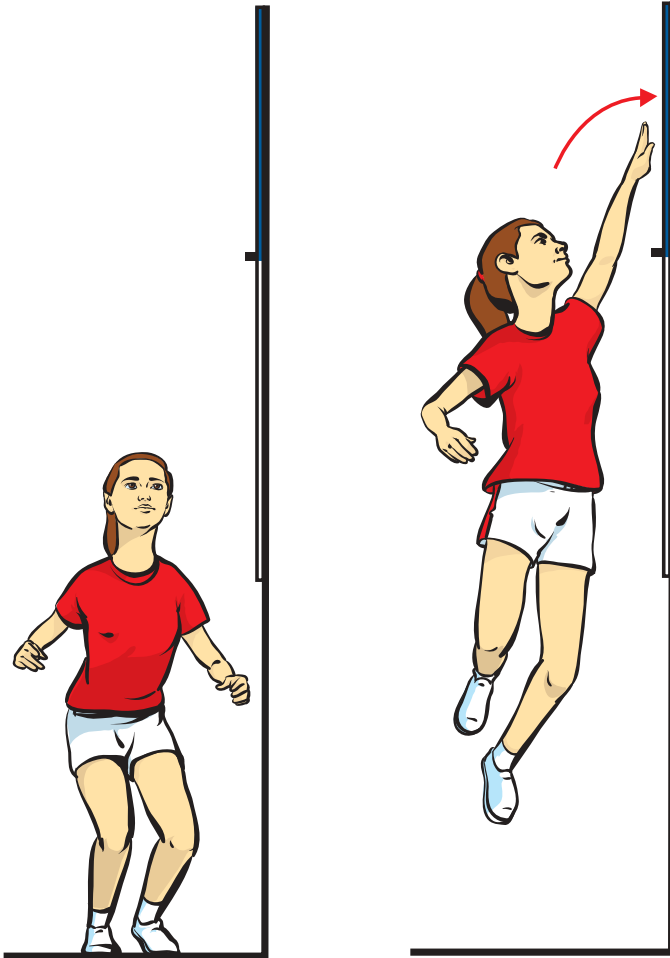
The lower legs require rest between efforts-set up groups of 5-8 (max 10-12) and also combine with throwing or balance as a rest/compliment

COMMENTARY:

This is an area that many athletes feel is unattainable in terms of proficiency-by providing variety and conditioning this area becomes a valuable part of sports and games.



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DOUBLE LEG JUMPS 2: VERTICAL JUMP

DEVELOPMENT LINKS:

- Jumping Power, Landing Stability, Speed, Timing, Lower leg agility

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: establish a non-interference zone around event

ACTIVITY: relaxed and focused - no rushing

FACILITY: non-slip surface, no other equipment in vicinity

EQUIPMENT: stable footwear, board is clean and well secured

LEARNING OUTCOMES:

Consistency and accuracy with fundamental movements ~ leads to improved quickness and timing for all jumps ~ leading to stable ready positions in sport, better reaction times and an ability to respond from both static and moving positions

CROSS-LINKS:

A standard research test, this is also a fundamental component of many sports and activities: basketball, volleyball, dance and gymnastics as examples of vertical components; athletics, soccer, hockey, and racquet sports when one also considers speed and reaction.

FORMAT:

Two-legged vertical leap using a calibrated measuring board



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SINGLE LEG JUMPS: ACTIVITIES

LEARNING OBJECTIVE:

to reinforce the skills and fitness related to one-legged takeoffs and landings, and to enhance running mobility

COACHING CUES:

GENERAL: smooth, explosive, R-L strides in same rhythm

POSTURAL: stay 'tall', slight forward lean

UPPER: forward focus, arms balance and stabilise

LOWER: full leg and hip extensions, landings are under the hips and active

VARIATIONS: [5–8 selections as part of a structured workout plan]

ACTIVITY LINES: 10–15 metres of long strides and controlled landings: ankle bounds, long strides, long & low strides, hands on hips, ball carrying, 2 short–2 long, 2 high– 2 low, straight leg strides, freeze frame on whistle

RELAYS: speed strides, hula hoop bounds, line slalom bounding, ball or baton carrying, arms behind back

EQUIPMENT:

pylons, m-balls, soccer balls, batons, hula hoops

PROGRESSION:

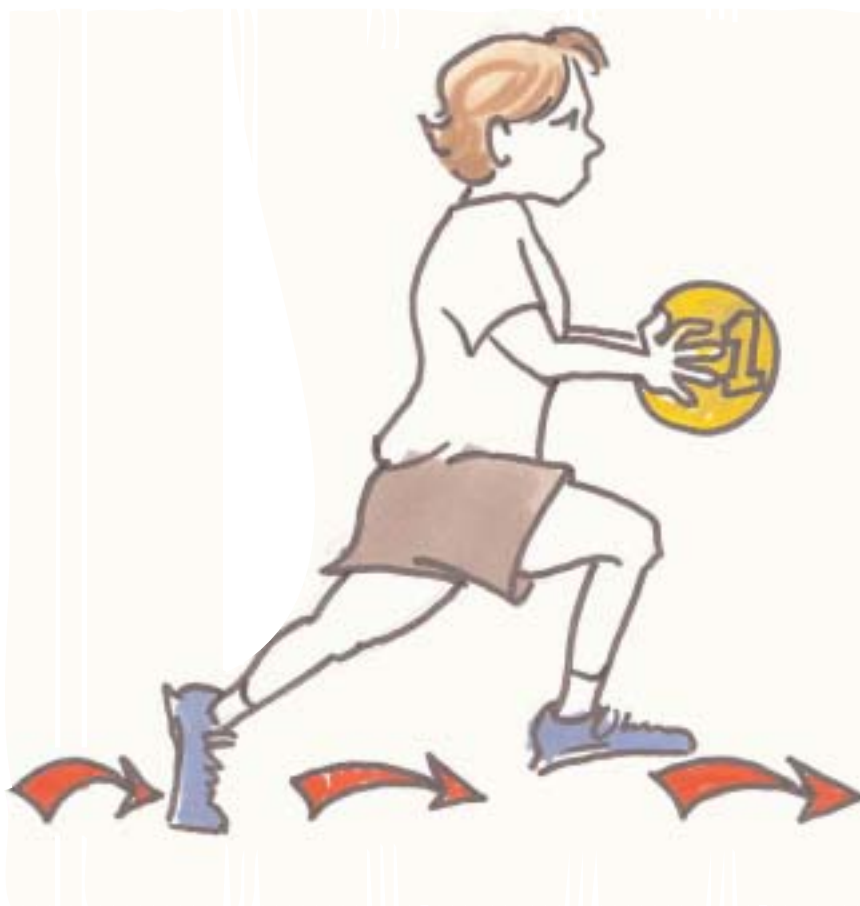
Familiarisation with short distance rhythmical bounds in straight lines ~ introduce rhythm changes and different arm positions, some easy weaves or slaloms ~ then introduce complex tasks, changing rhythms and ball carrying

PROGRAM NOTE:

Establish smooth rhythms and ensure that landings are continuous and 'active' before progressing to speed and distance variations. Also stay with short distances and add repetitions as opposed to increasing the corridor length

COMMENTARY:

This is an underrated area of jumps development with multiple benefits to a variety of movements and sports. With variety this can become one of the most productive of activity sessions.



EXAMPLE: FORWARD BOUNDS (M-BALL)

COACHES EYES

Landing-Takeoffs are smooth, continuous

FURTHER READING: See Pacesetter - Working with Young Athletes (ISBN 0-9542412-0-7) - SECTION 11



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SINGLE LEG JUMPS: FIVE STRIDES

DEVELOPMENT LINKS:

Take-off power, Landing Stability, Postural Stability, Injury prevention, Hip Mobility, Lower leg Agility

STRATEGIC APPROACH:

- Test or Challenge as part of a Jumps Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: establish a no-walk corridor around event

ACTIVITY: smooth continuous action (no jammed landing-take-offs)

FACILITY: non-slip, even surface, stride towards open area at end

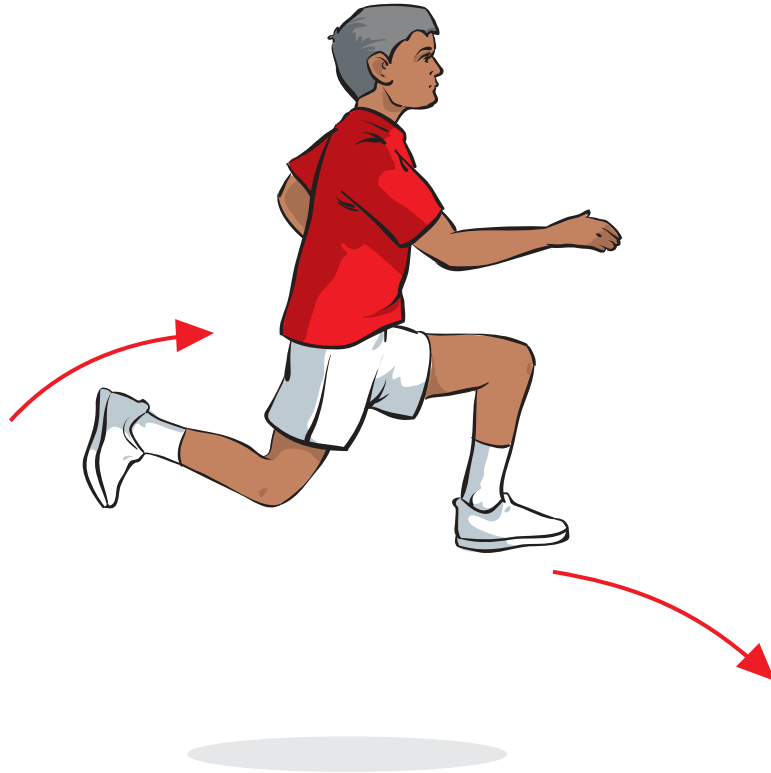
EQUIPMENT: stable footwear

LEARNING OUTCOMES:

Consistent rhythm and right-left equality develops before distance ~ contributions to other jumps and speed events happen with reinforcement ~ improved speed and sport related quickness and stability evolve with time

CROSS-LINKS:

Single-leg take-offs and landings area useful component of all jumping and speed activities: basketball, hockey strides, athletics sprinting, racquet sport scrambles, soccer field movements as examples



FORMAT:

Five strides measured from a standing position



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COMPLEX JUMPS: ACTIVITIES

LEARNING OBJECTIVE:

To reinforce the speed and power components of single leg jumps

COACHING CUES:

GENERAL: smooth rhythm - focus is forwards

POSTURAL: 'tall' posture, spine moves with jump (not rigid)

UPPER: arms always move: balancing and assisting in activity

LOWER: full hip and leg extension, landings under the hips

VARIATIONS:

[5-8 selections as part of a structured workout plan]

ACTIVITY LINES: variety jumps with combination take-offs: hop-hop-step, speed hops (compare right-left), short-long hops, low-high combinations, hula hoop or hopscotch leaps, [advanced = 2-5 stride approaches into jumps]

RELAYS: use speed or distance: repeat triple jumps, hop-step combinations, M-ball carry, hands-on-hips hopping, hop with baton held in two hands

EQUIPMENT:

Pylons, M-balls, batons, jumping mat, hula hoops

PROGRESSION:

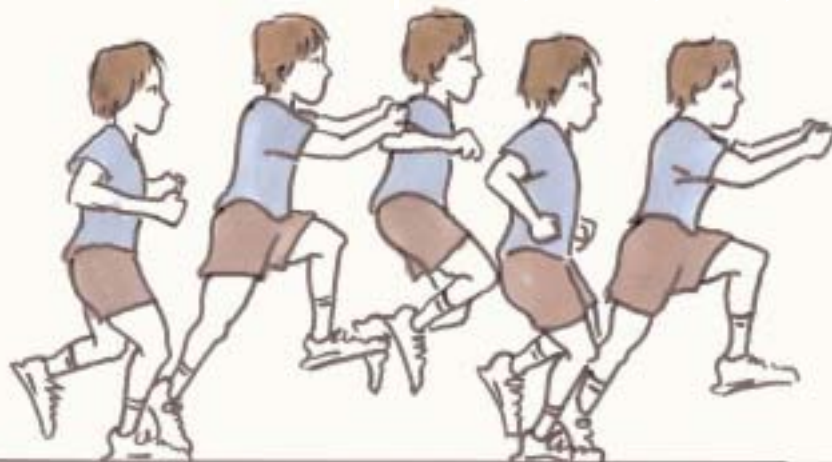
Build from consistent rhythm in a straight line (max distance 10-15metres) ~ progress to variety jumps and rhythm variations (eg short-long) ~ then progress to sport specific take-offs and ball carrying.

PROGRAM NOTE:

Some sport specific programs (eg soccer) may wish to emphasise right-left equality. Since speed tends to over-override technique it is best to begin with rhythmical variations and short distances for reinforcement.

COMMENTARY:

This is an area where imagination and fun combine to produce a very powerful movement fitness session. Variety jumps and take-offs require initial familiarisation and then progress very quickly to enhanced abilities in a variety of speed and power activities.



EXAMPLE: SPEED HOPS

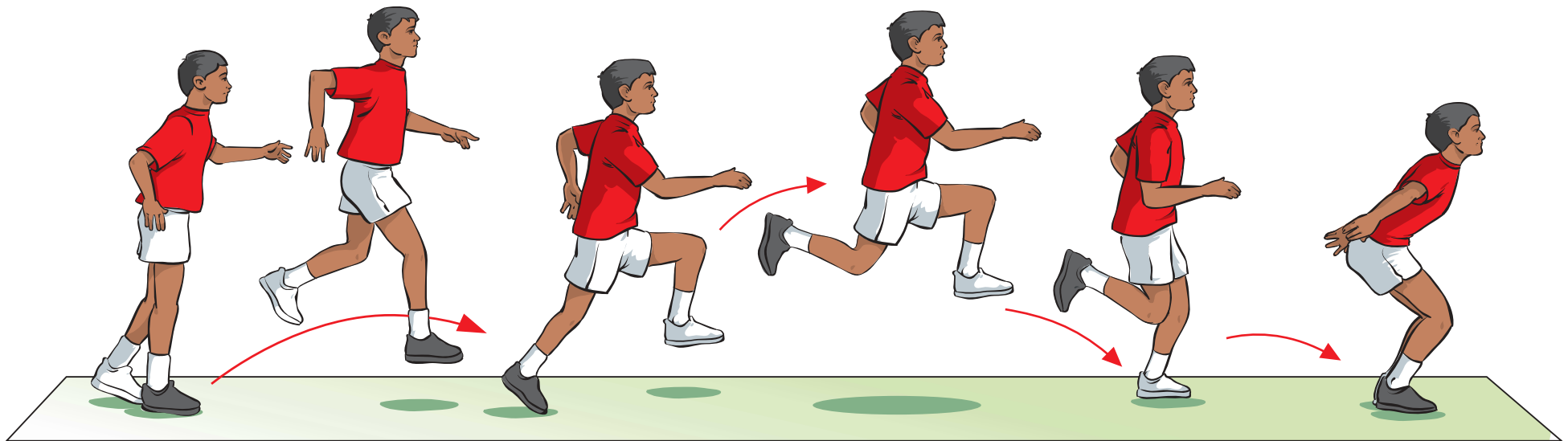
COACHES EYES

Landings-take-offs are continuous and smooth



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COMPLEX JUMPS: **STANDING TRIPLE JUMP**



FORMAT:

Measured Hop-Step-Jump from a standing position

DEVELOPMENT LINKS:

Take-off and landing skills and fitness, speed, power, footwork agility, injury prevention

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (max three efforts).
- Reinforce with related activities in a circuit or group

SAFETY:

- SITUATION:** area is clear-only one jumper on mat
ACTIVITY: allow rest between efforts
FACILITY: non-slip, even surface
EQUIPMENT: stable footwear, always use cushioned landings

LEARNING OUTCOMES:

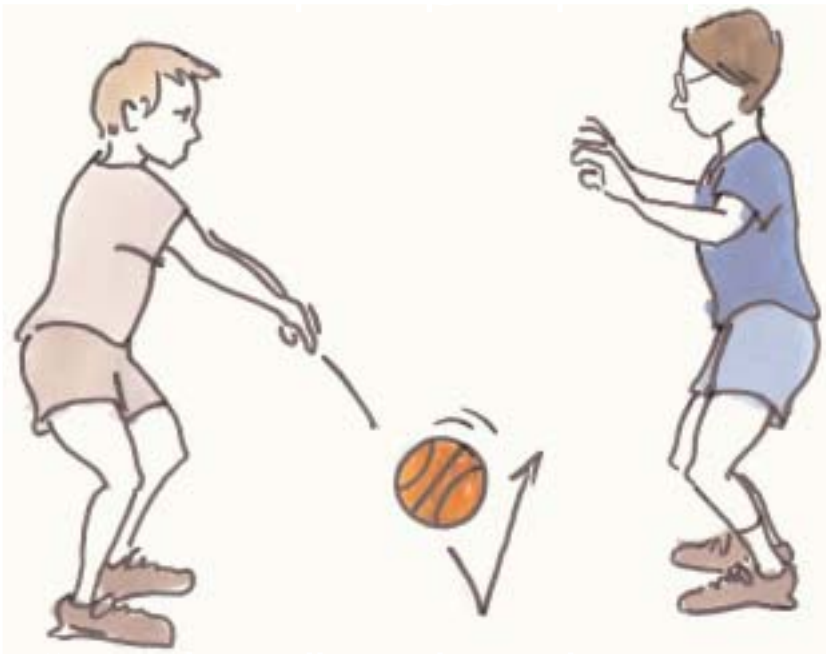
Stable and consistent jumping abilities in a straight line ~ leads to enhanced speed and quickness in a variety of situations ~ progressing to multiple benefits in a variety of sports, games and activities

CROSS-LINKS:

This is one of the most important of components in relation to overall speed and power development, for both take-off/landing abilities and sprint speed: enhancing basketball, volleyball, racquet sports, soccer, gymnastics, dance, hockey and athletics as examples



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EXAMPLE: BOUNCE PASS (B-BALL)

COACHES EYES

Focus is on accuracy and rhythm rather than power

THROWING ACCURACY: ACTIVITIES

LEARNING OBJECTIVE:

To reinforce skill and timing related to throwing and catching activities

COACHING CUES:

GENERAL: relaxed actions, regardless of positions

POSTURAL: body supports and assists in the rhythm (not rigid)

UPPER: body turns to face the direction of the throw or catch

LOWER: legs ground the body and move to face the throw or catch

VARIATIONS: [5–8 selections as part of a structured workout plan]

ACTIVITY LINES: Variety of rolling, bowling and throwing moves with a variety of objects: ball passing (seated, standing, stride), dribble-pass combinations (soccer, basketball), accuracy throws (javelins, plastic discus, bean bags) [progress to soccer, basketball variations involving 2–3 players]

RELAYS & LINES: combine with partner and other relays for passing and dribbling combinations: soccer ball passing while running, throw to a running partner, passing across circles

EQUIPMENT:

soccer balls, tennis balls, m-balls, bean bags, foam javelins, etc

PROGRESSION:

Use variety throws in static, straight ahead fashion to establish consistency and timing ~ then add simple catching and passing games or activities ~ progress to sport specific games and related drills

PROGRAM NOTE:

with introductory sessions, use two-handed variations, and bounce passes to a partner or against a wall. Emphasise rhythm and accuracy rather than power.

COMMENTARY:

Passing-Catching and basic throws are among the most versatile of activity sessions. Borrowing from different sports and games, or making up variations will be a valuable addition to the program.



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THROWING ACCURACY: TARGET THROW

DEVELOPMENT LINKS:

Hand-Eye Coordination, Timing and Judgement, Throwing Skills,

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (max 2 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

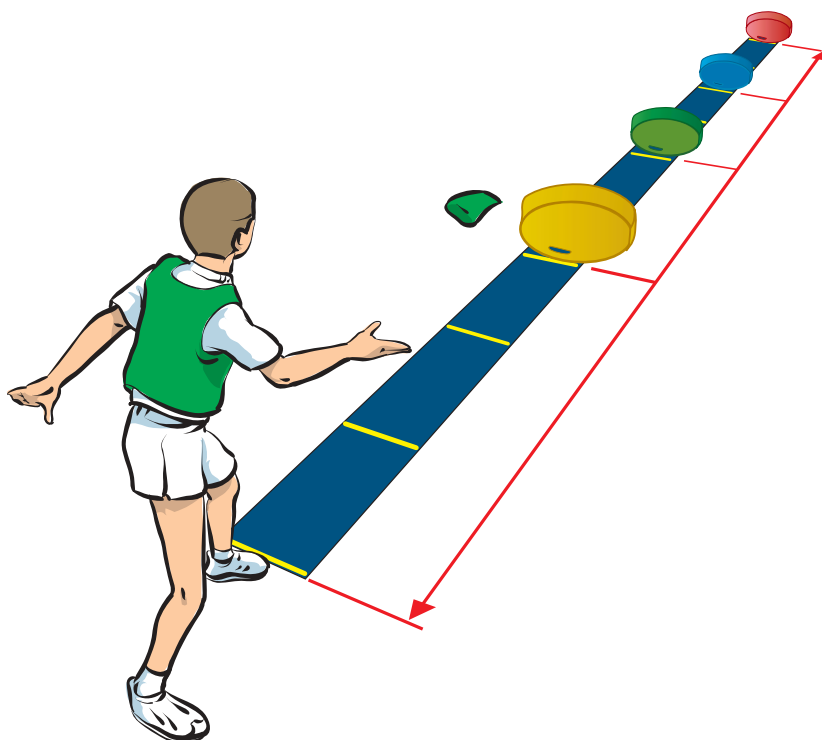
- SITUATION:** establish a no-walk zone around the event
- ACTIVITY:** avoid rushing or time pressures
- FACILITY:** stand in a non-slip area, no other equipment nearby
- EQUIPMENT:** clean, catching 'hoops' are in good order

LEARNING OUTCOMES:

Consistent and accurate skill with challenge ~ leads to effective throwing, catching and ball handling ~ contributes to sport and game skills

CROSS-LINKS:

a simple concept related to many activities that require hand-eye accuracy and timing: basketball, volleyball, racquet sports, soccer, hockey, and baseball as examples



FORMAT:

Five bean bags of four colours thrown towards coloured dish targets



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THROWING FOUNDATION: ACTIVITIES

LEARNING OBJECTIVE:

to reinforce throwing skills and introduce contributions of throwing to whole body fitness.

COACHING CUES:

GENERAL: whole body activity starting from the ground upwards

POSTURAL: hips and torso support the power shift from legs to arms

UPPER: arms complete the leg and body actions

LOWER: explosive and controlled hip and leg extension

VARIATIONS: [5–8 selections as part of a structured workout plan]

ACTIVITY LINES: two-handed throws from behind a line towards a wall or open (no-walk) area: straddle stance throw, step-in push, one-legged balance push, double arm pump then throw, vertical leap throws, 2 forward leaps and throw, torso twist throws, throw from lunge position

RELAYS & LINES: bounce pass across team circle, throw and retrieve waves, hula hoops as targets for accuracy throws, ball carrying and leaping combinations in relays

EQUIPMENT:

M-Balls, Soccer Balls, Gym balls, pylons, hula hoops

PROGRESSION:

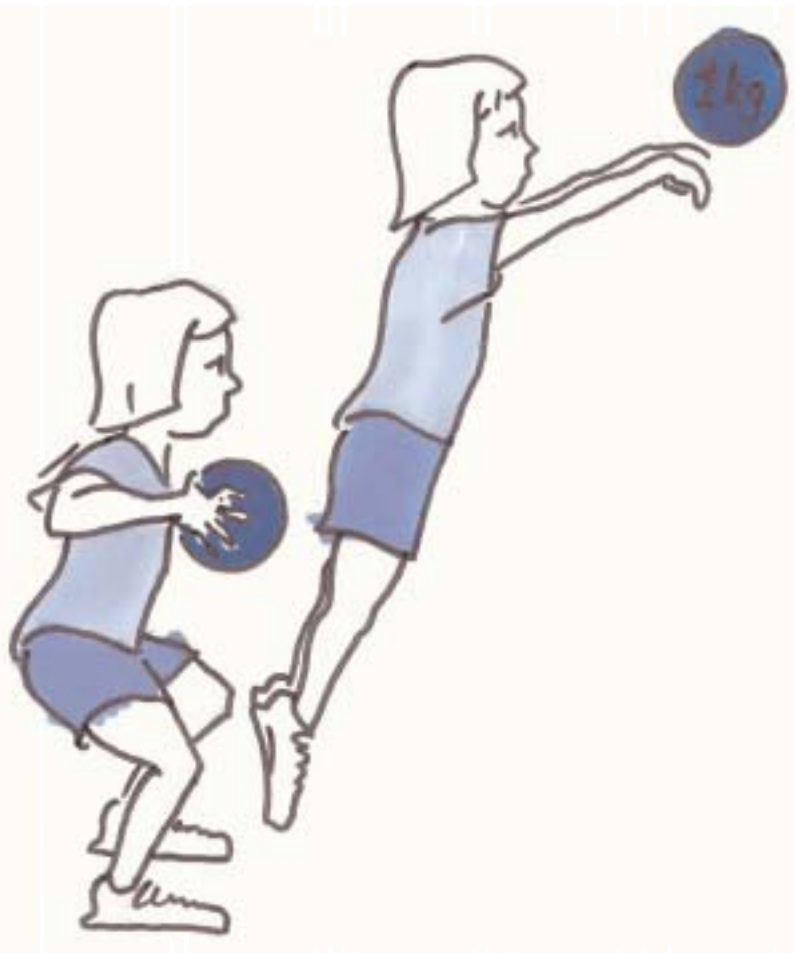
Reinforce whole body throws from grounded position, pushing ball outwards and forwards ~ then introduce strides, different leg positions, and up-down-out direction variations ~ progress to sport specific moves and different body positions (seated, kneeling, straight legs, leg balance, wide straddle etc)

PROGRAM NOTE:

establish strict no-walk zones and throwing into an area/ against a wall early in the program so that safety is a consideration as games and tasks become more complex.

COMMENTARY:

With the potential combinations of ball position, body position, initial moves and throwing direction this area of movement fitness is one of the most exciting. Within a short time athletes will begin to introduce their own variations.



EXAMPLE: LEAPING CHEST PUSH (M-BALL)

COACHES EYES

Stable launch position - explosive lift-push outwards



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THROWING FOUNDATION: CHEST PUSH

DEVELOPMENT LINKS:

Ball Handling, Throwing skills and related fitness, Postural Stability, Right-Left Equality

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: throw into no-walk zone or towards a wall

ACTIVITY: retrieval occurs after objects have landed

FACILITY: non-slip area, no other equipment in vicinity

EQUIPMENT: stable footwear, clean equipment

LEARNING OUTCOMES:

Effective skill, and consistency with both right and left stance ~ progresses into effective throwing from a variety of leg and body positions ~ translates into game and sport effectiveness with ball handling, passing, shooting etc

CROSS-LINKS:

Links to throwing activities and sports is obvious, this area also contributes to jumping ability and running speed: basketball, volleyball, racquet sports, athletics and rugby as examples

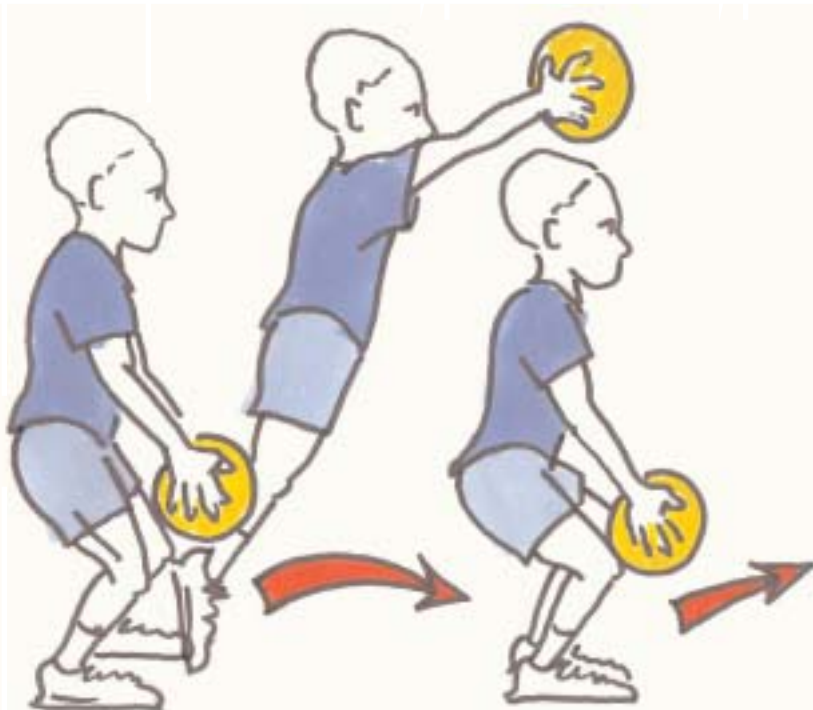
FORMAT:

A forward throw from chest height from behind a line



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LIFTING THROWS 1: ACTIVITIES



LEARNING OBJECTIVE:

To reinforce effective throwing techniques as a compliment to other throws, running and jumping skills. Also enhances effective and safe lifting techniques.

COACHING CUES:

GENERAL: smooth, balanced actions, whole body involvements

POSTURAL: hips and torso stabilise moves, body is never rigid

UPPER: ball stays centred as the shoulders initiate the arm actions

LOWER: stable ground position, full leg-hip extensions

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY LINES: ball or object throws towards a wall or open area: _ Squat Pitch, Pitch from outside R or L thigh, one legged balance, 2 leaps Pitch, Vertical Pitch

RELAYS: Hop Scotch leaping (eg with Hula Hoops), Slow Toad, Continuous Leaps, Ball Carrying Leaps (in front, back, above head, side to side sweeps)

EQUIPMENT:

Balance Beam, Hula Hoops, M-Balls, Gym Lines

PROGRESSION:

From straight ahead throws and carries ~ to variety throws and lifting throws ~ towards sport-specific moves and combination activities

PROGRAM NOTE:

Effective programming utilises shorter distances and more repetitions (with related rest) rather than maximum efforts.

COMMENTARY:

Lifting Throws and the combinations with leaps and running are valuable additions to a development program because of the power and stability benefits to the hips and back.

EXAMPLE: LEAPING BALL LIFTS (M-BALL)

COACHES EYES

Smooth rhythm, controlled and stable ground positions



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LIFTING THROWS 1: FORWARD PITCH

DEVELOPMENT LINKS:

Ball Handling, Throwing Skills and Fitness, Postural Fitness related to effective lifting technique, also Jumping Power

STRATEGIC APPROACH:

- Test or Challenge as part of Throws Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: establish a no-walk zone, team mates stand behind

ACTIVITY: ball is retrieved after landing

FACILITY: throw towards a wall or into an open space

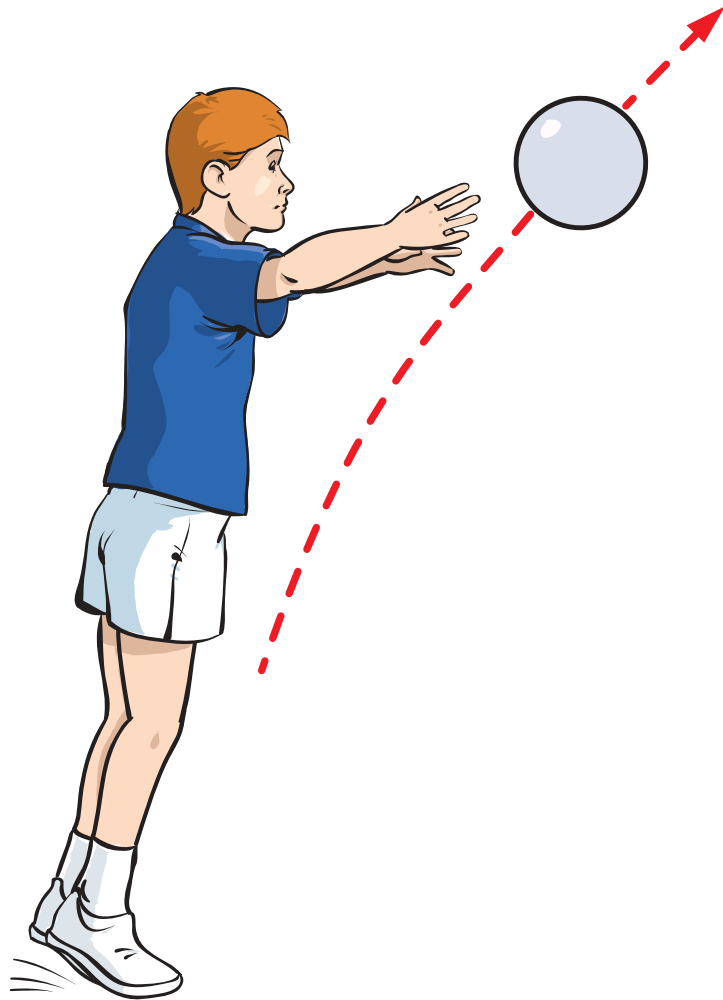
EQUIPMENT: equipment is clean/dry, non-slip area

LEARNING OUTCOMES:

Effective and consistent throwing technique ~ leads to specific fitness and consistency in other throws and jumps ~ links to effectiveness in sport or game movements - also a key to learning postural stability with object lifting

CROSS-LINKS:

The grounded position and body lift movement relates to a number of activities and sports: take-offs in athletics, basketball, and volleyball, scrambles in soccer, rugby, racquet sports and hockey as examples. Also relates to safe lifting movements and sport ready positions

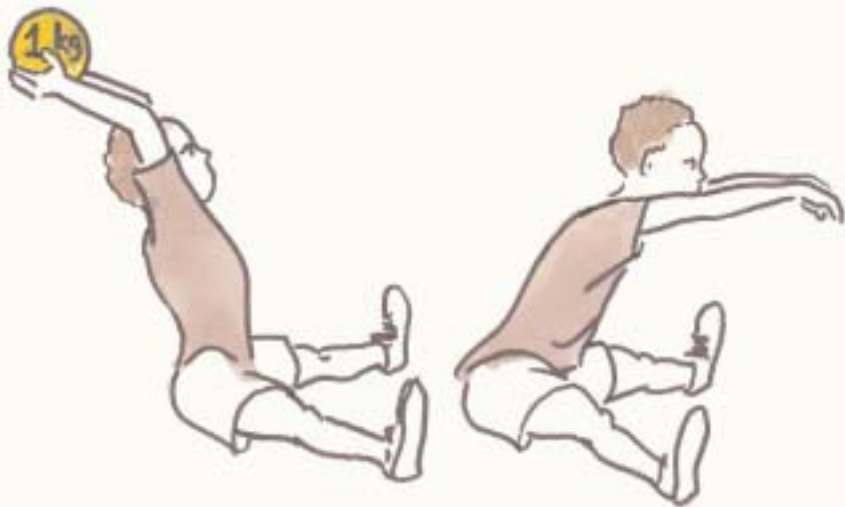


FORMAT:

A two-handed lifting throw from a low position



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EXAMPLE: SEATED STRADDLE THROW (M-BALL)

COACHES EYES

Body accelerates the throw - hips stabilize and balance

OVERHEAD THROWS 1: ACTIVITIES

LEARNING OBJECTIVE:

To reinforce an effective overhead throwing position using two-handed throwing styles

COACHING CUES:

GENERAL: body must do most of the work with the hips and legs fixed

POSTURAL: hips stabilise—torso is supple and mobile (not rigid)

UPPER: arms/shoulders in line with direction of throw

LOWER: legs help to fix the hip position and may contribute to power/speed

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY LINES: use wave or passing circles with a variety of launch positions: seated with knees bent, seated cross-legged, kneeling, lunge, standing feet together, standing straddle, stride throws

RELAYS & GROUPS: combine with leaping and running activities: sprint out after release, 2-3 strides into release, target/accuracy games, passing games from a variety of positions.

EQUIPMENT:

Soccer Balls, M-Balls, Soft Javelins, Hula Hoops

PROGRESSION:

Start with straight ahead throws from either seated or standing positions (reinforce catching skills as well) ~ then introduce different stride and body positions and accuracy games ~ progressing to variable throwing directions and approach moves

PROGRAM NOTE:

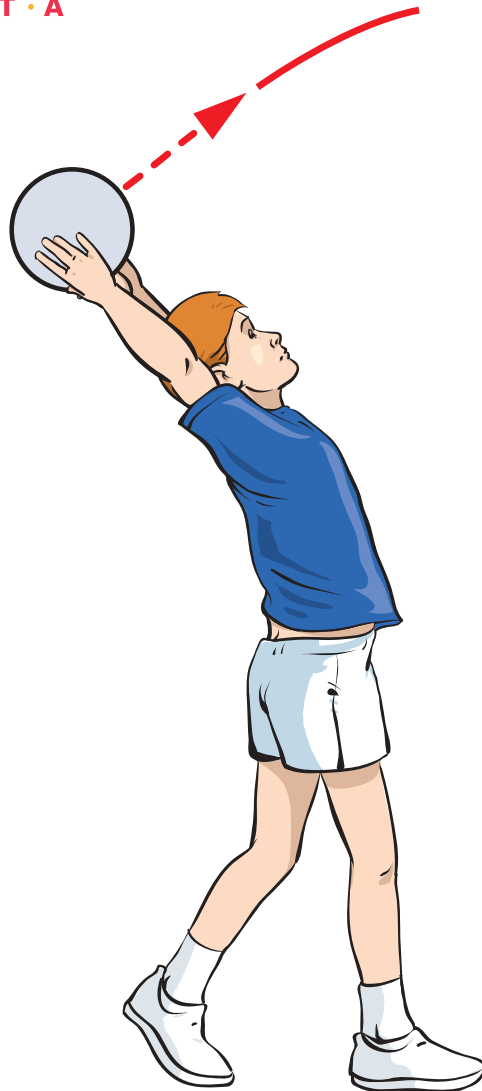
use bounce passes and open areas to ensure safety and optimal passing-catching opportunities. Also emphasise more repetitions with a variety of throws as opposed to maximum efforts

COMMENTARY:

the use of two-handed throws is an excellent way to reinforce correct throwing techniques. With variety and game or group settings this will be extremely popular and adaptable to many situations.



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OVERHEAD THROWS 1: **SOCCER THROW**

DEVELOPMENT LINKS:

Throwing skills and related fitness, Ball Handling and links to catching skills, postural stability and injury prevention, shoulder mobility

STRATEGIC APPROACH:

- Test or Challenge as part of a Throws Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

SITUATION: retrieve ball after landings in a no-walk zone

ACTIVITY: team members stay behind the throw

FACILITY: non-slip, flat launch area

EQUIPMENT: ball is clean, no other equipment in area

LEARNING OUTCOMES:

Effective throwing motion ~ develops into consistent accuracy and distance abilities ~ links to sport specific and other ball handling (eg catching) effectiveness

CROSS-LINKS:

This activity is linked to other overhead moves and throws in: basketball, volleyball, racquet sports, soccer, athletics, rugby and baseball as examples.

FORMAT:

A two-handed, overhead throw from behind a line



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LIFTING THROWS 2: ACTIVITIES

LEARNING OBJECTIVE:

to reinforce an effective throwing technique using lifting, overhead variations

COACHING CUES:

GENERAL: smooth lift-release action, accelerates towards release

POSTURAL: body remains 'tall' and supportive, linking legs to arms

UPPER: shoulders stabilise and action the lift/throw

LOWER: legs and hips do most of the throwing work (arms finish the move)

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY LINES: Variations on lifting throws: straddled legs, legs together, from outside R-L thigh, from deep position, vertical throws, small forward leap then throw, from lunge stride position, target throws to hula hoops

RELAYS: Ball Passing relays in circles or lines: twists and weaves, over shoulder-around hip, over head- under legs

EQUIPMENT:

M-Balls, Soccer balls, weighted shots, hula hoops

PROGRESSION:

establish consistency with straight throws and stable leg positions ~ add variable start positions (arm and leg) ~ progress to angled start positions and angled throws

PROGRAM NOTE:

always emphasise the 'lifting' aspect of the legs, hips and back to avoid quick arm throws. Also, when using strides or balance positions ensure that hip-back posture is centred and stable (balanced position)

COMMENTARY:

lifting throws are a valuable addition to the program. With combinations and incorporation into games they become an important compliment to other strength and agility movements.



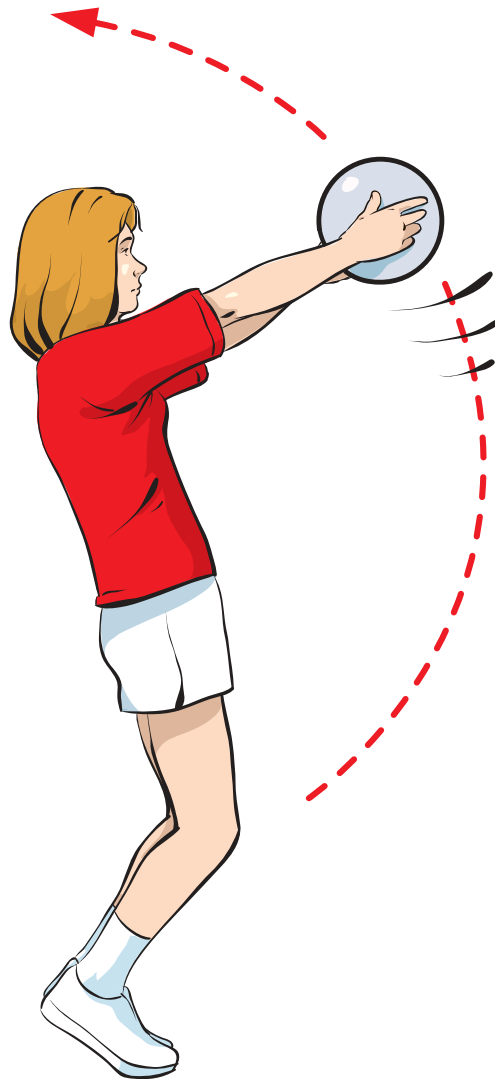
EXAMPLE: BALANCED OVERHEAD THROW (M-BALL)

COACHES EYES

Smooth continuous whole body move



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LIFTING THROWS 2: OVERHEAD HEAVE

DEVELOPMENT LINKS:

Ball Handling, Dynamic Posture, Jumping and Running Power

STRATEGIC APPROACH:

- Test or Challenge as part of a Throws Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

- SITUATION:** use a no-walk zone, others remain behind zone
- ACTIVITY:** ball is retrieved after landings
- FACILITY:** throw towards a wall or into an open, marked area
- EQUIPMENT:** stable footwear, non-slip throwing area

LEARNING OUTCOMES:

From consistency and accuracy of specific throw ~ towards enhanced throws, jump take-offs and running agility ~ to sport-related proficiency and awareness of lifting safety

CROSS-LINKS:

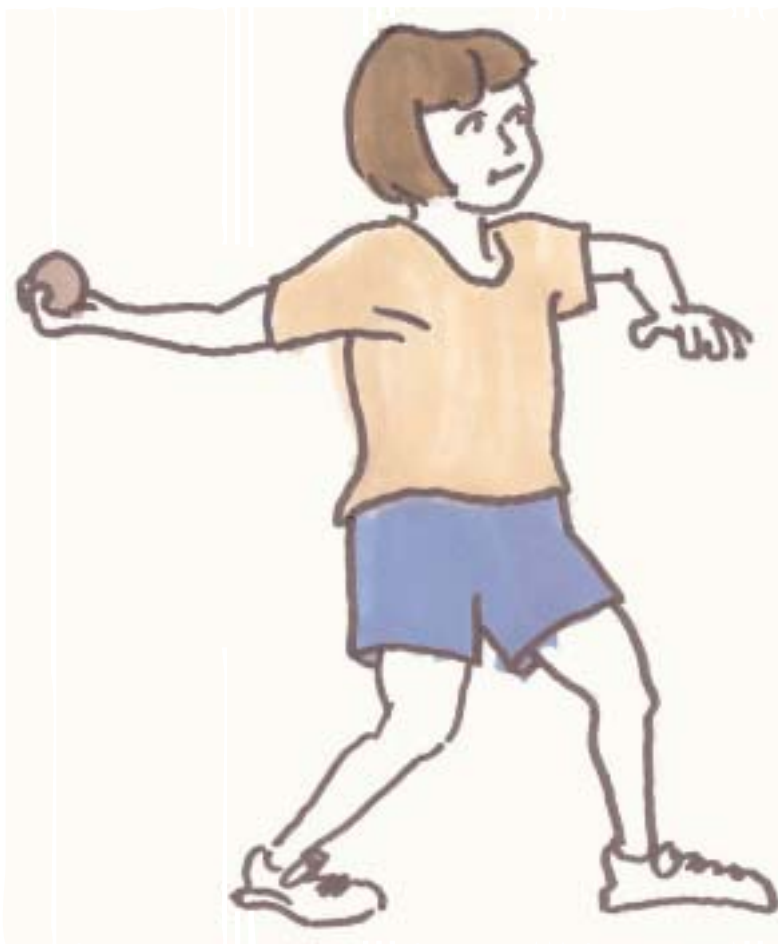
In addition to being a key movement in lower back injury prevention, this activity is part of sports and games that involve lifting or vertical movements: basketball, volleyball, gymnastics, and dance as examples

FORMAT:

A lifting throw from a low position, thrown backwards.



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EXAMPLE: BALL THROW

COACHES EYES

Smooth continuous movement from the ground up to release. Look for 'shift-lift' with the hips.

OVERHEAD THROWS 2: ACTIVITIES

LEARNING OBJECTIVE:

To reinforce a consistent and effective one-handed throwing technique

COACHING CUES:

GENERAL: whole-body movement sequenced from the ground up

POSTURAL: hips-back stabilise and transfer movement from legs to arms

UPPER: arm movements accelerate into the release

LOWER: legs and hips 'shift-lift' as they extend and move the ball forwards

VARIATIONS:

[5–8 selections as part of a structured workout plan]

ACTIVITY LINES: from lunge stride, accuracy throws (targets, partners), soccer ball throw, throw over v-ball net to partner, feet together, body wave throws, walk to line throw, quick stride throws,

RELAYS and TEAMS: combine retrieval with run around pylon, bounce pass across circle, overhead pass-receive around circle (right to left or right-right ...)

EQUIPMENT:

Basketballs, Volleyballs, Tennis balls, Soft Javelins

PROGRESSION:

Build a solid foundation of whole body throws from standing/stride position introduce variable body positions and different objects ~ progress to target throws and passing-catching games

PROGRAM NOTE:

ensure that throwing activities use bounce passes and/or throwing zones. Emphasise smooth actions and many repetitions to limit speed and maximum efforts

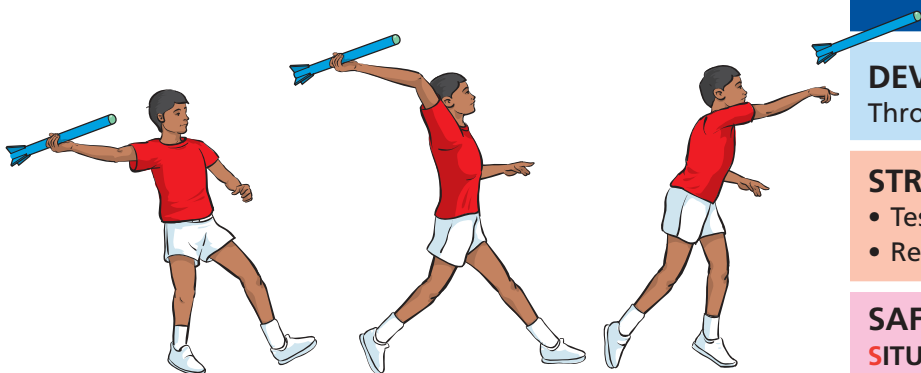
COMMENTARY:

with either game or sport adaptations, or team, activities this addition to the program can be a valuable compliment to running and jumping sessions, or function as a stand-alone component. As either a challenge using different body positions or an accuracy challenge this area can introduce a great deal of enjoyment and fun.



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OVERHEAD THROWS 2: **SOFT JAVELIN**



DEVELOPMENT LINKS:

Throwing skills and fitness, Postural fitness, Arm and shoulder mobility

STRATEGIC APPROACH:

- Test or Challenge as part of an Agility Challenge (max 3 efforts)
- Reinforce using related activities in a circuit or group activity

SAFETY:

- SITUATION:** create a no-walk zone, team stands behind thrower
- ACTIVITY:** retrieve after landings
- FACILITY:** dry, non-slip launch zone
- EQUIPMENT:** stable footwear, equipment in good repair

LEARNING OUTCOMES:

Develop an effective throwing action ~ contributes to effective throwing from a variety of launch positions, with a variety of objects ~ leads to enhanced sport and game specific throwing skills. Related activities also link to effective ball handling and catching skills.

CROSS-LINKS:

This activity is a component of different sports and games that utilize an overhead throwing action: baseball, cricket, basketball, volleyball and racquet sports as examples.

FORMAT:

Standing one armed throw from behind a line



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WARM UP CARD DESCRIPTIONS



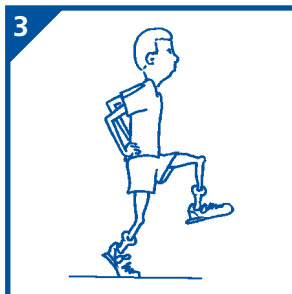
1. WINDMILL JOG

Easy arm swings in rhythm with jogging - 3-5 variations x 10-15 metres
Suggest front-crawl, small loops, right then left alone, butterfly, back crawl etc.



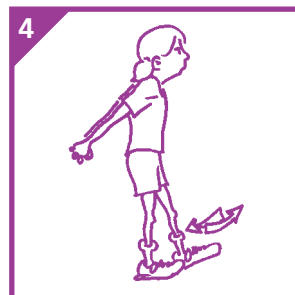
2. CROSSTEP JOG

Easy lateral jog emphasising crosstep action, 3-5 x 10-15 metres
Arms balance actions, also suggest hands behind head or on hips



3. SLOW MARCH

Walking high-knee march with arms either fixed or in rhythm, 3-5 x 10-15 metres
Suggest running arms, nordic ski, straight in front, on hips, to sides etc



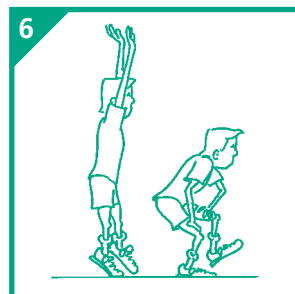
4. SCISSOR RUN

Smooth quick step with straight legs and active 'paw'; 3-5 x 10-15 metres
Arms are fixed or free, also suggest straight in front, to sides, or high



5. LUNGE WALK

Smooth, long stride with balancing arm actions: 3- 5 X 10-15 metres
Also suggest hands behind head, hands on hips, arms straight to sides, etc



6. MONKEY WALK

Variety of slow walking actions over 10-15 metres, 2-3 variations
Suggest low straddle, low arm swing, long skips, tiptoe swinging, etc



7. SIDE SHUFFLES

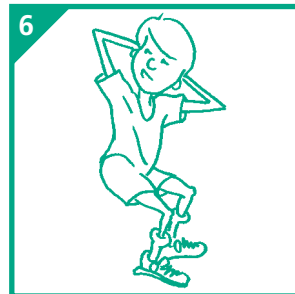
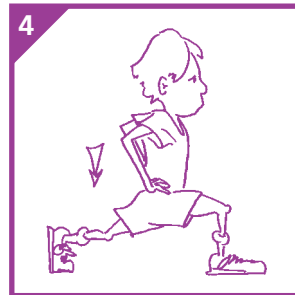
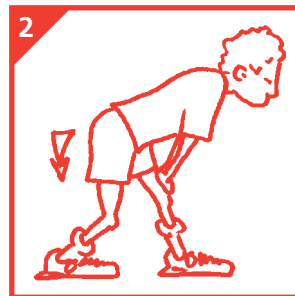
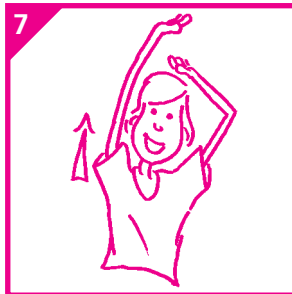
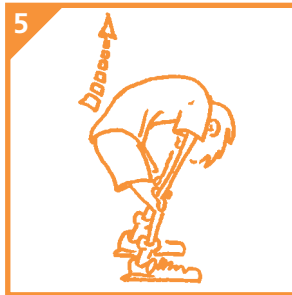
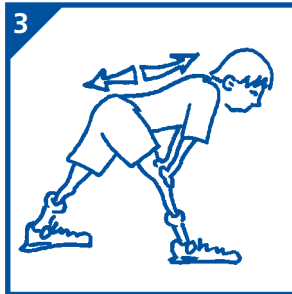
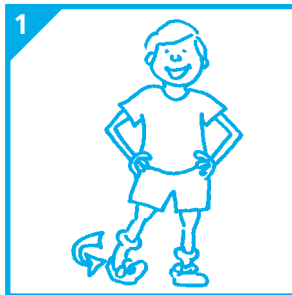
Smooth lateral shuffle along a line, 2-3 facing each way
Also suggest long-short strides, low crouch, baby strides etc

NOTE: the sequence, and suggestions are intended as guidelines - adapt and expand according to needs, age-stage and time availability



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NOTE: the sequence and suggestions are intended as guidelines - adapt and expand according to needs, age-stage and time availability.



COOL DOWN CARD DESCRIPTIONS

1. ANKLE ROLLS

From a balanced and relaxed pose roll your feet around in small circles
Try 5–8 gentle rolls with each foot, with a focus on balance and range of motion

2. SINKING KNEE

With a relaxed triangle pose, hands above the knee, slowly let the rear knee bend, keeping the foot flat. Stretch is felt in rear calf and ankle.
Hold 2–3 stretches with each leg for a few relaxed breaths

3. TRIANGLE STRETCH

With a fixed or held triangle, hands just above the knee, try to lengthen or flatten your back ('lift your tail'), hold for a few breaths then relax. Stretch is felt in front leg (rear thigh) and hip. Suggest 2–3 with each leg, focus on smooth actions

4. STRIDE STRETCH

With a long stride slowly let the hips sink to a point of comfortable stretch then return try 2–3 'sinkers' with right and left legs forwards, keeping balance. Stretch is felt in rear leg and hip.

5. TUMBLE UP

From a 'slouch' or slump position slowly uncurl your back until you are standing up.
Try 2–3 tumbles, a variation can be to place both hands on one knee at a time. Stretch is felt along the back.

6. HALF TWISTER

With a long exhale twist around and up to each side 2–3 times.
Keep the hips facing forwards and feet in a balanced position. Stretch is felt along the back, primarily the middle back

7. SIDE REACH

Slow stretch up with one arm as you exhale focus on body stretch and relaxed arm position, 2–3 each side. Stretch is felt in upper back and shoulders.