

Chippenham
Sports Partnership

Active Team

NAME.....



Three different activities to challenge yourselves with.

1. Wicked Warm-ups
2. All over Fantastic Fitness
3. Putting you to the Test



1. Wicked Warm-ups

Hate doing warm-ups? Never again!



Delve inside the body and look at what happens during a warm-up. You'll understand how important they are to your performance and you'll never want to miss a warm-up out again!

2. All over Fantastic Fitness!

Fitness isn't just about how far or fast you can run. There are lots of other factors that need to be developed if you want to be the best **all round athlete**. These are called **Fitness Components**. You will spend time learning about these fitness components and which ones are important for different activities.

3. Putting you to the Test

There are tests which can be used to measure the different fitness components and you will have the chance to take part in them today. You'll then be able to compare your results with others in the group.

Wicked warm-ups

Warm-ups should always include **at least** 3 parts and happen in the same order. They should involve:

1. pulse raising activity
2. moves to loosen your joints (**mobility**)
3. moves that **stretch** your muscles.
4. sometimes a skill related task can be added

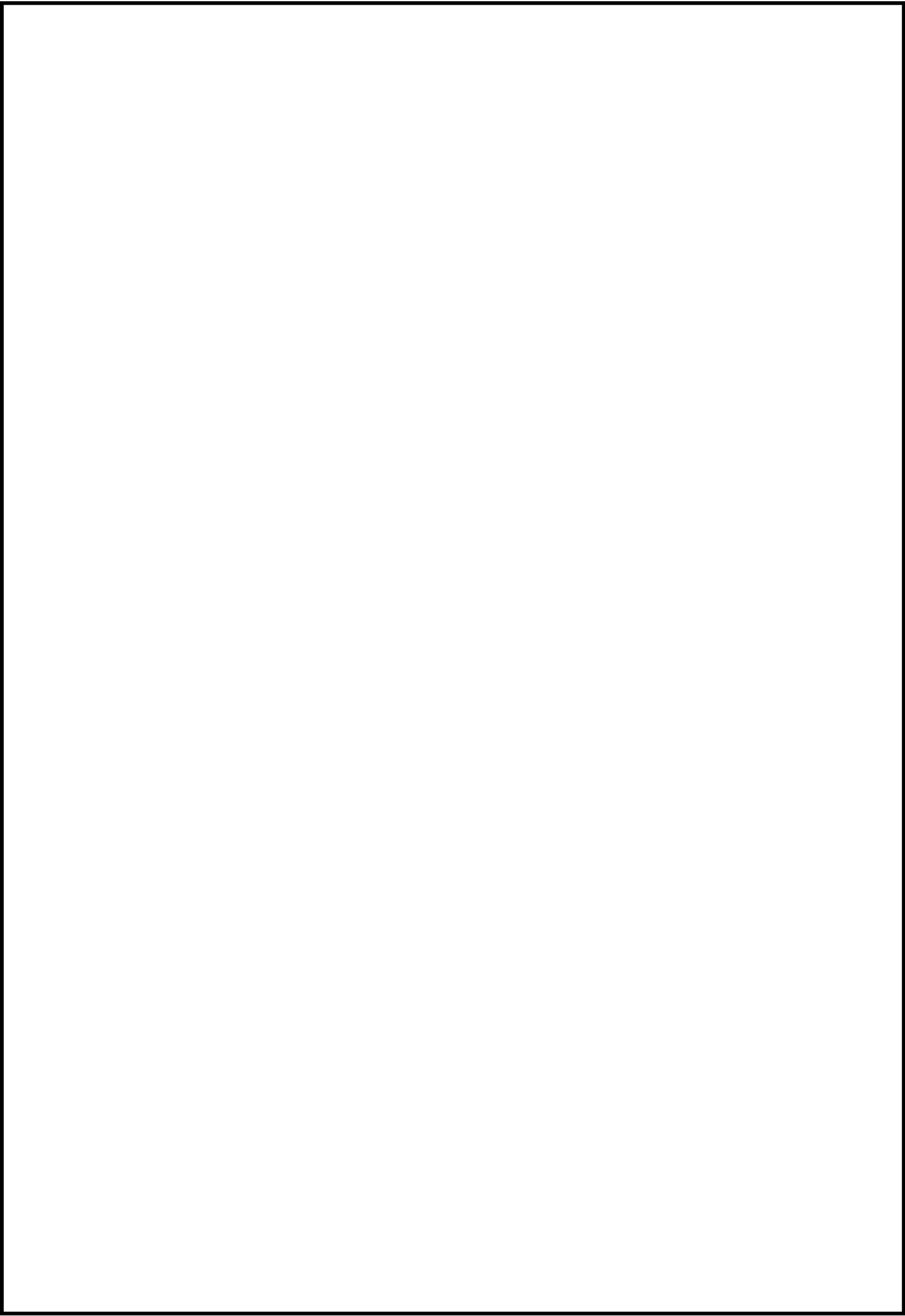
Before we exercise we need to warm up

Now lets do our warm up

Pulse Raising Activities

A pulse raising activity is a continuous activity that gets you moving and makes your heart beat faster. It should last for at least five minutes. You are going to take part in some pulse raising activities now.

Knee hug in place: hug knee to chest for 10-12 seconds	Quad stretch in place: while stationary hug your heel on the backside	Side-to-side lunge in place: start with lateal lunge to left then back to right
Lateral lunge in place: lunge to left, step right over left & bend straight down	Leg siwngs front to back: stand parallel to wall. Use inside leg and swing from front to back.	Leg swings open hips: open hips up & out. Move legs behind you while other leg stays stationary.



Stretching Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



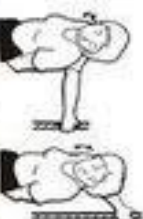
3. Latissimus Dorsi and Posterior Deltoid Stretch
(one hand, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



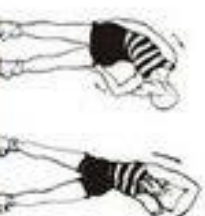
8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(rot. head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
a. with foot pulled back towards the knee
b. with foot pointed



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)



18. Gluteal Stretch
(pull knee and lower leg towards opposite shoulder)



19. Gluteal and Lumbar Rotation Stretch



20. Quadriceps Stretch
(keep heels on floor)



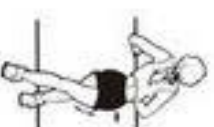
21. Quadriceps Stretch



22. Adductor Stretch
(keep foot pointing forward, lunge sideways on both knees, keep back straight)



23. Hip Flexor Stretch
(keep back straight, tuck bottom under, lunge forward on front leg)



24. Tensor Fascia Stretch
(continue to push bottom forward, whilst pushing hip to the side)



25. Gastrocnemius Stretch
(keep knee straight and heel down, foot facing forward)

Make a list of some of the pulse-raising activities you did not do or could have done.

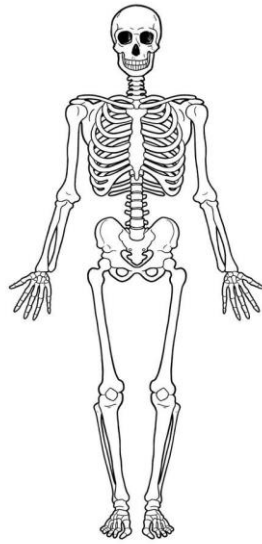
When you start to exercise, lots of things start to happen to your body. Look at the list below. Which ones did you notice?



1. Mobilising Joints

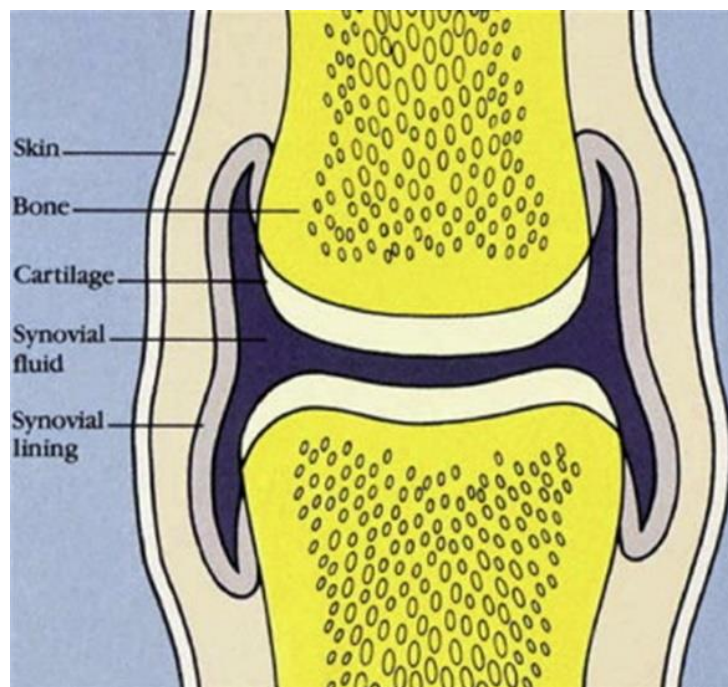
A joint is a point where two bones of the skeleton come together usually in a way that allows movement. The knee is an example of a **joint**.

- With a partner, try to locate and move as many joints on your bodies as you can.
- Why might it be important to loosen or mobilise your joints before exercising?



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When joints are moved during a warm-up, the flow of fluid within the joint increases to allow the joints to move more freely. This can reduce the risk of getting injured during any activity.



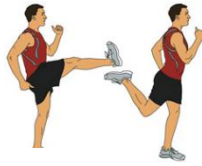
2. Stretching Muscles

When you perform stretches, you can start at the top with your neck and work down to your feet!

Stretches can be done staying still (STATIC) or on the move (DYNAMIC). It is better to start with dynamic stretches because these tend to loosen/mobilise the joints at the same time. Have a go at performing the stretches below. Which joints are involved?

DYNAMIC STRETCHES

Front to Back Leg Swing



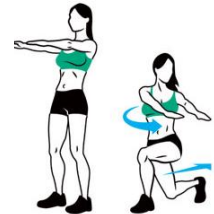
Sideways Leg Swing



Handwalks



Lunge with Rotation



High Knee Skipping



Arm Swings

STATIC STRETCHES



Examples of Static Stretching



Calves



Hamstring



Trapezius



Biceps



Quadriceps



groin



Triceps

All over Fantastic Fitness

Fitness isn't just about how far or how fast you can run. There are lots of other things that need to be developed if you want to be the best **all round athlete**. These are called **Fitness Components**. Some are to do with your health, others are to do with your skills. Look at the list below. How many have you heard of?



Can you think of a sport where you would need to...

1. be really flexible?
2. be really strong and muscly?
3. be really fast?
4. have a good reaction time?
5. have good coordination?
6. have good balance?
7. have good CV fitness?
8. have a mixture of all of them?



Putting you to the Test

Record your results in the table below.

Test	Fitness Component	My result	Family Top Score	Family Average
Multi-Stage Fitness	Cardio-vascular endurance/fitness			
Stork Stand	Balance			
Illinois Agility	Agility			
Wall Toss	Coordination			
Sit and Reach	Flexibility			
Standing Long Jump	Power			
Ruler Drop	Reaction Time			
Sprint	Speed			
Hand Grip Dynamometer	Strength			

Complete the sentences below:

The test I most enjoyed was _____

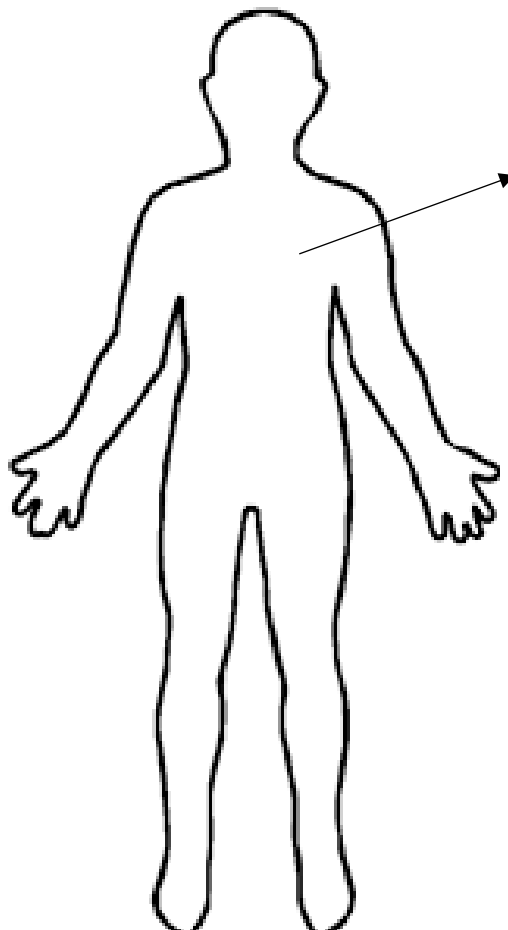
The test I least enjoyed was _____

The test I did most well in was _____

The test I struggled with most was _____

Check your Knowledge

1. How can you tell if someone has done a good enough warm-up? Label and colour in the person below to make it look like they have just finished a pulse raising activity!



Heart beats faster

2. Circle as many joints on the body as you can.
3. What are the first 3 stages of a warm-up?
4. What are the two types of stretching which can be used during a warm-up?
5. How many fitness components can you remember?
6. Pick one fitness component, and name the test used to measure it.

Complete the Cross Words

Name: _____

Summer Sports Word Search



ATHLETICS

VOLLEYBALL

TENNIS

SOCCER

BASKETBALL

BADMINTON

CANOEING

CYCLING

DIVING

FENCING

HOCKEY

SAILING

WATER POLO

SWIMMING

HOCKEY





Sports Word Search

DIRECTIONS: Circle the names of the different sports from the word list in the letter grid below. To find them all you will have to look in every direction, including backwards and diagonally. Good luck!



Archery
Athletics
Badminton
Baseball
Basketball
Boxing
Cricket
Diving

Fencing
Football
Formula One
Golf
Gymnastics
Handball
Hockey
Judo

Lacrosse
Polo
Rugby
Sailing
Skiing
Soccer
Softball
Squash

Sumo
Surfing
Swimming
Taekwondo
Tennis
Volleyball
Weightlifting
Wrestling