

MOVE YOUR BODY



A CANADIAN SPORT FOR LIFE Partnership with
ATHLETICS CANADA, GYMNASTICS CANADA, and SWIMMING CANADA





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Cathy Haines (Gymnastics Canada)
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Canada 

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Canada 

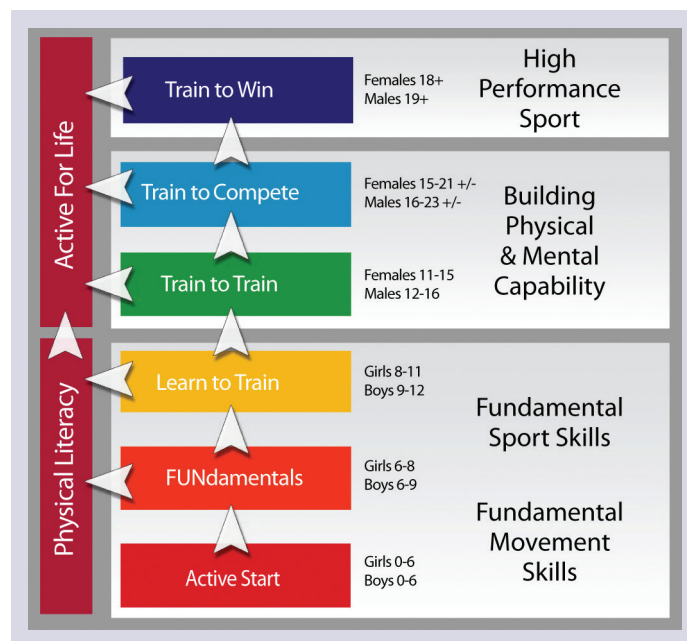
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About Move Your Body

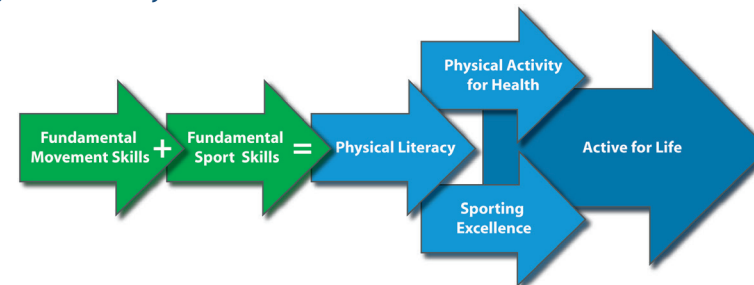
Introduction

Gymnastics, Athletics and Swimming have been identified as the 3 Foundation Sports that form the basis for the development of physical literacy. Early exposure to these 3 sports can allow children to develop the fundamental physical and motor skills that lead to improved success and performance of any sport they may choose to participate in, throughout the various stages of their lives.



Gymnastics Canada, Athletics Canada and Swimming Canada have collaborated to produce a unique resource for after-school and community-based physical literacy programs. Move Your Body brings together the fundamental physical and movement skills of all 3 Foundation Sports in a series of 20 lesson plans.

Physical Literacy Leads to An Active Life



Move Your Body Focus

Move Your Body lesson plans focus on developing the fundamental skills of moving one's body and do not incorporate the use of projectiles or implements. This is based on the assumption that participants who first learn good fundamental body movement skills will enjoy greater success when projectiles or implements are later introduced.

The first 15 lessons are designed for use in a gym or designated outdoor setting with minimal equipment needs. Lessons 16 through 20 are designed for use in a pool environment.

Who is MYB for?

Move Your Body targets children aged 6 - 12. While the lesson plans are complete as provided, experienced instructors will be able to modify the lessons to adapt to the age, group size, and skill level of the participants.

Instructors

The Move Your Body resource has been designed with the young sport leader in mind. Although instructional or coach experience, and even coach certification, is beneficial, the lessons can be delivered by anyone with a basic knowledge of physical activity and an ability to work effectively with children.

The Instructor Guidelines section, the first page of Lessons 1 through 15, and the 'Safety First' instructions in Lessons 16 - 20, provide the Instructor with guidelines and directions to successfully deliver the lessons in a safe and enjoyable way.

It is recommended that sport leaders provide an orientation or training session for instructors prior to delivery of the lessons with a group of children. In this way, the sport leader can emphasize the purpose, values, delivery methodologies, teaching and learning techniques, and follow-up / evaluation as appropriate to the specific environment.

User Groups

Move Your Body can be easily used in any sport club setting, after-school program, summer sport camp, city or community sport program, leisure centre, YM-YWCA, sport institute, or by any organization that wishes to promote healthy and active lifestyles for children in Canada.

For More Information

For more information on Move Your Body, contact Gymnastics Canada at: info@gymcan.org

Safe Teaching

Instructor Guidelines

Safety Guidelines

Following these guidelines should help you to deliver safe and enjoyable lessons.

The MYB lessons will help develop the physical abilities ('building blocks') for participation in a wide range of activities. In addition, MYB seeks to instill a lasting interest in physical activity and sport.

The role and positive attitude of the instructor is critical for developing these long-term interests. These guidelines, in conjunction with the lessons themselves, will provide you with a ready source of inspiration.

The safety guidelines cover:

- » The playing **facility** (indoors, outdoors).
Pool safety guidelines are found in Lessons 16-20
- » **Equipment** (gym equipment & small apparatus)
- » The **activities** that make up MYB

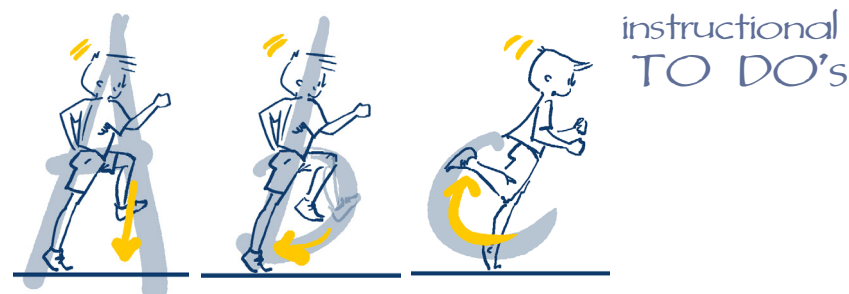
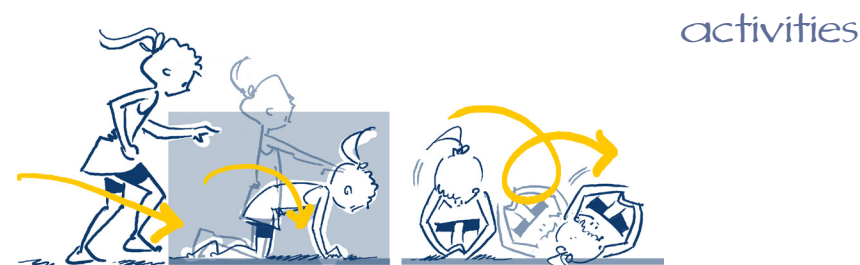
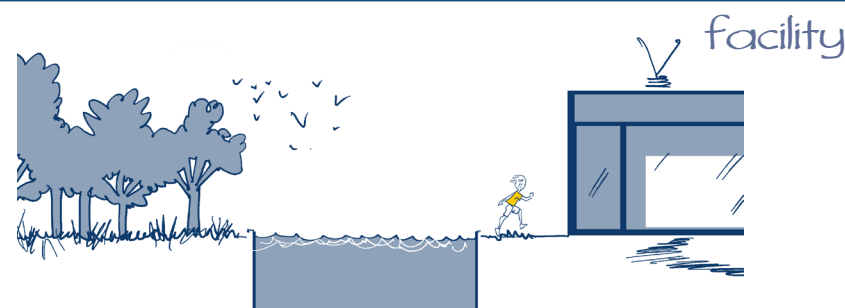
Instructional Guidelines

The 'instructional guidelines' are meant to influence the many things you will say and do to keep activity and energy levels up, while ensuring the players have fun in a minimal risk environment.

These TO DO's cover:

- » Your commitment
- » Your communication
- » Risk management
- » Effective teaching strategies

Good luck!



Safe Teaching

1 Facility Safety

Our first concern is to ensure a completely safe environment. Therefore, we need to regularly check for any potential hazards in the playing area, such as:

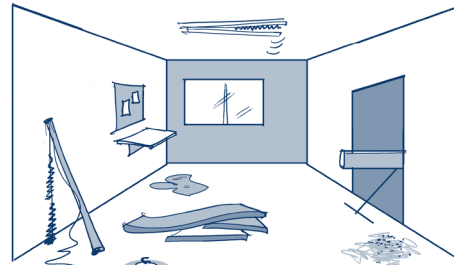
Outdoors

Glass and sharp objects on the field
Uneven surfaces or holes in the ground
Posts, poles or other obstacles
Water or slippery areas
Clearly identify a safe running area



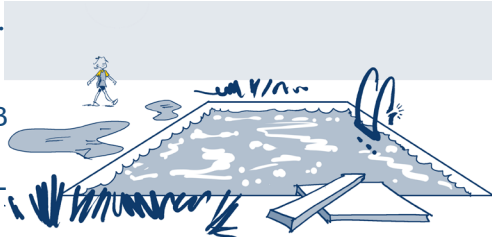
Gym or Hall

Check floors for water, dirt or protrusions (floor plates lifted), loose objects to trip on, etc.
Check walls and keep players away from drinking fountains, or other protrusions into the playing area
Clearly identify a safe running area with markers (cones, mats)



Pool

Lessons 16-20 are aquatics based. Pool safety guidelines, “Stay Safe” are found at the beginning of each lesson. In addition to MYB instructors, there should be at least one lifeguard on duty at ALL times. Outdoor pools should be fenced.

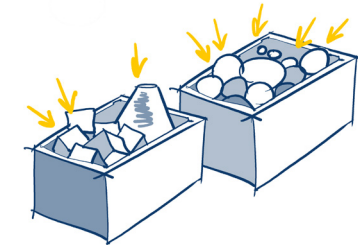


2 Equipment Safety

1. **Gym mats** are used in several lessons. On dusty floors light mats can slide easily. You can fix this problem by simply wiping the bottom of the mat with a damp cloth. Make sure mats do not overlap and they are properly stuck together (Velcro®)



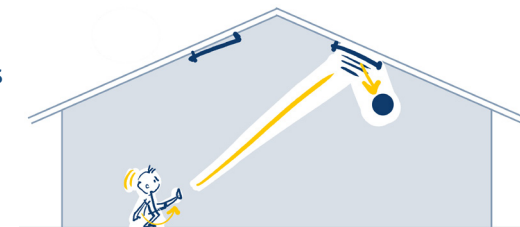
2. **Small apparatus** is used in some lessons (balls, cones, hoops, hats, mitts, etc.). These should always be stored outside the playing area in a container or bundled/tied together so they cannot become obstructions.



3. **Balls** can be especially dangerous if loose in a running or landing area. Keep them in a container, net bag, or behind a barricade of benches.



4. **Balls must not be thrown** or kicked at ceilings where dust, lights or acoustic tiles could be dislodged.

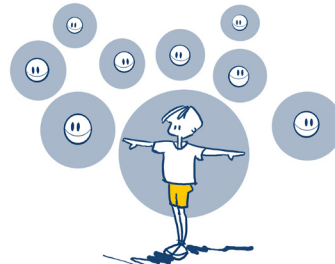


move your body

Safe Teaching

3 Activity Safety

1. The greatest danger when playing games in confined spaces is collisions between players. The first lessons are designed to give you techniques that will eliminate this threat.



MYB - Mind Your Bubble!

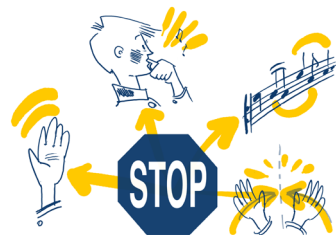
2. Be very diligent in continually practicing these safe running activities.



3. Always start games with walking, and only advance to slow running and fast running after you are certain that the players are being attentive to safe running practices.



4. Have a well rehearsed STOP signal and stop games immediately if you see unsafe running.



4 Fitness Safety

The goal of MYB is to increase the 'physical literacy' of players. This means their physical abilities, their knowledge and interest in being active. Increasing physical fitness is an important component of this goal. Your group may have a variety of fitness levels, so you have to be observant and rest those who are fatigued, yet allow those not fatigued to continue toward their fatigue levels.

The challenge is to slowly, steadily increase the fitness of the players, without causing too much soreness, and at the same time increase their abilities to Move Their Body!

Checklist

- ✓ Hold stationary positions as long as possible for strength
- ✓ Target good stationary core strength
- ✓ Continue with locomotions until players are puffing
- ✓ Alternate between upper limb and lower limb activities
- ✓ Introduce powerful jumps and springs only after doing above
- ✓ Encourage rigid trunks during all jumps and springs
- ✓ If outdoors and hot, allow more rests and water breaks
- ✓ Kill a game before it dies - keep activities short and fun
- ✓ Start and finish slowly, and progress to explosive/fast and strenuous activities
- ✓ Finish the class with activities of lower intensity



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Instructional Guidelines

5 Instructor's TO DO's

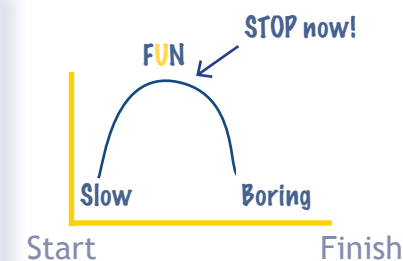
Move Your Body Lesson Plans are designed to promote physical and motor abilities in players so they move their bodies more skillfully. It is expected they will then be better at:

- moving their bodies PLUS projectiles (balls, discus, weights)
- moving their bodies PLUS implements (bats, clubs, sticks, weights)
- moving their bodies PLUS vehicles (cycles, boats, boards)
- moving their bodies IN different environments (water, ice, snow)



Checklist

- ✓ Arrive well ahead of your group and prep the facility
- ✓ Know the Emergency Action Plans for your facility
- ✓ Keep all players in view at all times
- ✓ Stop any inappropriate or risky activity immediately
- ✓ Position yourself so you are the most interesting thing in a player's field of view
- ✓ Sit players down to give them important instructions



- ✓ Stop games before players tire of them

6 Instructor's TO DO's

Checklist

- ✓ Use your STOP signal often, especially early in term
- ✓ Review SAFE RUNNING practices every day
- ✓ Observe the individual differences and facilitate each player achieving success and challenge
- ✓ Match players sizes in most partner activities
- ✓ Never leave your group unsupervised
- ✓ Minimize and avoid line-ups wherever possible
- ✓ Structure games to keep all players playing - no eliminations
- ✓ Never use walls as end points or turning points in games
- ✓ Always do supports on a partner over the bottom person's contact points, and not on the back
- ✓ Always place the lighter players on the top when supporting or balancing, and heavier players on the bottom
- ✓ Ensure all players perform rotations in the same direction during activities (point to the direction where they will rotate)
- ✓ Demonstrate proper execution of the skill (dependent on age, abilities, etc.)



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- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

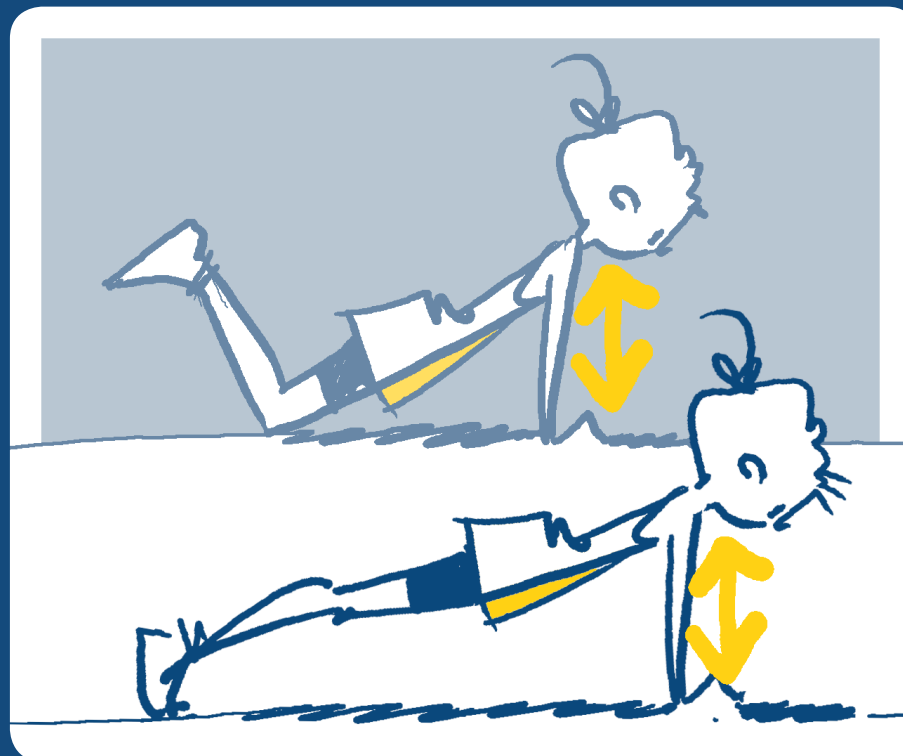
- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

[illegible]

Lesson 1 - Safety Stopping | Running | Falling



playing area

Open space in gymnasium, hall or outdoor area.

equipment

Whistle or alternative. Six cones or markers to mark out a playing area if required.

keep it active

Players will have the chance to 'move their bodies' in this lesson. Some activities are quite vigorous. Here are some tips on high activity / high energy games:

- Lots of short activity bursts will be a lot more fun than one or two activities played for a long time
- Stop games before they become boring
- On hot days allow players to have a drink

safety

Use safety instructions to get the attention of the class.

SAFETY MESSAGES:

- Players need to be able to move around without bumping into others AND demonstrate awareness of the playing area
- As leader you will need a well rehearsed STOP signal
- Players should be able to convert an unsafe FALL into a controlled LANDING

move your body

1

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Let's Start

1 Circle Run



Do This

- » With the players seated on the floor, explain your STOP signal
Now put it to the test ...
- » The players walk in a circle - all in the same direction
- » Test your STOP signal



- » Progressively increase speed from walking to running
- » Change directions occasionally
- » Vary the mode of locomotion - skip, long low steps, short high steps

Practice stopping often

2 Walk Here & There



Do This

- » Players walk in ever-changing directions within the boundaries
- » Change every 5 seconds or less
- » Call STOP - use the signal often

Leaders: see the 'protective bubbles' note below



Question

Remind players to anticipate others.
For example, after you call STOP, you might ask a player, **"Without looking around, who is near you?"**

Top Teaching Tips

Choose a STOP signal and be consistent. For example, when you raise your hand, everyone stops.

Other STOP signals include: clap, whistle, distinct sound, stopping the music.

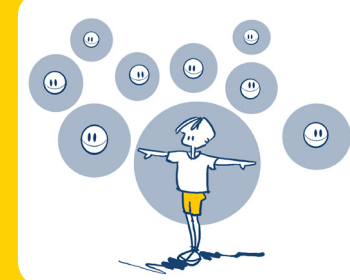


Quick demos

Some activities such as patterns of running or the push-ups on the next page are best demonstrated.

Protective bubbles

Have players imagine there is a bubble around them just beyond their maximum reach. The aim is to make sure the bubble of each player does not touch the bubbles of others.



Lesson 1

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1

Now Try ...

1 Safe Running

Random Run



Do This

- » Players run very slowly in ever-changing directions in the area marked by the boundaries
- » Call STOP - use the signal often
- » Don't let bubbles collide

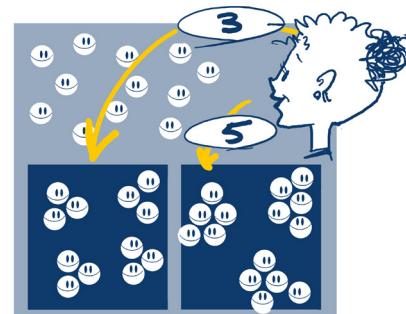
Make a Pattern



Players run slowly in patterns:

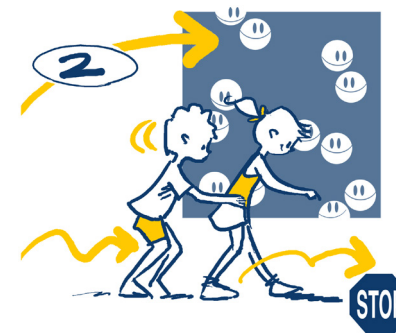
- » Large squares
- » Small circles that become big circles
- » Large figure 8

Play the Numbers



- » Call out numbers
- » The players quickly form groups of the numbers called out
- » Instructor joins a group if too few players

One-Two Follow Me



- » Form groups of 2
- » Form tandem pairs as shown
- » Players walk then run slowly around in tandem
- » Energy levels will rise. Call STOP to remind all it is a safe running exercise

move your body

2 Safe Falling

Kneeling Fall



Do This

- » Players run in ever-changing directions - Call STOP
- » Direct everyone to find a clear space away from other players



- » Players attempt 5 push-ups from their knees
- » Then 5 from their toes or 5 more from the knees



- » From a kneel, players fall forward onto their hands and slowly lower down to lie flat on their stomachs - several times

Question

Why do we lower slowly to our stomachs?
ANSWER
To 'cushion' the landing

Something Extra ...

More Games

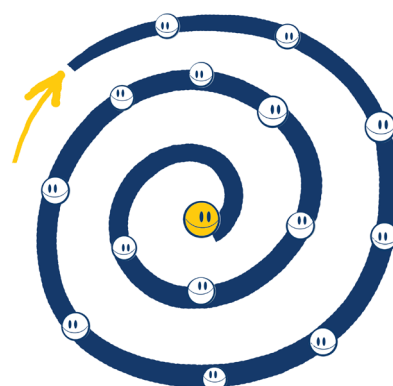
Here are some activities to consolidate players' awareness of their playing area and their awareness of the position of other players

1 Maze Run

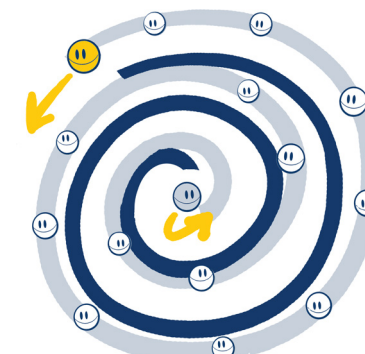


Do This

- » The players line-up in a single file behind you



- » Walk quickly in a large circle
- » On the second time around the circle moves closer to the centre



- » When the circle is about half the diameter of the original circle, turn & walk OUT of the circle in between the lines of your group
- » When you are out of the circle, continue in a large circle with a very slow run
- » Repeat - in the opposite direction

2 Cross the Floor



Do This

- » The players are divided in pairs
- » The two groups face each other



- » The two groups walk towards each other
- » Continue to the other side without any bubble or body contact

REPEAT

Players show how they can:

- » Always pass on the right
- » Walk faster each pass
- » Run slowly while passing
- » Start at one end and do a wave pass
- » Start at both ends and do a wave pass
- » Spring on both feet while passing
- » One group arms out, other group passes under arms

Remember: bubbles should not touch

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
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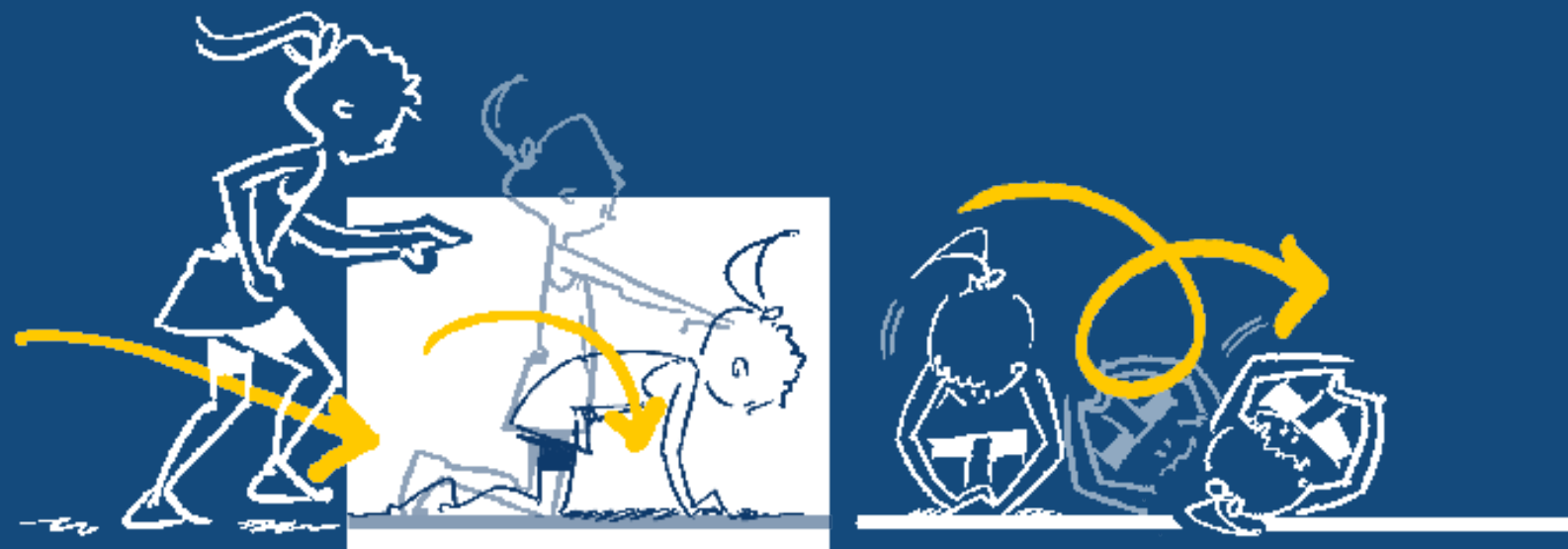
As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

Lesson 2 - Safe Running | Falling



playing area

Open space, in gym, hall or outdoors.

equipment

Gym mats - one for each pair.

this lesson

We introduce running and controlled falling — two fundamentals of any activity program.

safety

Build a foundation of safe running and safe falling.

SAFETY MESSAGES:

- » Safe running and falling have to be drilled & reinforced frequently
- » As leader you will need a well rehearsed STOP signal
- » Players should be able to convert an unsafe FALL into a controlled LANDING

keep it active

Players will have the chance to ‘move their bodies’ in this lesson. Some activities are quite vigorous. Here are some tips on high activity / high energy games:

- » Lots of short activity bursts will be a lot more fun than one or two activities played for a long time
- » Stop games before they become boring
- » On hot days allow players to have a drink

move your body

2

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Let's Start

1 Walk Here & There



Do This

REVIEW ...

The players walk then run in ever-changing directions. Change directions every 5 seconds.



STOP players several times to re-emphasize the STOP signal.

Try these ways to move:

- » skip
- » high steps / long steps
- » spring from 2 feet



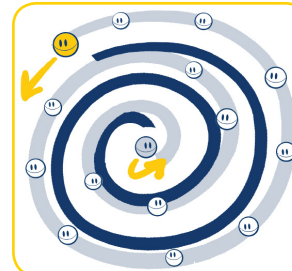
Repeat the above while players run progressively faster.

STOP and remind players often that they must keep their heads up.

SAY:

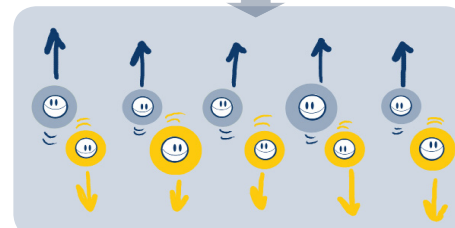
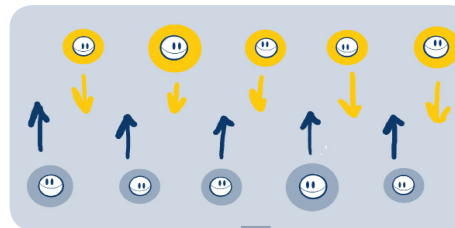
- » 'Watch out for others'
- » 'Watch out for cross-overs'

2 Walk Here & There



Do This

- » Have players run behind you as you run in a spiral pattern – in and then out of the spiral
- » Repeat in opposite direction (clock-wise, counter clockwise)



Get into pairs

- » Players run in ever-changing directions for about 20-30 sec
- » SAY: 'Form pairs' - use this to separate the class into 2 lines as shown
- » On a signal, players cross from one side to the other
- » SAY: 'Don't let the bubbles collide!'

VARIATIONS

walk, side-step, spring from 2 feet, walk forward then walk backward, run, skip

Top Teaching Tips

Choose a STOP signal and be consistent. For example, when you raise your hand, everyone stops.

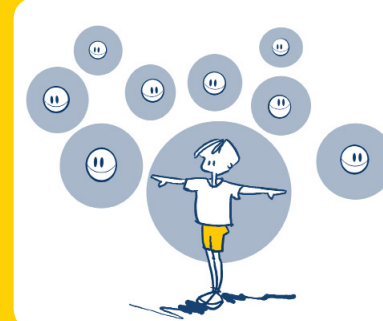
Other STOP signals include: clap, whistle, distinct sound, stopping the music.



Protective bubbles

Have players imagine there is a bubble around them just beyond their maximum reach. The aim is to make sure bubbles don't touch.

Remind players often and have them practice 'moving in their bubble'.



Safe progressions

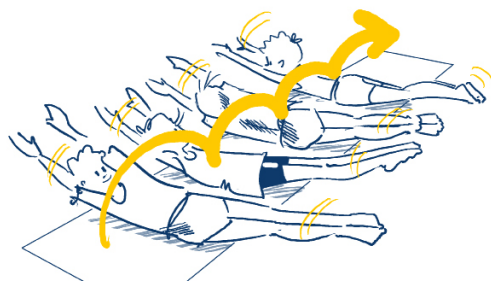
In general, players should demonstrate mastery of an activity before moving to the next activity.

move your body

Now Try ...

1 Log Rolls

Log Rolls



Do This

- » Two log rolls to the right from stomach to stomach
- » Repeat to the left
- » Aim for a tight body throughout

Kneel to Log Roll



- » Start on hands and knees then lie down and log roll 2x to the right
- » Repeat to the left
- » Hop back to the end of the mat on 1 foot

Log Roll to Kneel



- » Start on stomach, log roll 2x to the right, finish on hands and knees
- » Repeat to the left
- » Jump on 2 feet back to the end of the mat

Kneel - Rolls - Kneel



- » Start on hands and knees, log roll 2x to the right and finish on hands and knees
- » Repeat to the left

move your body

2 Safe Falling

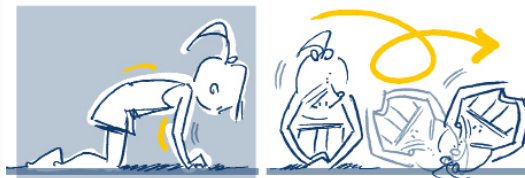
Fall to Hands & Log Lolls



Do This

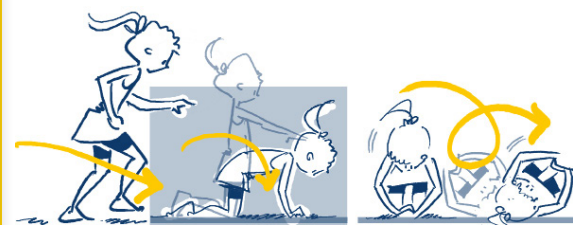
- » Players kneeling, side-ways on edge of mat, fall onto hands, then log roll across mat
- » Repeat from other side

Kneel to Barrel



- » Start with arms 'rounded' and hands turned inwards
- » Roll across mat holding this "barrel" shape
- » Repeat several times to each side

Run - Stop at Edge of Mat - Kneel - Barrel



- » Run to the edge of the mat, carefully lower to hands and knees and quickly do "barrel" roll across mat
- » Repeat in other direction

Lesson 2

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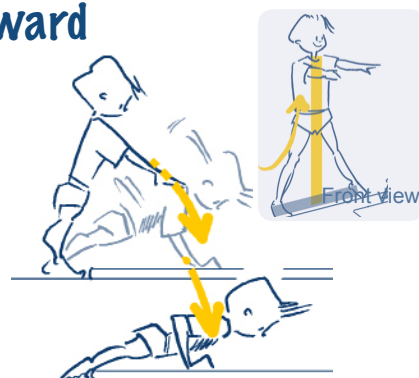
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Something Extra ...

Fall Safe | See Others

Here are some activities to build confidence with falling and to consolidate players' awareness of others in a confined space.

1 Fall Forward



Do This

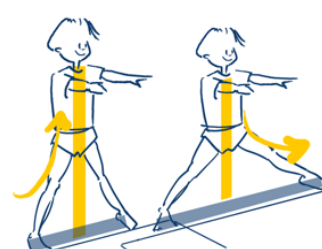
- » Start in a wide straddle with toes against the mat
- » Fall forward - do several push ups
- » See next panel for an easier alternative



Alternative ...

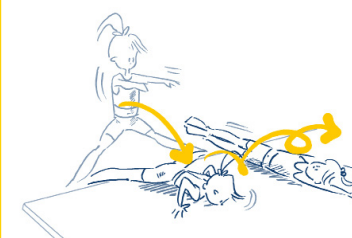
- » Fall forward from kneeling
- » Use this activity if the previous fall from straddle is too difficult
- Fall more quietly each time

Try with Legs Closer



- » Repeat with legs closer together
- » Cushion the landing through the hands & then with slow elbow bending

Fall Forward + Log Roll



- » Combine landing from straddle stand with log rolls
- » Repeat several times each side

move your body

2 Truck & Trailer

Form Pairs



Do This

- » Players run freely
- » SAY: 'Two' and the class forms pairs
- » One partner joins behind the other and they run in pairs

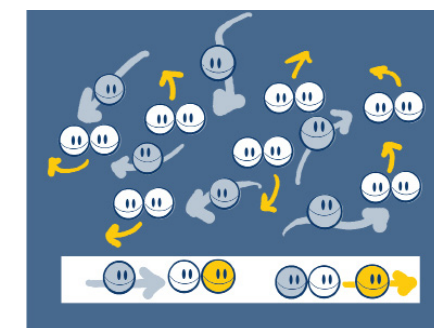
Practice STOP



- » Practice the STOP signal often
- » Remind players not to 'squash' their bubbles
- » Call for partners to change



Truck & Trailer Add-on



- » Repeat truck and trailer with 6 players running free
- » Free players try to join on to a 'trailer'
- » If successful, the front partner (truck) drops off to repeat the process as chaser

Lesson 2

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2

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



Lesson 3 - Safety

Safe Running | Falling



playing area

Open space in gymnasium or hall or outdoors

equipment

Gym mats - one for each pair

this lesson

FOCUS: SAFE running in a confined space and SAFE falling.

This activity session will begin with running activities done during the last class.

Recall that the purpose of these running activities was to sensitize the players to the presence of other players who are also running in the confined space.

safety

Look out for others!

SAFETY MESSAGES:

- This is the first time players will be chasing one another, and it is very important to restrict the speed of running (start with fast walking, then slow running) while you continue to develop the players' ability to run safely in a confined area
- STOP players frequently to remind them to keep their heads up and to anticipate where others are going to run

move your body

3...

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Let's Start

1 Safe Running



Review previous lesson

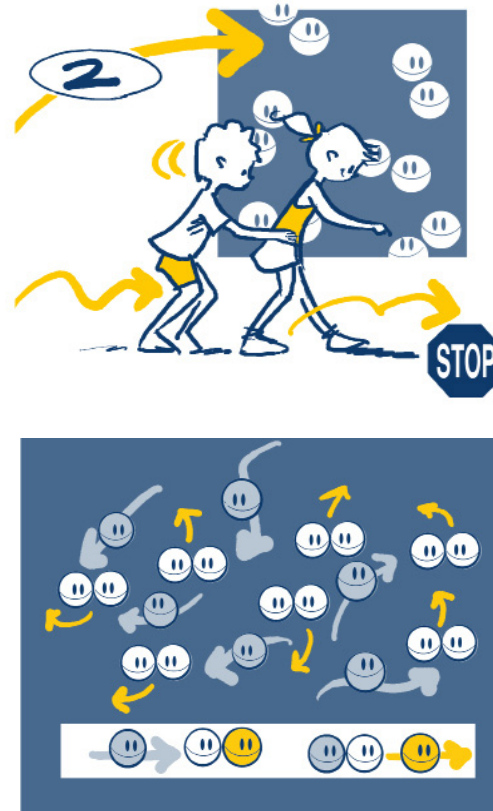
Do This

- » Review walking and then slow running in ever-changing directions
- » STOP group several times to re-emphasize the STOP signal
- » After each STOP, show how to: spring, march, stomp like elephants, step high like herons

Speed it up!

- » Repeat above while players run progressively faster
- » STOP and remind players often that they must keep their heads up, watching others and anticipating when paths will cross.

2 Truck & Trailer



Do This

- » **Pairs:** While players are running in ever-changing directions call out the number 2 so they form pairs
- » **Truck & Trailer:** Have players run slowly while attached to partner
- » Slowly increase the speed

Variation

- » Six free players each attempt to join on the back of one of the pairs
- » If successful catching onto a pair, they remain on the back and the front partner breaks free and becomes one of the 6 chasers

STOP players often and remind them to keep their heads up and to anticipate others.

Top Teaching Tips

Reinforce these:

- » The STOP signal
- » Safe running
- » Staying outside others' bubbles

Other STOP signals include: clap, whistle, distinct sound, stopping the music.



Run fast ... but how fast?

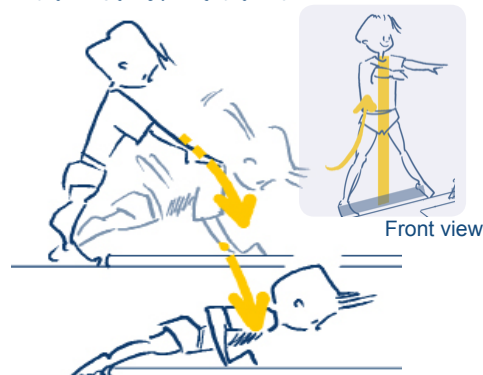
- » Faster running increases the exercise demand but makes the activity more dangerous
- » Be diligent
- » Use springing from 2 feet, skipping, long steps and galloping to slow players and maintain high activity levels

move your body

Now Try ...

1 Safe Falling Review

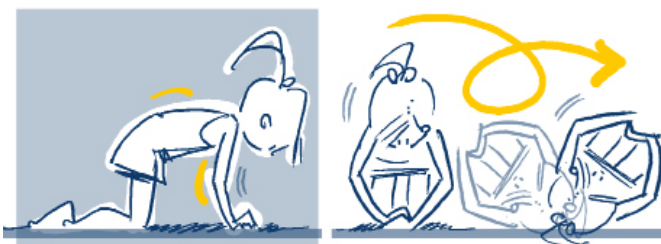
Land on the Hands



Do This

- » Toes against the mat
- » Repeat several times with legs less and less wide

Just Like a Barrel



- » Work on improving the hand position for better support
- » Place one open hand on top of the other open hand

Hand-on-Hand



Review rolling across a mat sideways like a 'barrel':

- » Arms and body remain rounded
- » Repeat several times to both sides

2 Falling Backwards

Starting Position



Do This

- » Check that fingers are ALWAYS pointing forward
- » Ensure all players DO THIS

Avoid This!



Instructor demo

- » Show if fingers point backwards it is difficult to bend at the elbow
- » AVOID THIS!

Rock and Roll

- » Start lying on back in a ball shape
- » Roll backward and forwards 10X
- » Keep chin on chest



Try rolling to a squat

Lesson 3

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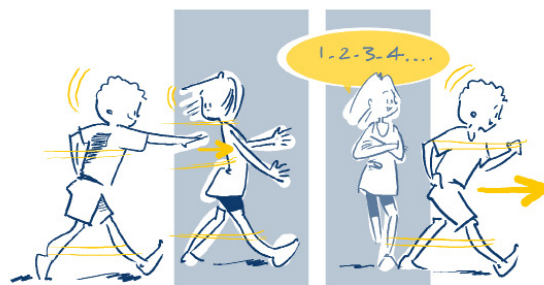
Something Extra ...

More Games

Here are some activities to consolidate players' awareness of their playing area and their awareness of the position of other players. The second part reinforces safe falling.

1 Chasing

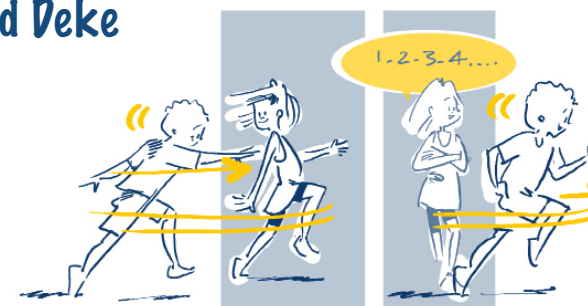
Walking Seek and Deke



Do This

- » Free running, call '2'. Players in pairs: one chaser, the other chased. Only tag partner on the shoulder
- » The tagged partner counts to 10 and roles reverse
- » Start with fast walking, then skipping, then springing from 2 feet

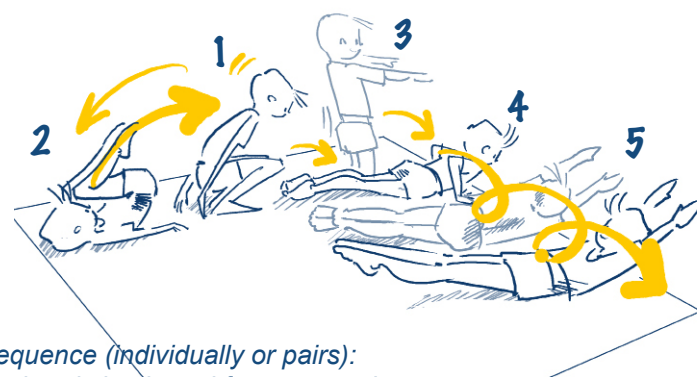
Slow Seek and Deke



Seek and Deke using a slow run

- » STOP players often and remind them to keep their heads up, anticipate others and be observant of their surroundings
- » After each STOP change the instruction. Variations include: immune if moving sideways, do 10 jumps after being tagged

2 Safe Falling Combo



Do This

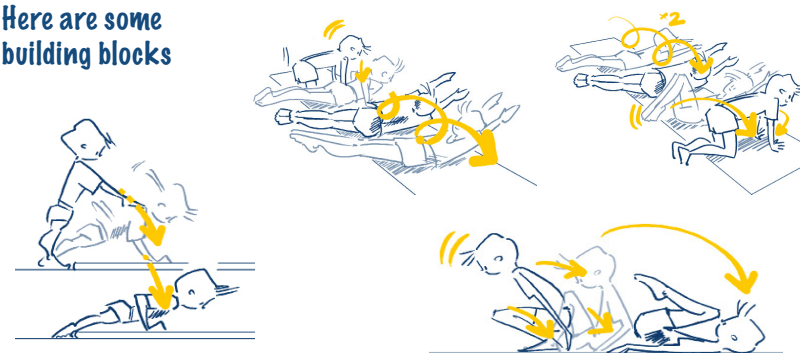
Do as a sequence (individually or pairs):

- » Land on hands backward from squat, then ...
- » Fall forward onto hands (legs may be straddled) ...
- » Finish with a side roll from hands and knees

Do-it-yourself sequence - individually or pairs

- » Make up a sequence of 6 landings (some left, some right, some backwards, some forward)

Here are some building blocks



move your body

Instructor's TO DO's

- ☐ Your commitment
- ☐ Your communication
- ☐ Risk management
- ☐ Effective teaching strategies

Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- ☐ What worked well
- ☐ Changes for next time
- ☐ New ideas | New games
- ☐ Equipment to use next time
- ☐ Any other thoughts



My Notes

A series of horizontal dotted lines for taking notes.

Lesson 4 - Keep it Steady | Stability & Body Control



move your body

playing area

Open space in gymnasium or hall or outdoors

equipment

- » One gym mat per pair
- » Scarves, hats or mitts to be used to designate chasers

this lesson

This lesson will focus on exploring various support positions that develop strength, stability and body control.

safety

Continue to teach players how to run safely in a confined space.

SAFETY MESSAGES:

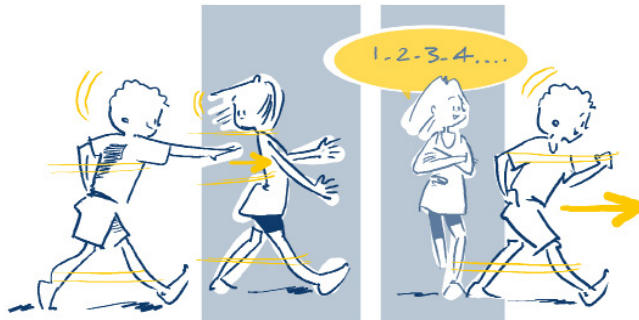
- » Players may tire from some of the activities. Monitor fatigue levels
- » Seek to challenge all players
- » Remember positive experiences require a safe lesson
- » Pay particular attention to the safety messages for partner activities

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4

Let's Start

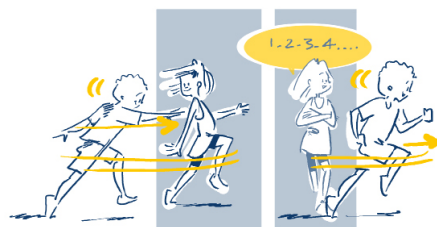
1 Seek & Deke



Do This

- » Free running, call '2'. Players in pairs: one chaser, the other chased. Only tag partners on the shoulders
- » The tagged partner counts to 10 and roles reverse
- » Start with fast walking, then skipping, then springing from 2 feet

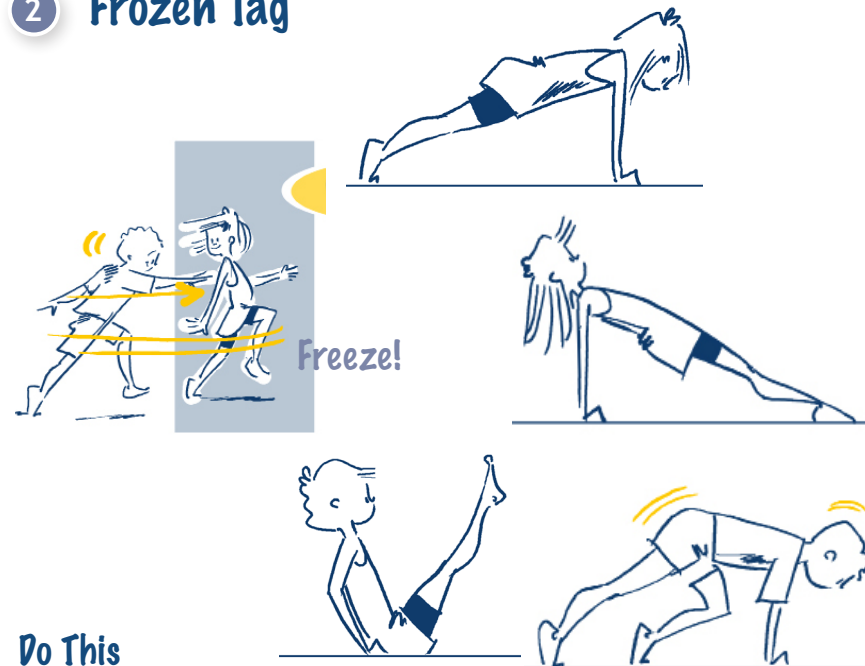
Slow Seek and Deke



- » Seek and Deke using a slow run

STOP players often and remind them to keep their heads up and to anticipate others and be observant of their surroundings

2 Frozen Tag



Do This

- » Set class to slow running in an open area
- » Practice STOPPING
- » Designate 4 or 5 chasers (with bibs, scarves, hands up etc)
- » When a chaser touches someone fleeing, the tagged person 'freezes' (for 10 seconds) and must hold a stationary position (such as a front support, sprint start, back support or V-balance)

Vary how 'frozen' players can be freed by other players

Top Teaching Tips

Designate chasers using:

- » mitts
- » scarves
- » hats

Chasers should only tag fleeing players on the shoulders



Designate chasers using these ...

Protective bubbles

Have players imagine there is a bubble around them just beyond their maximum reach. The aim is to make sure bubbles don't touch.



move your body

Lesson 4

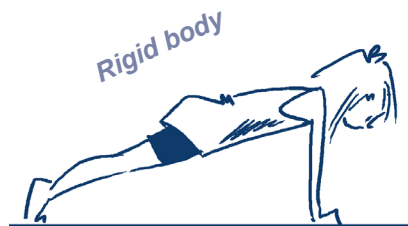
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4

Now Try ...

1 Body Control

Front Support



Do This

- » Players dispersed on mats scattered in the free area
- » Hold a front support for up to 30 seconds
- » Everyone counts aloud!

Question

Why does a steel bridge stay rigid & not sag?
ANSWER
 All the parts work together to share the load



Quick tip

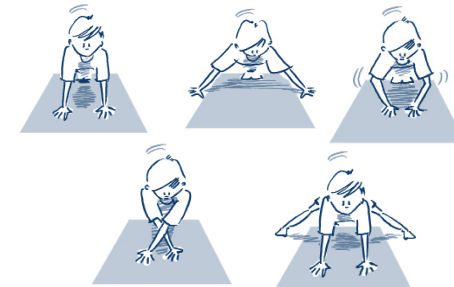
Front Support Using Knees



- » Allow players to support on their knees when they can no longer support on their toes

2 Variations

How Many Arm/Leg Positions?



- » After a rest ...
- » Players go to a regular front support
- » Players change their arm or leg positions 5X

3 Body Control - Back Supports

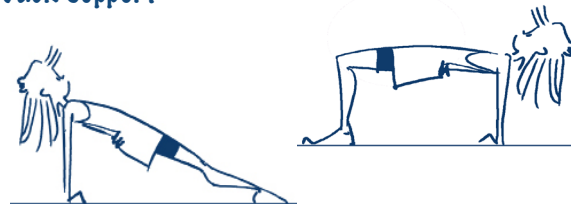
Form Pairs



Do This

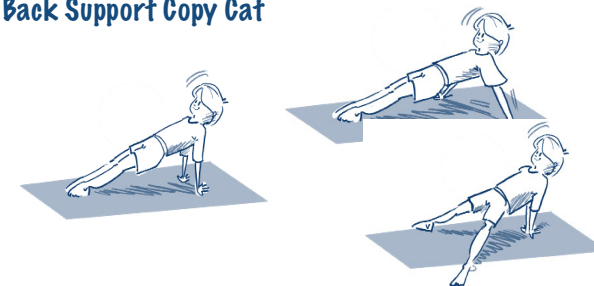
- » Players run in free space
- » Play 'Numbers' to form groups. Call different numbers ... finish on '2' so all are in pairs

Back Support



- » Repeat the above front support activities in back support
- » Check and remind players to stay rigid

Back Support Copy Cat



- » One partner does 2 different back supports
- » Other partner copies and adds 2 new ones
- » Repeat, changing back to the original partner, etc.

4 Sequence

- » Each partner makes up a sequence of 3 front and 3 back supports
- » Practice and when ready show to partner

front



back



move your body

Lesson 4

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4

Something Extra ...

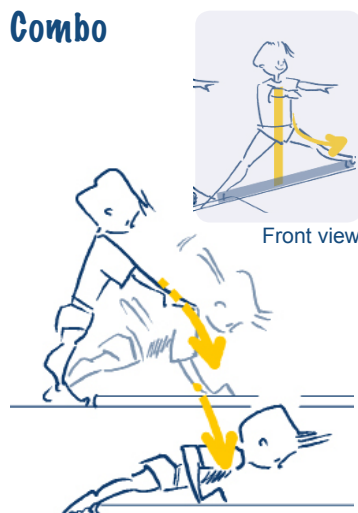
1 Front Support Combinations

Here are some activities that combine supports and landings to challenge thinking skills and physical abilities.

Landing + Supports Combo

Do This

- » Combine landing on hands with front support
- » Repeat 5 times pushing up to a different front support each time by varying arms and legs



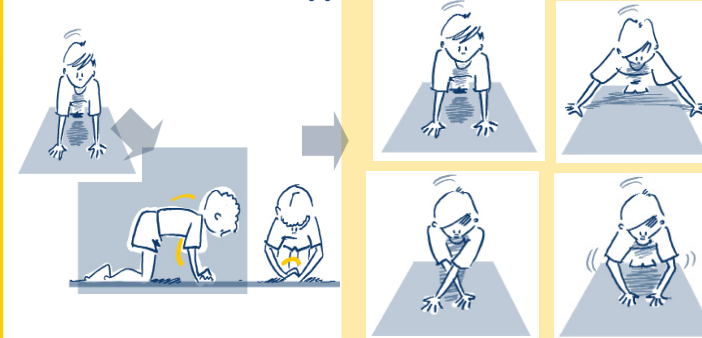
REVIEW

'Like a barrel'



- » Roll across the mat sideways
- » Arms and body rounded throughout
- » Repeat 3 times each side

Side Roll + Front Support Combo



- » Combine side-rolling with front supports
- » Start and finish each roll with a different front support
- » Try 5 combinations

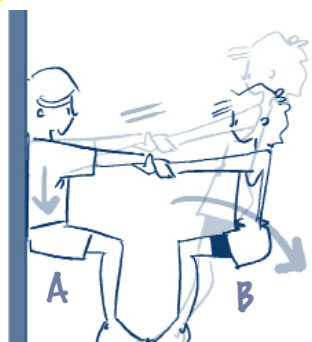
2 More combinations



Do This

- » Start in front support, roll 1½ times to finish in back support
- » Finish in a different back support each time
- » Try 5 combinations

3 Chairiots

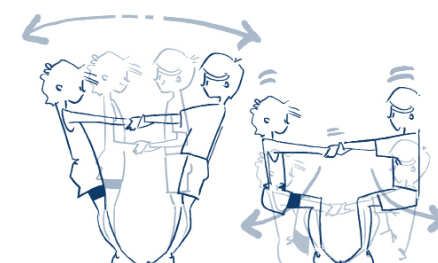


Quick tip

Grasp wrists
Build confidence in gripping by using a stack of mats or bench to sit on

- » Form pairs: free running and call '2'
- » Find a free wall space
- » Grasp wrists
- » 'B' helps 'A' to the 'chair' & with toes touching 'B' then lowers

Chairiots - look: no wall!



- » Away from the wall, partners grasp wrists
- » Move feet forward until toes touch
- » Lean backwards slowly with straight arms & legs ... try several times aiming for balance
- » When balance is perfected, bend legs to the chairiot position and hold - count to 5, then stand
- » Try again: slowly lower to sit, then back to stand

move your body

My Notes

Instructor's TO DO's

- ❏ Your commitment
- ❏ Your communication
- ❏ Risk management
- ❏ Effective teaching strategies

Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



Lesson 5 - Keep it Steady | Stability in Supports & Balances



playing area

Open space in gymnasium, hall or outdoors

equipment

One gym mat per pair or soft grass
Mats arranged so that all players can run in a free area

this lesson

This lesson will focus on developing strength, stability and body control.

safety

- » Consolidate safe running and landing practices.
- » Introduce how to safely support on a partner.

SAFETY MESSAGES:

- » **RUNNING:** keep an eye on both your target AND other players
- » Landings provide good physical development AND are a key to safe participation
- » **SUPPORTING** on a **PARTNER:** introduce the 3 part check-list - safe entry, safe support and safe exit
- » For safety, partner exercises require good 2-way communication between partners

move your body

5

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Let's Start

1 Safe Running



Do This

- » Review safe walking and then slow running in ever-changing directions
- » Test your STOP signal several times



2 Frozen Tag



Game 1

- » Three chasers try to tag everyone else
- » When caught, players must 'freeze' in a specified support - until everyone is caught

Game 2

- » Six chasers try to tag everyone else
- » But when a free player tags a frozen player, the frozen player is free

3 Animal Walks

Monkey walk



Crab walk



Monkey flip to crab



- » Players assume a sprint start position as shown
- » On the start signal everyone moves around on all fours (monkey walk) - heads UP
- » Call STOP - use the signal often
- » Repeat in back supports (crab walk)
- » Flip over from crab to monkey on signal
- » Do animal walks in patterns (squares, triangles, figure 8s)



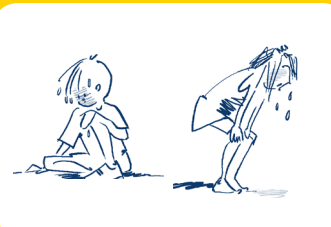
Start slowly and gradually

Top teaching tips

Benefits

These activities are good for developing both strength and endurance

- » Unless you are an animal, moving in animal walks such as monkeys and crabs, is more demanding than regular running and can be exhausting.
- » Alternate between different body parts when supporting and balancing



Monitor the players:

- » Monitor the players to see if they are tiring - rest or vary the intensity if necessary
- » Ask if anyone has sore wrists; if they do, allow them to rest or vary the intensity



move your body

Lesson 5

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

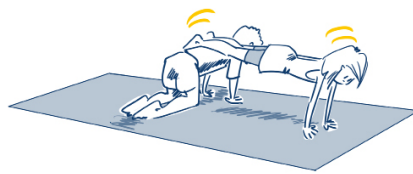
5

Now Try ...

1 Partner Fun

Use mats or soft grass. Try to be stable, rigid and secure.

Front Support with Partner



Experiment with supports

- » Try different combinations of pair front supports
- » Vary arm positions (wide, bent) in one structure - the player who moves clearly signals their intent BEFORE moving



Safe partnering

- » 'Top' partners always put weight on top of a 'base' partner's support limbs
- » A 'top' partner should never support on the middle of the trunk of a 'base' partner



Who Can Balance the Longest?

Experiment with supports

- » Balance on one leg like a flamingo (also try with eyes closed)
- » Hold a stinky balance longer than your partner
- » Balance on your hips and hold your toes



Do This

2 More Partner Fun

Back Supports in Pairs



Advanced

Experiment with back supports

- » Try different combinations of pair back supports
- » Vary arm positions (wide, bent) while in one structure - the partner who moves clearly signals their intent BEFORE moving
- » Choose several combinations for the whole class to copy

Do This

V - Balances in Pairs



Advanced

Experiment with V - balances

- » Try different combinations of V - balances
- » Vary arm positions (wide, bent) while in one structure - the person who moves clearly signals their intent BEFORE moving
- » Choose several combinations for the whole class to copy

Lesson 5

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

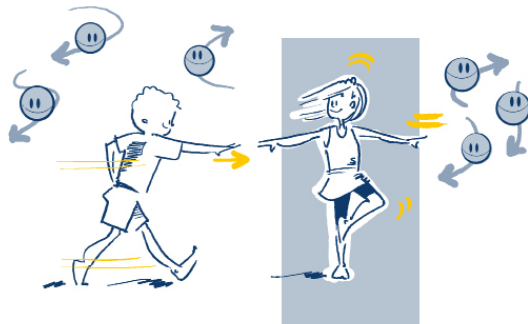
5

Something Extra ...

More Games

The tag games below provide a rest from the support activities just performed. Remember, start the games with slow running and emphasize safe running. Always define the game boundaries.

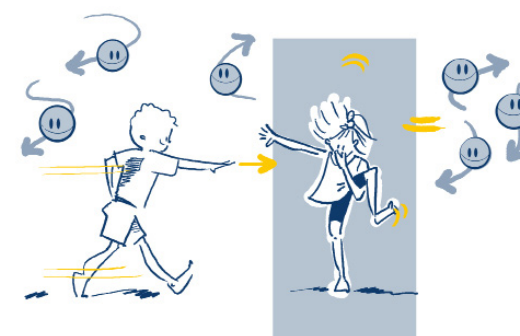
1 Flamingo Tag



Do This

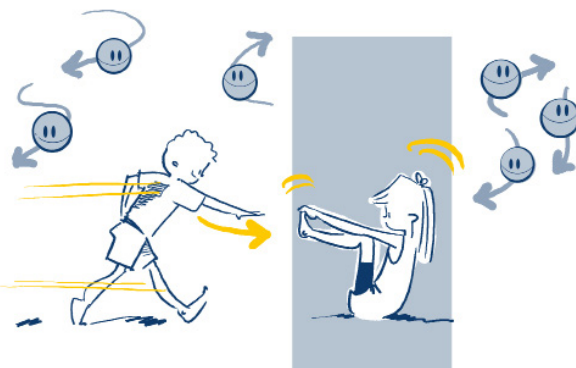
- » Choose one chaser for every 6 players
- » Tagged players become the new chasers
- » Players are immune from being tagged if they are balancing perfectly on one foot with the other foot on the knee of the support leg

2 Stinky Tag



- » This is Flamingo Tag with a twist ...
- » Raise the non-support leg, reach under it and grasp your nose while balancing on one foot
- » Vary the modes of running / hopping

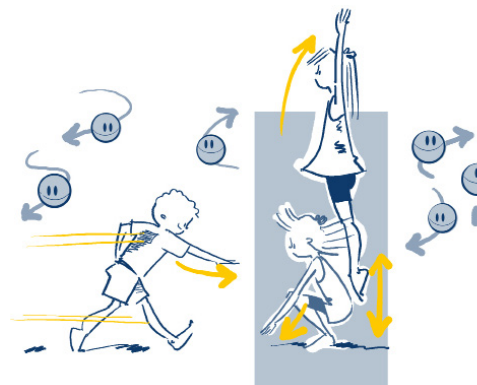
3 Hold Your Toes Tag



Do This

- » Choose one chaser for every 6 players
- » The immune position is a V-sit with players holding their toes

4 Jack-In-The Box Tag



- » Choose one chaser for every 6 players
- » A chased player is immune if they are jumping up in the air on the spot from a squat to a full stretch (Jack-in-the Box)
- » The moment a player stops jumping, they must resume running

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

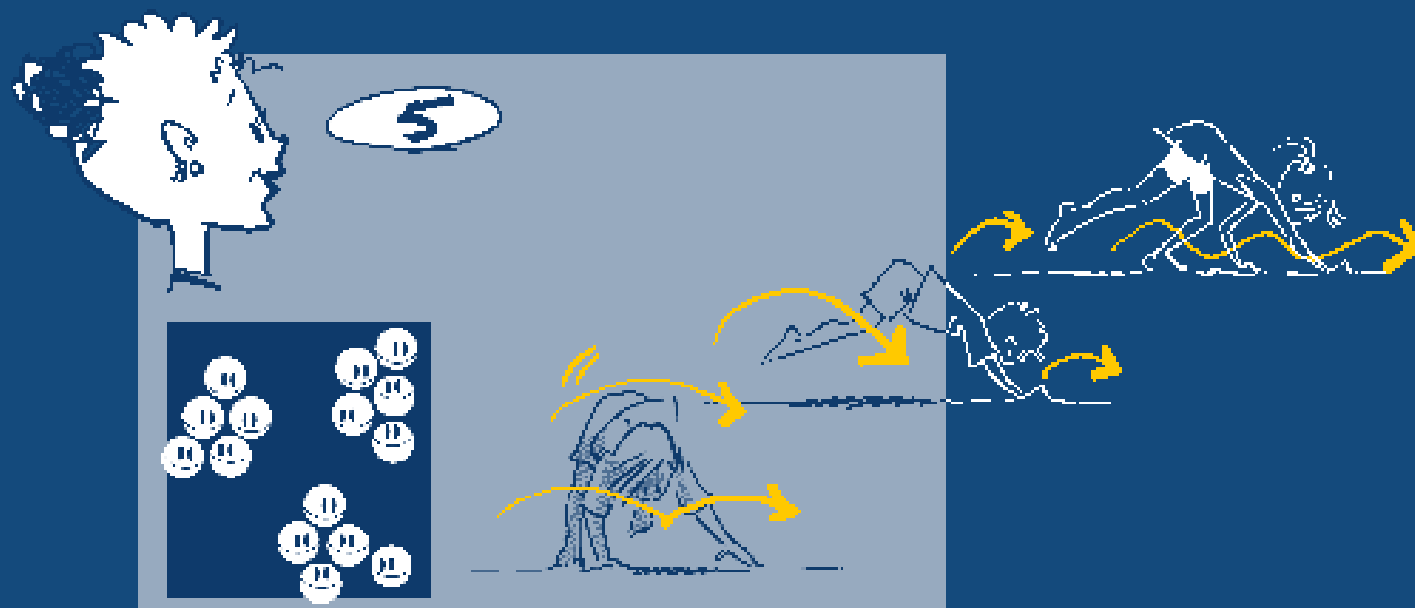
- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Lesson 6 - From Stable Positions to Locomotions



playing area

Open space in gymnasium, hall or outdoors

equipment

One gym mat per pair or soft grass. Mats arranged so that all players can run in a free area

this lesson

This lesson will continue to develop strength and balance. Players will move from stable positions to locomotions. The 'lowering' activities in this lesson are effective in developing muscular strength and endurance.

safety

Continue the practice of moving quickly and SAFELY in a confined space.

Continue the practice of landing SAFELY

- » During the animal walks on all fours, remind players to keep their heads up
- » Start tag games with slow running so you have time to check on safety
- » Running on tippy toes slows the game

move your body

6

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Let's Start

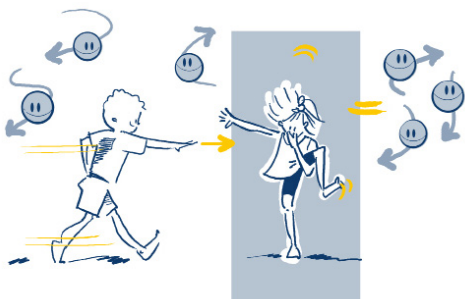
1 Flamingo Tag



Do This

Review Flamingo Tag

- » Choose one starting chaser for each 6 players
- » Players cannot be tagged when balanced on 1 foot with other foot on knee of support leg
- » Players must resume running if they hop off-balance
- » Tagged players become the new chasers



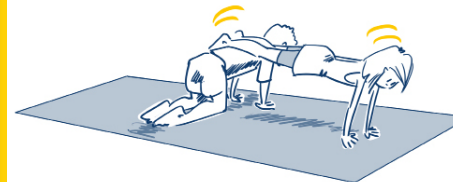
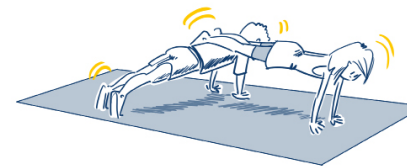
2 Stinky Tag

Review Stinky Tag

- » This is Flamingo tag with attitude...
- » Players cannot be tagged when balanced on 1 foot with other foot raised and an arm under that raised leg and holding nose

3 Support Positions

On mats or grass.



Do This

Review Support Positions

- » In the open area, review basic support positions in pairs (5 variations)
- » Remind players to be like a rigid bridge
- » Ask each pair to practice, then demonstrate their favourite structure to class
- » Choose some structures for the whole class to copy

Make Your Own Structure

Ask each pair to make a new structure
Ask how they could make it a bit more difficult (eg. raise leg, bend arms)

Keep reminding players to be stable, rigid and secure

Top Teaching Tips

During most lessons, you should alternate between upper and lower body activities.

Making it 'a bit more difficult'

By challenging players to make activities 'a bit more difficult', you promote more exertion, and that results in greater physical development.

Meeting individual needs

Constantly move amongst the players and change the challenges according to individual capacities. Do not ask the same of all.

Quick transitions

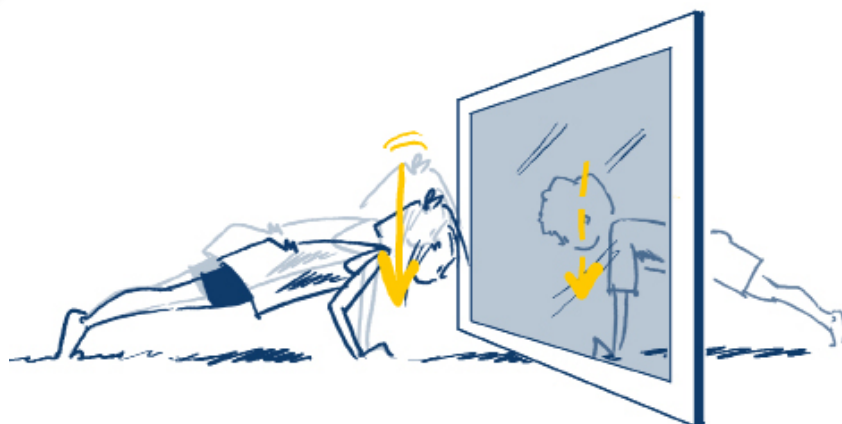
Make transitions between activities quicker by "Playing the Numbers" (Lesson 1). Random running, call the number you want the players to group into.

Lesson 6

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Now Try ...

1 Elevator Going Down



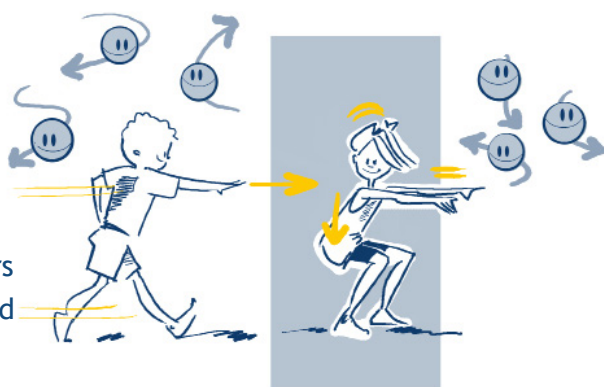
- Do This**
- » Partners face each other, in front support
 - » Instructor counts to 5, while players lower in 5 'floors' to stomach (if too difficult they can support on knees)
 - » Repeat several times, counting at different speeds
 - » Partners look at each other, one mirrors the other while lowering in 5 stages. Take turns. Repeat going up.

2 Lower the Drawbridge



- » From a pike sit (with straight legs), lower slowly to lying flat on back in 5 stages
- » Repeat from a tucked sit
- » Partners sit side by side. One mirrors the other lowering in 5 stages. Take turns (leader and follower). Repeat going up.
- » Try holding V balance, and then lower slowly to lie on back

3 Motorcycle Tag



Do This

- » Choose one starting chaser for each 6 players
- » Players cannot be tagged if holding a ½ squat stand, arms forward as on handbar of motorcycle, and calling Vroom Vroom Vroom
- » Players must resume running if they straighten their legs
- » Tagged players become the new chasers
- » Start with slow running | Always review boundaries with tag games

4 Frog Jump Tag



- » Repeat 3 - but players cannot be tagged when frog jumping (as shown)
- » Players must resume running if they stop frog jumping
- » Tagged players become the new chasers
- » Start with slow running or animal walks to restrict speed

Lesson 6

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

Something Extra ...

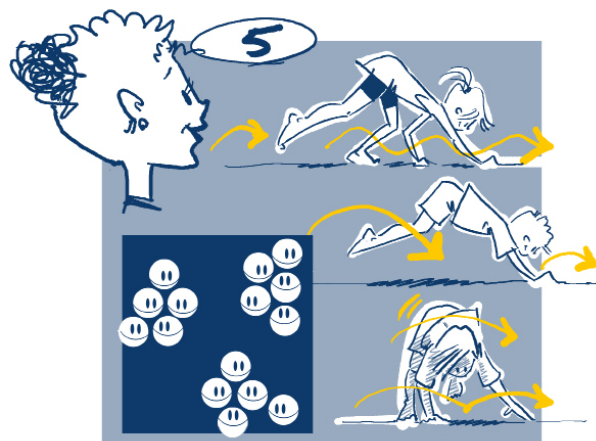
Keep rigid while moving

The concluding activities will stress locomotion in support positions, while maintaining rigid trunks. Watch for any players who are tiring and assign easier tasks.

1 Monkeying Around

Do This

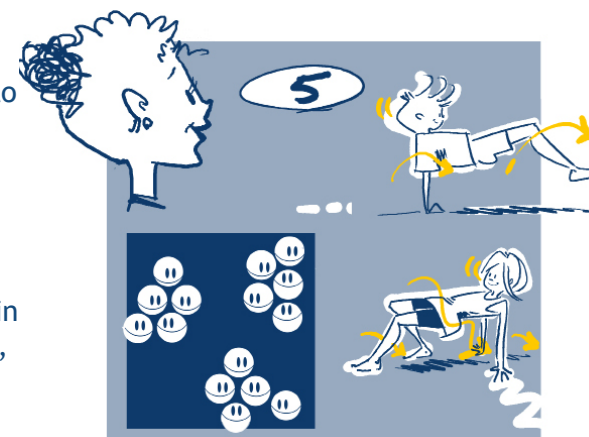
- » Call numbers to divide class into groups of approximately five
- » Each group of players move at same time across area
- » On each pass select a different monkey walk: walk hands - walk feet; walk hands - spring feet; walk in circles; sideways, backwards...



2 Follow the Leader

On instructor's signal:

- » Front player moves to the back
- » New leader changes the crab walk
 - walk hands - walk feet; walk hands - spring feet; walk in circles; sideways, backwards



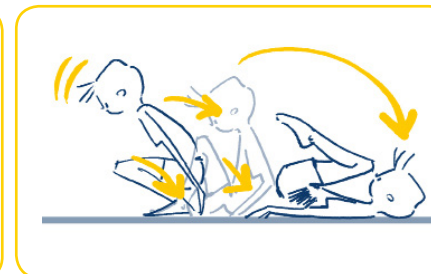
3 Monkey and Crab Tag



Do This

- » Choose 1 starting chaser for every 6-8 players
- » Rest of players are crabs
- » When monkeys tag a crab on the shoulder, they change roles (monkey changes to a crab, crab changes to a monkey and becomes chaser)

4 Roly Poly Finish



- » Players will be tired. Finish class by practicing rolls learned in Landings
- » From hands and knees, roll left to hands and knees
- » Repeat rolling right
- » From squat, fall backwards on hands (fingers pointing forward) and roll on back

move your body

6

...

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



Lesson 7 - Lots of Huffing and Puffing



playing area

Open space in gymnasium, hall or outdoors

equipment

Six to ten traffic cones, 6 to 10 hula-hoops
One Gym mat per pair of players

this lesson

This lesson will introduce good running technique and enhance cardio respiratory endurance
Continue the practice of moving quickly and SAFELY in a confined space
Shuttle runs will be introduced as a safe way to run fast in a confined space
Continue to practice landing SAFELY

safety

- Do not use running backwards when varying the locomotion
- Do not use walls as end points or as turning points in games
- Players should always keep their RIGHT shoulder to their partner as they pass during the shuttle runs

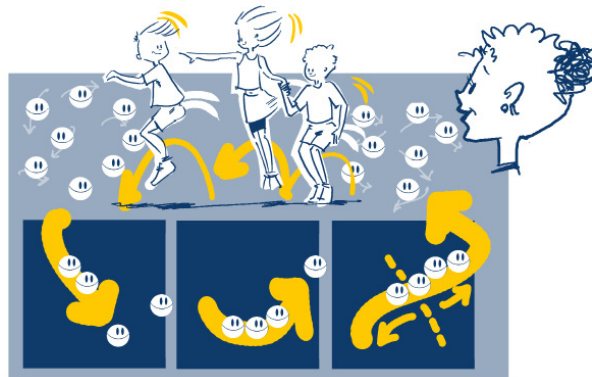
move your body

7

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Let's Start

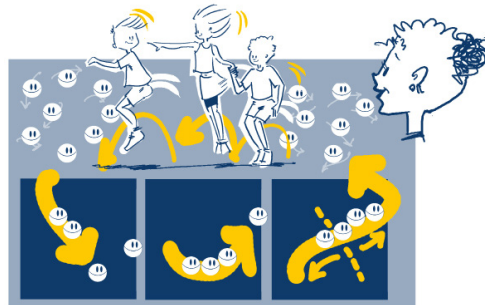
1 Chain Tag



Do This

Introduce Chain Tag

- » Choose 2-4 chasers
- » Start game in fast walk
- » When tagged, a player joins 1 hand with the chaser (side by side) and they resume chasing others
- » Chasers must be joined together to catch others
- » Continue until the chain is 4 then split into 2 pairs of chasers
- » Continue until everyone is caught



Variation

Repeat with new starting chasers and different locomotions (springing 2 feet, galloping, etc.)

Remind about safe running
Practice before each game

2 Marching-on-the-spot



Do This

- » Marching on the spot with elbows bent 90° swing arms directly forward and backward - hands move from hip to lip
- » Bring knees up to hip height, with dorsiflexed foot (foot hooked up towards knee)
- » Ensure good technique before increasing speed
- » FREEZE when music stops

3 Marching



- » Players march in ever changing directions (to music if possible)
- » Ask players to swing their arms shoulder high and turn their heads before they change direction
- » STOP and explain that you want their arms swinging forward and backward, not sideways
- » Stretch tummy, keep head up
- » Play "Simon Says"

Remind players to stay out of each other's bubble

Top Teaching Tips



- » Chasers should be identified by scarf, bib, raised arm, wearing a hat or mitten, carrying a towel, etc.
- » Occasionally, the names of games or activities should be changed to reflect the age of the participants
- » Constantly move amongst the players and change the challenges according to individual capacities

Don't let your bubble touch any other bubble!



Now Try ...

1 Shuttle Marching



- Do This**
- » Divide class into groups of 3 or 4, with one group facing another across the open space
 - » Start with one player marching to other side and tagging 1st player there, who then marches across open space and repeats process and / or pass a baton
 - » Repeat shuttle, with all waiting players marching on the spot

2 Pat-a-cake Shuttle



- » Divide class into groups of 3 or 4, with one group facing another
- » Two players cross the open space at the same time circling each other in the middle

Variations

- » **Repeat**, but in the middle players pat-a-cake each other's hands, clap their own knees then pat-a-cake each other or handshake
- » **Repeat**, but players pat-a-cake — alternate hands 3x, clap their knees 3x, then pat-a-cake their alternate hands 3 times again

3 Shuttle Running



- Do This**
- » Four or more even teams line up on one side of the space
 - » The first player in each group runs between markers about 12m apart 4 times and touches the ground on each turn
 - » The next player in turn runs on the spot while waiting
 - » Each player has a turn at the shuttle run. Could pass a baton

4 Shuttle Races



- » Conduct races in shuttle runs using the organization in activity 3
- » Remember the player next in turn runs on the spot

Variations — use animal walks

- » Slow down the pace (and increase the physical difficulty) by using animal walks (crab, monkey, frog)
- » Shorten the shuttle distance to 5 or 6m
- » Transfer bean bags placed on tummy from full hoop to empty hoop
- » Carry bean bag on head while walking

Something Extra ...

1 Mouse in a House 1



Do This

- » Choose 2-4 chasers. The remainder of the players are 'free runners'
- » Scatter 10+ hoops evenly in open space with 1 player in each hoop
- » Players immune from being tagged by a 'chaser' if marching in hoop. Free running players, if tagged by chasers, change role with chaser
- » A free running player can touch a player in a hoop and take over the hoop position (only 1 allowed in hoop)

2 Mouse in a House 2

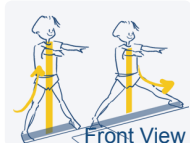


- » Repeat the previous game, with players in the hoops running-on-the-spot (showing good technique - swinging arms and lifting knees high)
- » Vary the locomotion for all other players (springing two feet, galloping, etc.)

Time to slow down and catch our breath — review of landings

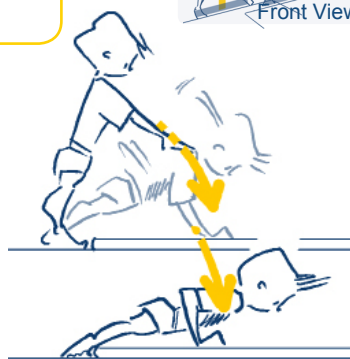
3 Landing + Supports Combo

On soft mats or grass



Do This

- » Combine landing on hands with front support
- » Repeat 5 times pushing up to a different front support each time by varying arms and legs



REVIEW

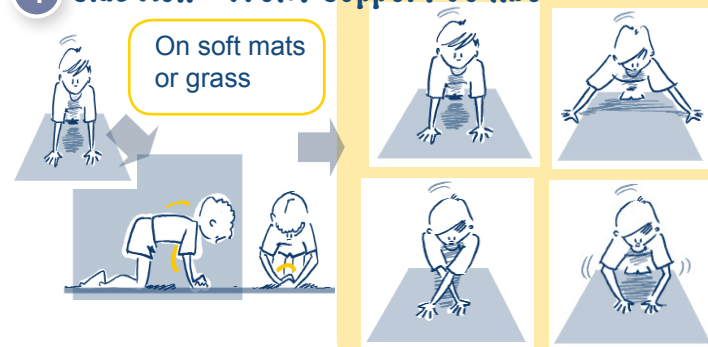
'Like a barrel'



- » Roll across the mat sideways
- » Arms and body rounded throughout
- » Repeat 3 times each side

4 Side Roll + Front Support Combo

On soft mats or grass



- » Combine side-rolling with front supports
- » Start and finish each roll with a different front support

Lesson 7

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- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

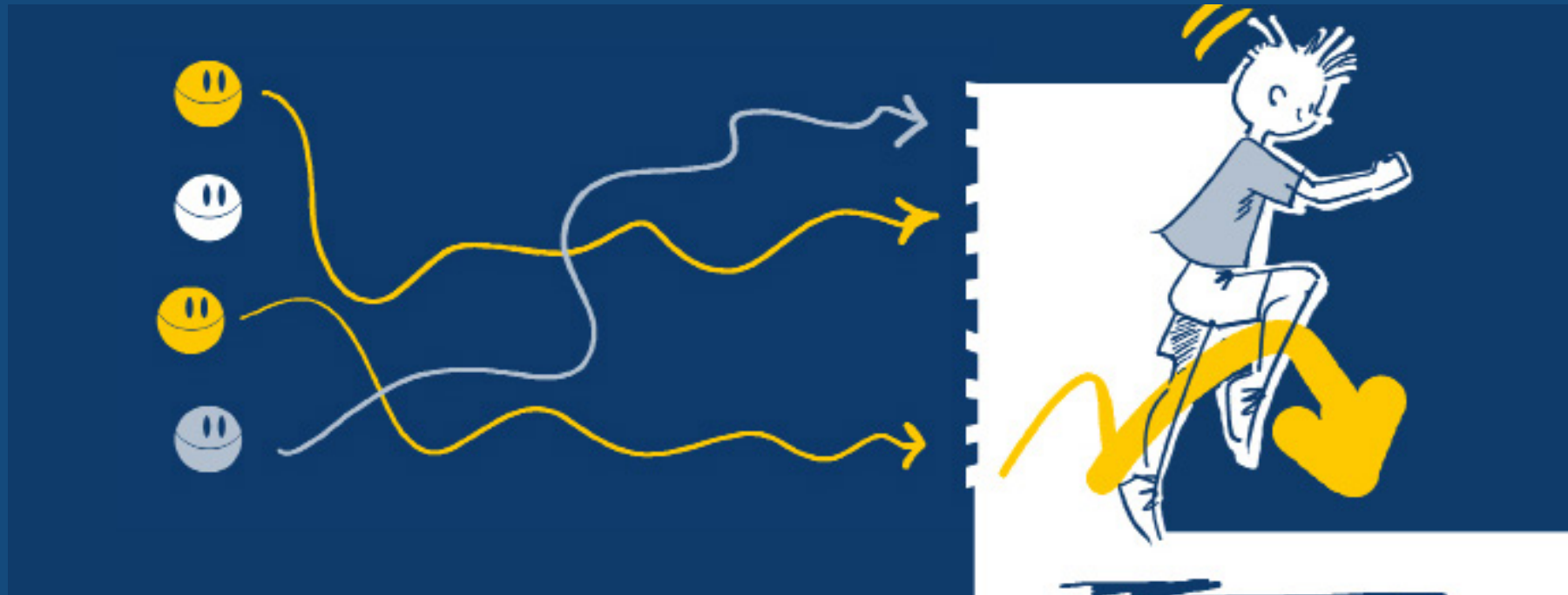
- Your commitment
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- Equipment to use next time
- Any other thoughts



Lesson 8 - Huff and Puff



move your body

playing area

Open space in gymnasium, hall or outdoors

equipment

6 to 10 traffic cones, 6 to 10 hoops
Music equipment (optional)

this lesson

This lesson will continue to develop cardio-respiratory endurance through tag games, running and marching.
The tempo changes at the end with a review of partner support activities.

safety

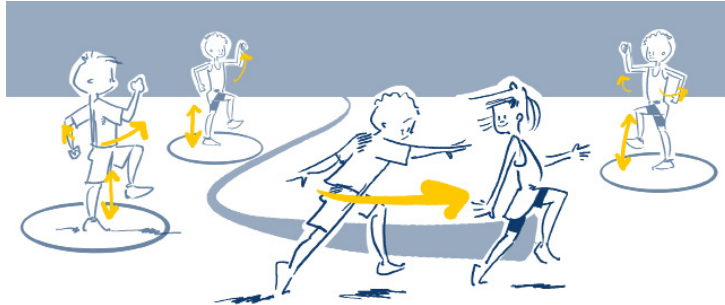
- » Before class ensure there is adequate clear wall space available
- » Do not use walls as turning points in games
- » In the 'support' activities on page 4 make sure that players do not place their weight on the back of another player - feet only on shoulders

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8

Let's Start

1 Mouse in a House



Do This

- » Scatter hoops around free area, 1 player in each
- » Chasers cannot tag players marching in hoops, but other runners can take over the hoop by touching player in the hoop
- » Tagged players change place with chaser



Variation

Different activities for hoop players
Repeat with new chasers and different activities for hoop players (jumping jacks, marching, running-on-the-spot)

2 Marching & Running Review



Do This

Marching on the Spot

Review good technique of arm swing forward and backward, not sideward, and knee bend with feet dorsiflexed (toes look at the sky)

Running on the Spot

- » Review good technique elbows bent 90°, arms swing forward / backward
- » Hands swing hip to lip
- » Knees hip high with dorsi-flexed foot (hooked up)
- » Ensure good technique before increasing speed



Wave Run

- » All players on one side of open area, run across to other side in a wave starting at one end
- » Allow a gap of 1 or 2 steps before the next player takes off
- » Encourage good technique
- » Repeat - players go across and return in waves



Top Teaching Tips

Use the Wave to spot the need for help

- » When players line up on one side of open area and move across in a wave, it gives instructor a chance to observe individuals without singling them out
- » Push down when feet contact floor



Arms high

Knees high

Foot flexed



Arms high

Knees high

The arms and knees lift with speed

move your body

Now Try ...

1 Follow the Leader

Do This

- » Divide class into groups of 4, players 1 behind the other –have groups follow their leader in ever changing directions
- » Hopping on 1 foot
- » Hopping on other foot
- » Hopping on both feet
- » Hopping from 1 foot to 2 feet to 1 foot to 2 feet etc.



2 Truck & Trailer

- » Split each group of 4 into 2 pairs with partner holding waist
- » Repeat, the previous series of locomotions as truck and trailer with lead partner setting the pace and back partner following
- » Let the pairs experiment and perfect their technique
- » Select pairs to demonstrate to class

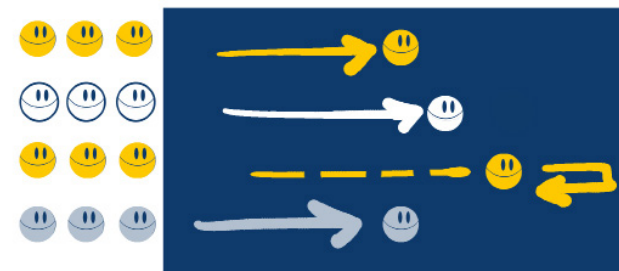


3 Skip with Style

- » Now have players skip on the spot - try skipping with the foot pointed (gymnastics) and then with feet flexed (track)
- » Use same technique as running on the spot
- » Arms bent 90°, good arm swing, knees up, foot dorsiflexed
- » As technique improves, increase speed
- » Skip soundlessly for lightness and quickness



4 Skip to It



- » Set up teams of 4 for shuttle runs
- » Start on one side and have players skip to other side - pick up bean bag
- » Players do several passes of casual skipping
- » Each pass, vary the speed, the arm swing, the height of skip
- » Repeat enough times to fatigue players

Something Extra ...

1 Wallee 1

Do This

- » All players find a clear wall space
- » Face the wall, lean slightly forward on outstretched arms
- » Do running on the spot pushing forward into the wall
- » Use good running technique
- » Practice several bouts, improve technique
- » Progressively increase speed while maintaining good technique
- » Move feet further from wall
- » Try to push the wall over



2 Wallee 2

- » All players lean slightly backward against the wall
- » Slowly bend legs to 90°, keep feet flat on floor and back against the wall
- » Repeat several times
- » Hold at 90° while counting to 20 (or more)
- » Here are some “distractions”: sing a song, count to 100, repeat a sentence, try and say everyone’s name aloud

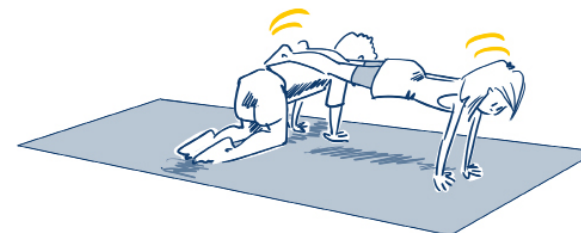
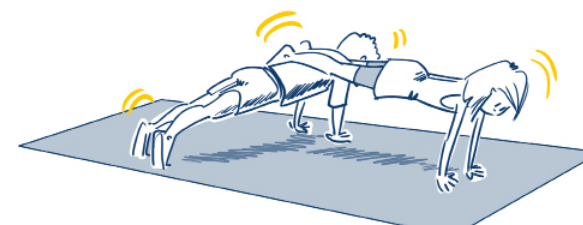


3 Partner Supports

This lesson contained lots of locomotions, so we finish with a review of Supports from Lesson 6.

Do This

- » In the open area, review basic support positions in pairs (5 variations)
- » Remind players to be like a rigid bridge



Top Tip

Constantly move amongst the players to change the challenges according to individual capacities

move your body

Instructor's T0 DO's

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

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Lesson 9 - Movin' n' Groovin' - Locomotions Galore



playing area

Open space in gymnasium, hall or outdoors

equipment

Mats can be used for the support activities

this lesson

This lesson will introduce more Locomotions to enhance cardio respiratory endurance but will also use Locomotions to develop upper body strength. We will focus on efficient technique for walking, running, and skipping.

safety

Continue practice of moving quickly and SAFELY in a confined space. Shuttle runs will be used to provide a safe way to run fast in a confined space.

Use key words like:

- » “Don’t bump into anyone’s bubble”
- » “Can you see everyone moving near you”

move your body

9

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Let's Start

1 Walk 'n Mimic

- » Players walk in open area, changing directions every 5-10 seconds
- » On STOP signal give the next challenge
- » **Soldier** - arms bent, knees up, push feet down
- » **Hot Floor** - walk on tiptoes, lifting feet quickly
- » **Sticky Floor** - walk as if feet stick down and when you lift them up hard, they will suddenly release
- » **Deep Snow** (mud, sand) - players lift feet very high



3 Skip 'n Mimic



- » Players skipping, changing directions every 5-10 seconds on signal
- » On STOP signal, all players listen to the next challenge
- » **Dizzy Skipping** - turning while skipping
- » **Spring-Skipping** - skip as if springs attached to feet
- » **Moon Skipping** - slower and higher, as if on moon
- » **Thin Ice Skipping** - light delicate skips, not too high

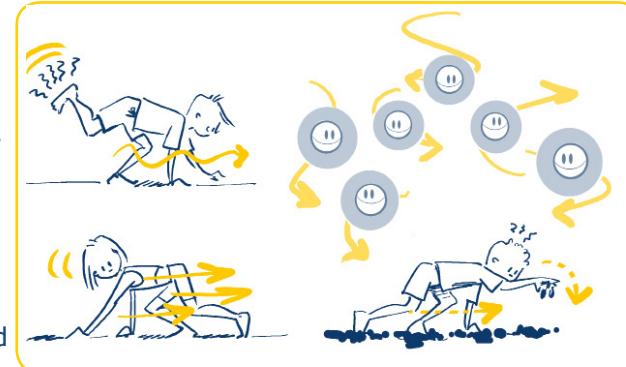
2 Run 'n Mimic

- » Players run, changing directions every 5-10 seconds
- » On STOP signal, all players listen to the next challenge
- » **Water Run** - run as in waist deep water
- » **Butt Kickers** - heels to butt
- » **Galloping**



4 Monkey 'n Mimic

- » On hands and feet, locomote carefully around other players
- » **Funky Monkey** - 1 leg raised off ground
- » **Backward Monkey** - Walk, then run backwards on hands and feet
- » **Mud Monkey** - lift and shake mud off hands each step, switch to shaking mud off feet after each step



Top Teaching Tips

Efficient running

Encourage good running technique: elbows bent 90°, arms swing forward / backward, hands swing shoulder high, foot hooked with toes up

Change language to suit the age-group

Mimic activities are very motivating for younger players but you may have to change terminology for older players

Fun + Fitness

Locomotions are great for cardio-respiratory fitness, but careful selection can also foster strength and power. For example, select springing from hands will develop strength and power

Now Try ...

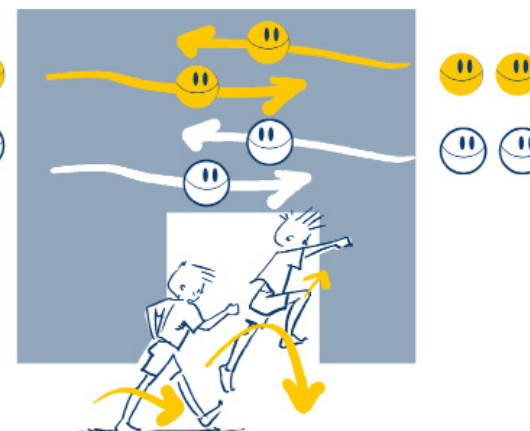
1 Walk & Roll Shuttle



- » Groups of 6-8, with half of each group on opposite sides of playing area
- » One side speed walks to the other side and tags the first person who then speed walks to the other line
- » Do two log rolls, then join the back of the line

2 Step & Hop Shuttle

- » Use same groups, teach using a step, followed by a hop on the same leg, repeat on other leg, step - hop
- » Players start from both sides of the shuttle
- » Remember to pass by other players **ONLY** on your right



Tips on technique

- » On the hops, forcefully drive the knee up, and swing arms
- » On the steps forcefully push the foot down into the ground, then hop
- » Use good arm technique throughout

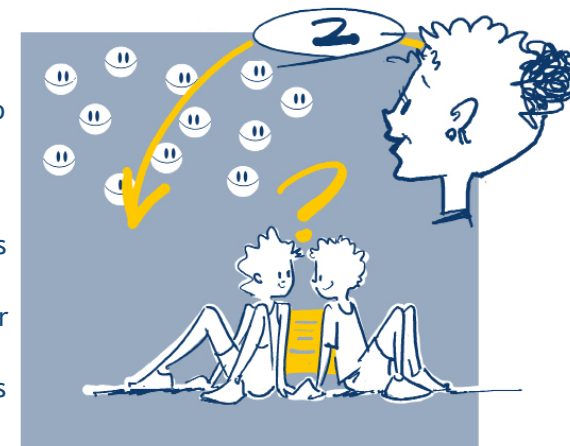
3 Crab / Monkey Walk & Roll

- » All players are crabs, change direction every 5 seconds
- » If a crab tags another crab on the shoulder, the tagged crab log rolls once to each side then becomes a monkey
- » If a monkey tags another monkey on the shoulder, the tagged monkey does log rolls and becomes a crab
- » Crabs only tag Crabs and Monkeys only tag Monkeys



4 Do-Si-Do

- » Free running in open space, call out 'two' to get class in pairs
- » Each pair invents a locomotion. For example, both partners are crabs and joined
- » Each pair perfects their locomotion
- » Each pair demonstrates for everyone and all pairs copy
- » Instructor should circulate and discourage activities deemed inappropriate or dangerous



Something Extra ...

Getting fit can be fun!

Often kids groan at the thought of conditioning exercises. By 'distracting' the players with a challenge they are more likely to see the activities as 'fun' events and not 'boring old conditioning'.

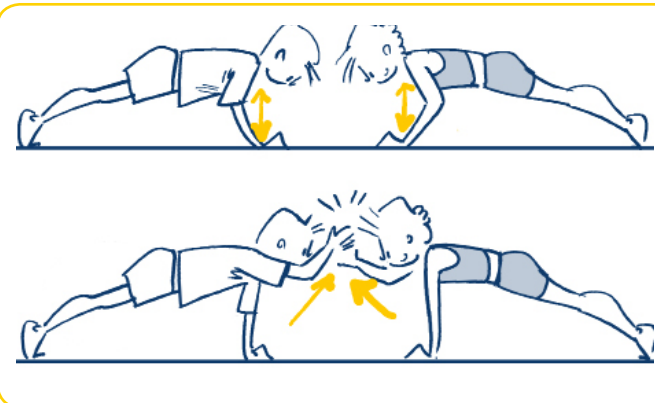
1 Noisy Sit-ups

- » Same partners, sitting facing each other, toes to toes
- » Sit on each other's feet
- » Lower to lying on backs
- » Sit-Up and clap hands
- » Repeat several times, louder claps each time
- » Sit-Up and clap both left hands, repeat with right hands
- » How slowly can both partners lower to their backs counting: 1..2..3.. 8?



2 Noisy Push-ups

- » Partners face each other in front support (from knees or toes)
- » After doing push-up together, they lift their right arms and slap each others right hands
- » Repeat push-up and clap left hands
- » Try with much louder claps (maybe a yell as well)
- » Repeat, but shake hands, etc.



3 Lift 'n Clap



- » Each pair joins with another pair, facing each other
- » One partner lies on stomach (prone)
- » The other partner sits on lying partner's lower legs, lying partner communicates with other pair and tells them when to raise chests so they can clap hands with each other
- » Repeat several times with different tasks

4 Formation Flying in Pairs

- » The lead airplane varies the activity. Change the lead often
- » Regular flying with lots of airplane noise
- » Tilt to left or right (drop one arm, raise the other)
- » Dive, dive, dive! Players bring their arms from the side to the front like a dive into water
- » Head for the clouds - players look up while keeping awareness of others



move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
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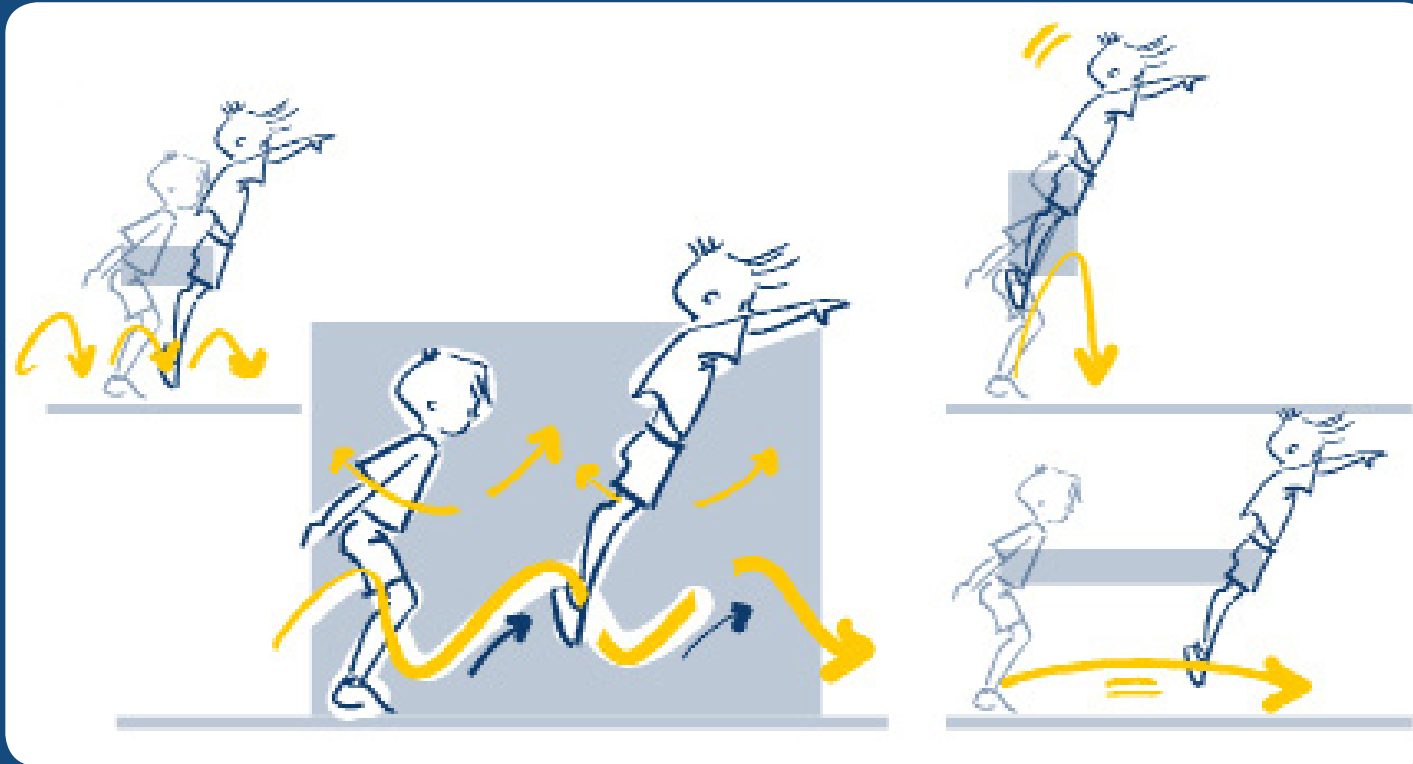
- What worked well
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- Any other thoughts



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Lesson 10 - Take-off into Space



playing area

Open space in gymnasium, hall or outdoors

equipment

Mats could be used for the support activities

this lesson

This lesson will focus on good 'take-off' technique for springing activities

The lesson will introduce 'take-offs' from the legs, which will improve leg power. As we do repetitive take-offs, we can also increase endurance

safety

- » Choose an even surface if playing outside
- » Choose a grassed area or regular mats if many spring activities are being performed in one session
- » With partner support activities always match the size of the partners

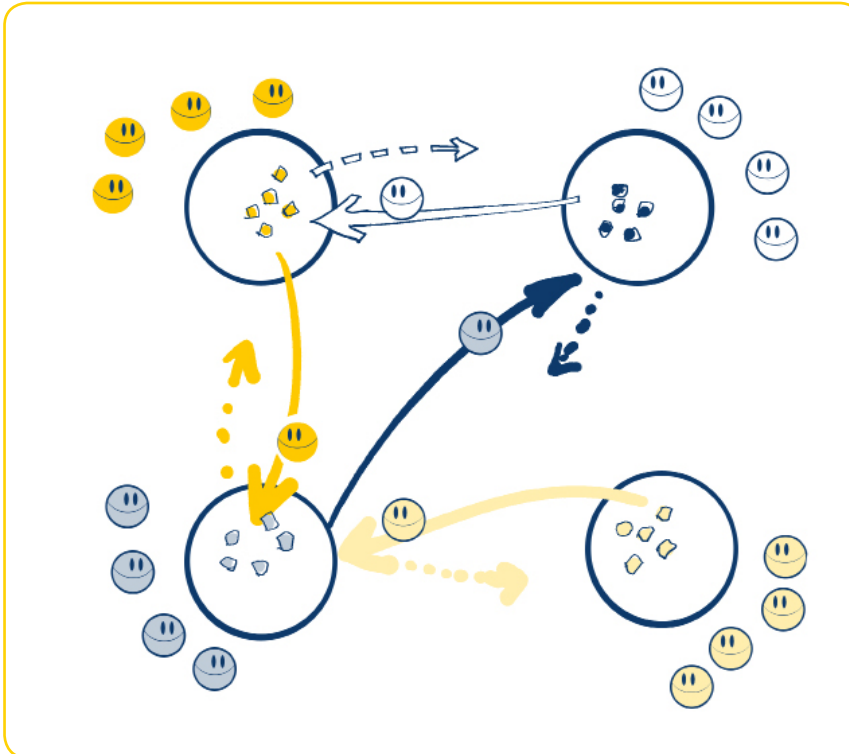
move your body

10

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Let's Start

Shoe (Bean Bag) Collect



Do This

- » Set up 4 (or more) teams in a large circle or square. In front of each team place a hoop with 4 to 6 shoes or bean bags in it
- » One player at a time from each team runs to another team's hoop and collects one bean bag and runs it back to his/her team's hoop and then tags next player who then runs ...
- » The object is to see which team gets a predetermined number of shoes in their hoop (7, 8, 9 ...)
- » Remind players to be aware of the movements of other teams

Variations

- » Change direction
- » When one team finishes, all teams reverse and run the shoes BACK to hoop.
- » Spring on both legs
- » Spring on one leg

Top Teaching Tips: the A, B, C's of Good Running

How to run an A,B,C session:

Players walk then run - changing directions every 5 seconds and practicing good ABC technique on instructor's commands.

Good A's

On each step the forward leg is bent and raised to horizontal.



Good B's

On each step the raised leg straightens and 'paws' the ground in a circular motion.



Good C's

On each step the back leg bends and the heel moves in a circular motion toward the butt (butt kicker).



Lesson 10

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

10

Now Try ...

1 March, Hop, Skip

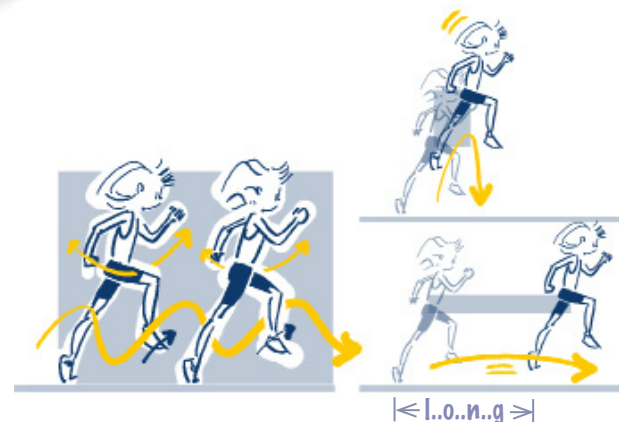


Do This

Class moves across the open space as follows:

- » March with good technique
- » March and ½ way across change to hop on one leg but maintain the same good arm swinging that was done while marching
- » March ½ way, then change to alternate leg skipping. Maintain good arm action on each skip
- » Repeat the above with a slow run

2 Be Hip and Skip



- » Skipping as high as possible
- » Skipping as long a distance as possible and as quietly as possible
- » Skipping in patterns (squares, triangles, figure 8s)
- » Skipping with both straight and bent arms

3 Spring's the Thing

Do This

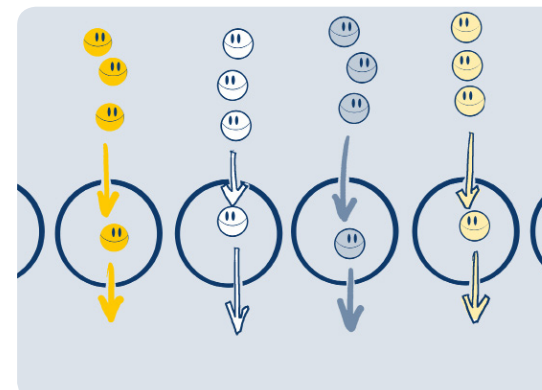
- » Two leg springs with small jumps
- » Two leg springs as high as possible, rigid bodies, swing arms up to eye level
- » Two leg springs as long as possible, rigid bodies, swing arms up to eye level



4 Hoop de Voop

Put hoops in the middle of the open space in long line with as many teams as there are hoops. Teams move one person at a time across the open space.

- » Run slowly and take-off from one foot inside the hoop
- » Run slowly and take-off from 2 feet inside the hoop
- » Repeat above and spring as high as possible
- » Repeat above and spring as long a distance as possible.
- » Maintain rigid body, and swing arms up on each spring



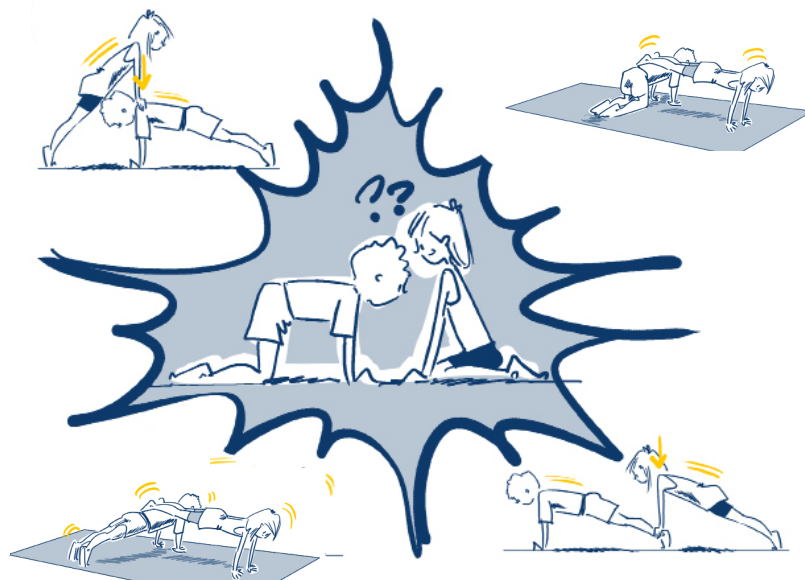
move your body

Something Extra ...

Changing tempo ...

To give players a break from the springing activities, we will slow down and do support activities.

1 Review Front Supports



Do This

- » In size-matched pairs, each partner on a mat or soft grass area
- » One partner mirrors the other while varying arm positions
- » Other partner mirrors while varying leg positions
- » Partners construct 5 pair supports in which one partner supports EITHER hands OR feet on top of partner
- » Maintain rigid bodies in ALL these supports

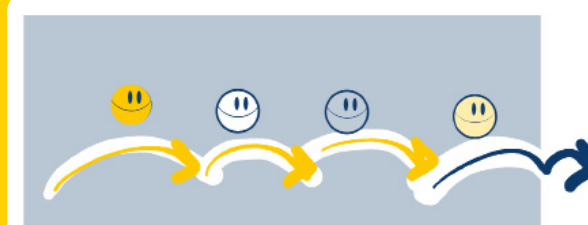
2 Review Back Supports



- » In size-matched pairs, on a mat or soft grass area
- » One partner mirrors the other while varying arm positions
- » Other partner mirrors while varying leg positions
- » Partners construct 5 pair supports in which one partner has support of part of body on top of partner

3 Follow-the-Leader Landings - if you have time

- » Each pair joins with another pair
- » Stay on your mats (joined together), each player in the group of 4 takes a turn being the leader
- » The leader does a variety of landings and all group members follow his/her lead
- » Land on hands forward, land on hands backward, roll sideways to each side, combine all of these
- » Good landing technique should be shown at all times. Stop class to demonstrate good practices



move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

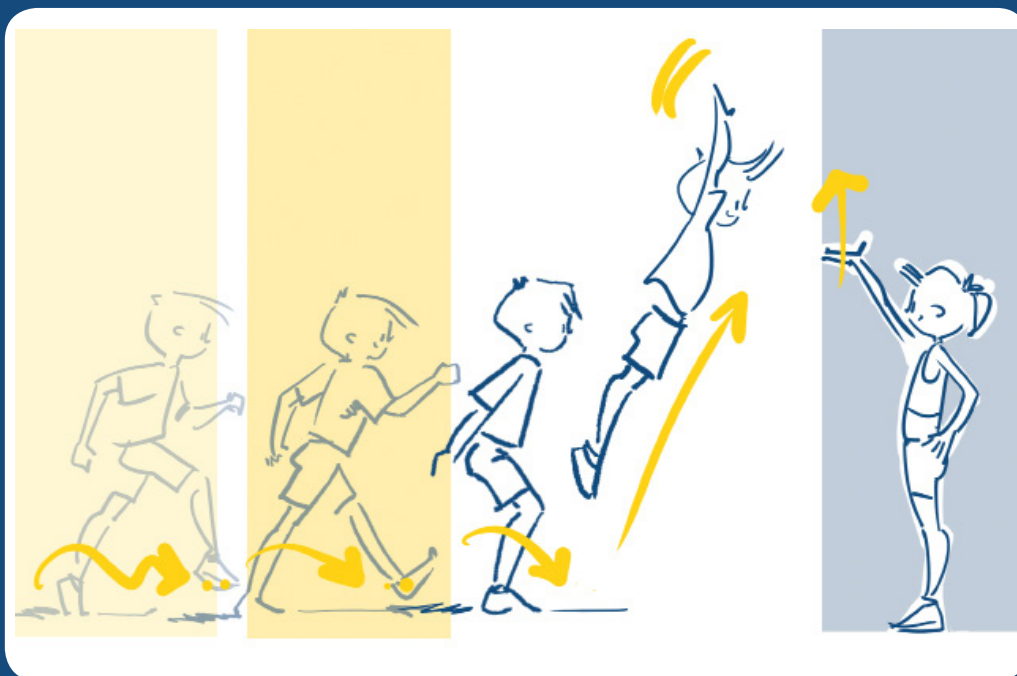
- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts

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Lesson 11 - Let's Get Explosive



playing area

Open space in gymnasium, hall or outdoors

equipment

Mats may be used for the landing activities
Hoops and things to identify chasers (mitts, scarves, pinnies etc)

this lesson

This lesson will introduce the more explosive movement pattern of Spring (jumps, hops, leaps etc). Good technique on jumps from 2 legs will be the main focus of this lesson

These activities will develop leg jumping power useful in sports like volleyball, basketball, athletics, gymnastics, etc.

Emphasize a rigid trunk to get the most out of the push off

safety

Too much continuous dynamic jumping may cause knee pain, so be sure to have frequent breaks

Instructors should review landings done in lessons 2 and 3 before teaching this lesson

move your body

11

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Let's Start

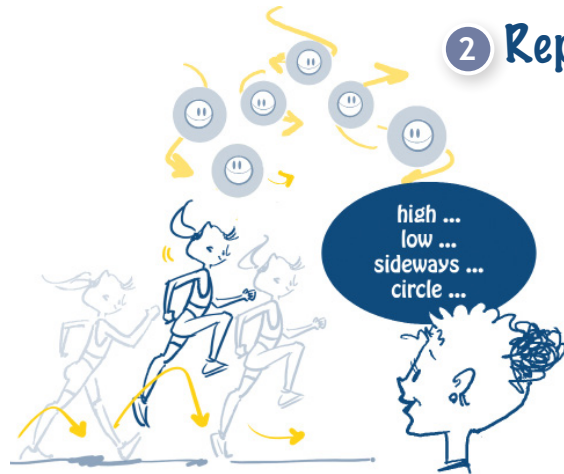
1 Warm-up Fun Run

Do This

- » Players walk in open area, changing directions every 5 seconds
- » On "RUN" signal, players run slowly, heads up, changing direction every 5 seconds
- » Instructor calls number – all players do that number of 2 leg springs
- » Repeat several times
- » Vary the 2 leg spring: 4 high / 4 short, 4 long / 4 low, 8 in a circle, 4 to each side



2 Repeat with Skipping



- » Skip high and short
- » Skip long and low
- » Skip high and long
- » Skip low and short
- » Skip in a circle

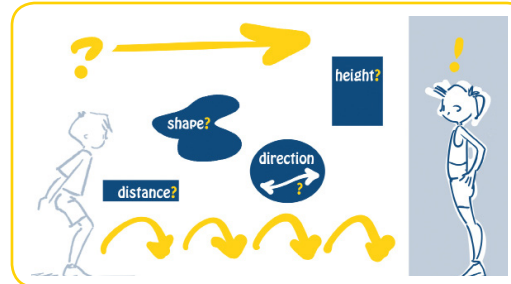
3 Two foot TAKE OFF



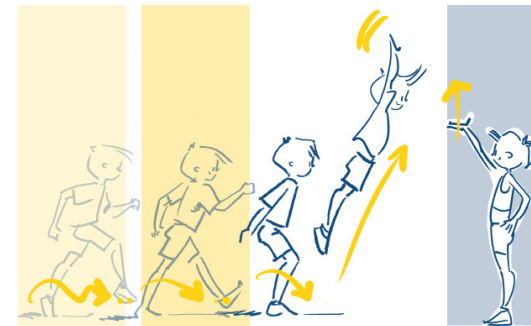
Do This

In pairs, explore different springs from 2 legs:

- » Vary height
- » Vary distance
- » Vary directions
- » Vary shapes in the air
- » Share & compare with partner



Make up a sequence of 6 different continuous springs from 2 legs
Demonstrate the sequences



Now try for fast rebounds & good height while springing from 2 legs. Ask partner to help you improve your technique.

- » Try 1-step approach to spring
- » Try 3-step approach
- » Try short run before springing
- » Try short run and spring from hoop lying on floor

move your body

Top Teaching Tips

Top take-offs

Take-offs (springing from one leg) are done in long jump, high jump, basketball layups, dance, figure skating, gymnastics, etc. It is important to develop a powerful push-from the support leg, aggressive knee lift of free leg, and swift arm lift.

Springing from 2 feet

Two leg springs are done in many sports: gymnastics, skiing, swim start, basketball, volleyball, etc. Again, powerful leg push, rigid body, and good arm lift are essentials of good take-offs. In this lesson you should persistently encourage good technique, including rigid and properly aligned bodies on take-offs.

Now Try ...

1 Everyone is a Star

Do This

- » All players spring from 2 legs and change directions on every 5th spring
- » Repeat, but on every 5th spring players do a 'star jump'
- » Repeat but every 5th spring is 'star jump' and change direction
- » Spread some hoops around, players can REST if in a hoop
- » If resting player is tagged by springing player, they must give up hoop to tagging player
- » Land star jumps with legs close together



2 Catch a Star

Do This

- » All players spring 4X then do a high star jump and keep repeating
- » Several chasers identified by scarfs (or mitts, or bibs)
- » Chasers can only tag other players when they are in star jump
- » Tagged player and chaser change places



3 Hopscotch Springs

Do This

- » All players move using hopscotch pattern of 1,1,2,1,1,2,... (hop on 1 leg twice, then spring from 2 legs, then hop on the OTHER leg 2 times, then spring from 2 legs)

Vary the types of springs:

- » Long and low | high and short
- » Long and low off 1 leg, short and high off 2 legs
- » Short and high off 1 leg, long and low off 2 legs



4 Hopscotch Tag

Do This

- » All players do hopscotch springing in free space (1,1,2,1,1,2)
- » Several chasers identified by scarfs (or mitts, or bibs)
- » Chasers can only tag other players when they are in the 2 leg spring stage
- » Tagged player and chaser change places when tag is made



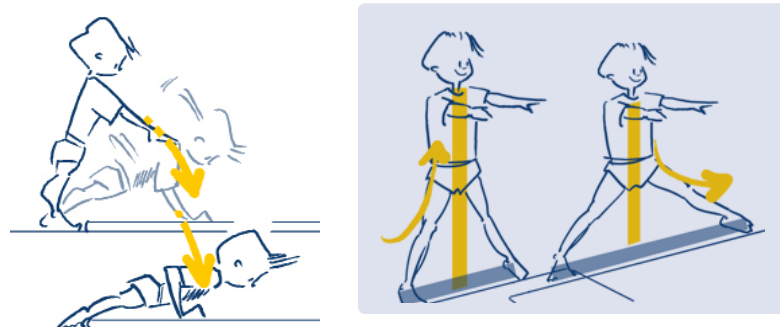
move your body

Something Extra ...

Changing Tempo

Players will need a rest from all the springing activities they have been doing.

1 Revisit Landings - Forward



Do This

- » With partner, practice landings learned in lesson 2
- » One partner performs, the other one coaches (switch)
- » Start legs wide - landing forward on the hands
- » Start legs narrower - landing forward on the hands
- » Landing forward on the hands - legs as narrow as you are comfortable with

2 Revisit Landings - Backward



Do This

- » With partner, practice Landings learned in lesson 3
- » One partner performs, the other one coaches (switch)
- » Landing backward on the hands - from a squat
- » Landing backward on the hands - from a little higher
- » Landing backward on the hands - from as high as you are comfortable with

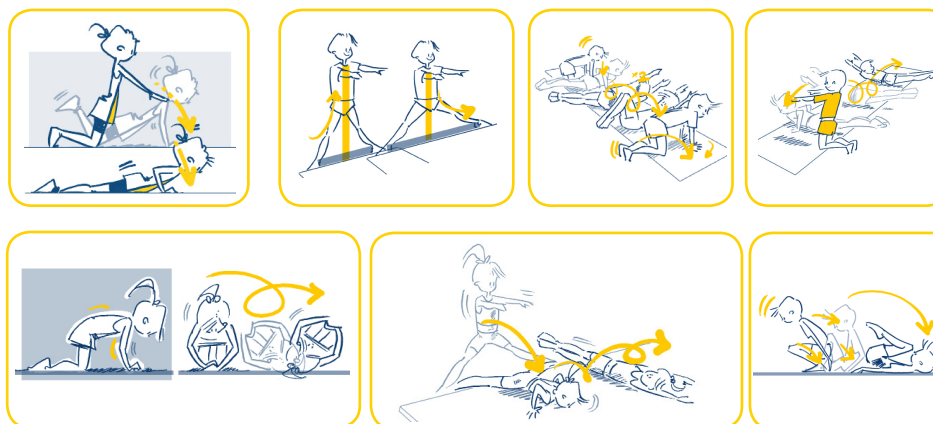
3 Revisit Landings - Side Rolls



Do This

- » With partner, practice Landings learned in lessons 2 and 3
 - » One partner performs, the other one coaches (switch)
 - » From hands and knees, practice rolling sideways to hands and knees
- Now fall forward onto the hands, then roll sideways to finish on the hands and knees. Practice to both left and right sides
Practice different landing combinations with your partner

4 Landing Sequence



- » In pairs create a sequence of 4-6 landings from those shown above
- » Perfect, then show sequence to another pair

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

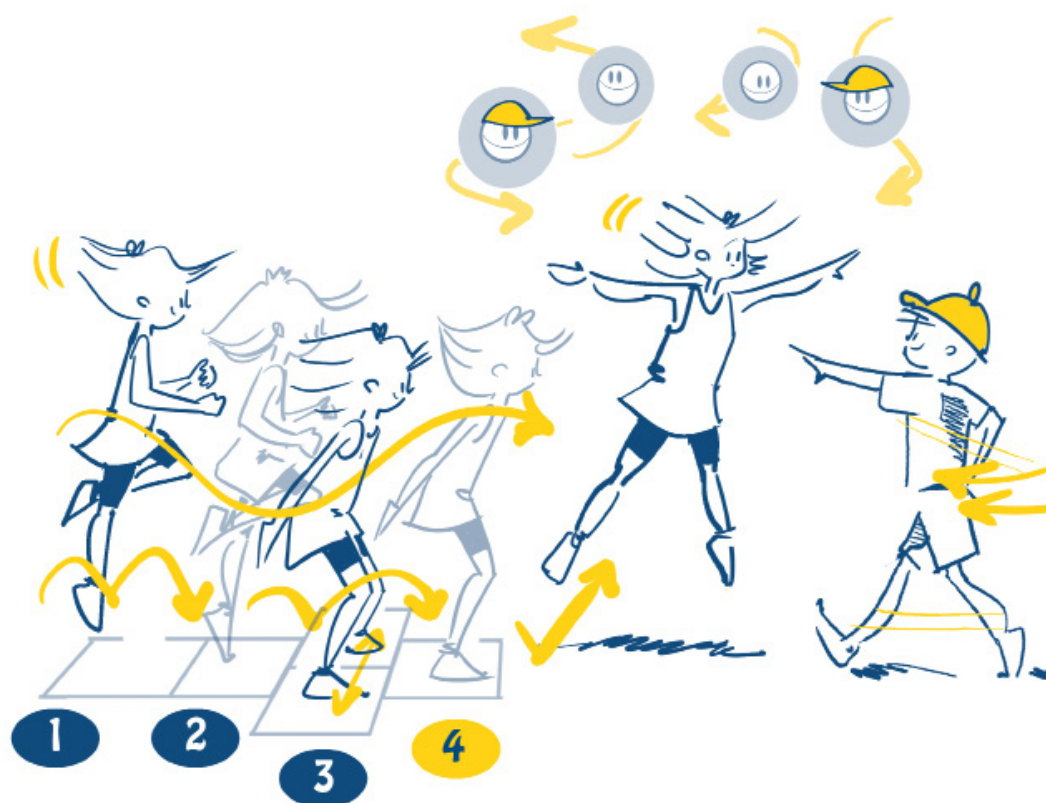
As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

Lesson 12 - Spring all Over



playing area

Open space in gymnasium, hall or outdoors

equipment

Mats could be used for the support activities
Scarves, mitts or bibs to identify chasers

this lesson

Spring all over

This lesson will introduce more jumping from the legs. You will also be introduced to springing from the arms. Springing activities are an excellent way to develop physical abilities and fundamental skills

safety

These activities will fatigue some players more quickly than others, so be watchful and try to modify your activities so all players have a chance to positively challenge themselves

For efficiency of movement insist on players keeping rigid bodies and aligned trunks

move your body

12
...

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Let's Start

1 Spring all Over

Do This

Locomotions on legs

Players walk in open area, changing directions every 5 seconds
On RUN signal, players run slowly, heads up, changing direction every 5 seconds

Instructor calls different locomotions – all players do that locomotion:

- » Skipping: quickly, lightly, quietly
- » Springing on 2 legs
- » Hopping on 1 leg
- » Hopscotch -1 foot, 1 foot, 2 feet
- » Hopscotch finishing with star jump



2 Pathways & Patterns

Repeat the above adding pathways and patterns:

- » 2 leg spring in small circles
- » Skip in large circles
- » 1 leg springs in straight line
- » Hopscotch in figure 8's



3 Follow the Leader



Good technique

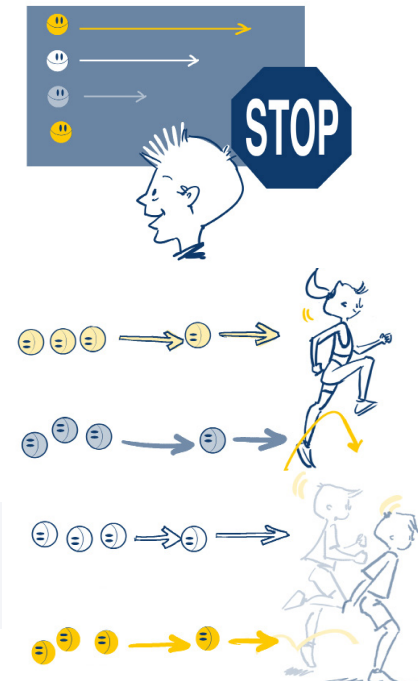
STOP class with stop signal. Have each group of 4 line up on one side of the open area. The first players in each group move across the area showing good spring technique. Repeat until all players have demonstrated.

Repeat for each springing locomotion (skipping, 2-leg springing, 1-leg)

Do This

In pairs play follow the leader using locomotions:

- » Leader chooses locomotion
- » Change leaders
- » Pairs join into 4's, repeat above



move your body

Top Teaching Tips

Springing from the arms

Activities requiring locomotions on the arms will be much more strenuous than locomotions on the legs thus you will need to intersperse them with other activities.

Good technique

Emphasize good technique in springing activities. At the end of a springing activity, ask who remembered to keep a rigid and properly aligned body?

Good technique = a rigid trunk + proper alignment

Camels and crabs for strengthening!

This lesson uses both front support (camel) and back support (crab) in order to strengthen muscles on the front and back of the body.

Now Try ...

1 Camel - Run - Balance



Do This

All players in front support, walking on arms and legs
Keep legs straight, and change directions every 5 seconds
Repeat, moving faster, still keeping legs straight
Instructor frequently calls 'BALANCE' and all players stop and balance in position called out by instructor:

- » Balance on 1 leg and 2 arms, Balance on 2 legs and 1 arm
- » Balance on 1 leg and 1 arm (same side, then opposite sides)

2 Crab - Run - Balance



- » All players in back support, walking on arms and legs (crab)
- » Change directions every 5 seconds
- » Repeat, but moving faster
- » Instructor frequently calls 'BALANCE' and all players stop and balance in position called out by instructor:
 - Balance on 1 leg and 2 arms, balance on 2 legs and 1 arm
 - Balance on 1 leg and 1 arm (same side, then opposite sides)

3 CATastrophe



Do This

- » All players in front support with knees bent
- » Move like a cat (quiet light steps) : Forward, sideward backward
- » On command ANGRY CAT, hunch your back and bring feet closer to hands and hiss like an angry cat
- » Resume cat moving with long low jumps, landing on hands first, and then feet
- » On command BIG STRETCH, stretch like a cat several times

4 Lobsters & Scorpions

- » All players in back support, legs bent (crab). Fingers point forward
- » Move forward by jumping both feet forward, then jumping both hands forward
- » Travel several steps this way, then reverse, going backwards
- » Repeat with one leg held up off the ground (lobster's claw)
- » Turn over to front support and raise one leg behind you with the knee bent (scorpion's stinger)
- » Move as a scorpion, forward, backward, sideways



Something Extra ...

Explosive ... Then Slow ...

Activities #3 & #4 are from Lesson 4 and provide a slower complement to the first two activities.

1 4-stage Rocket & Star

Do This

Hopscotch variation

- » Hop on 1 leg, then hop on the other leg
- » Then spring from both legs 2 times.

Let players practice this pattern, call this a 4-stage rocket

- » The first 1 leg hop is smallest booster rocket
- » The second 1 leg hop is bigger booster (higher spring)
- » The first 2 leg spring is even bigger booster (higher spring)
- » And the second 2 leg spring is super booster to STAR jump



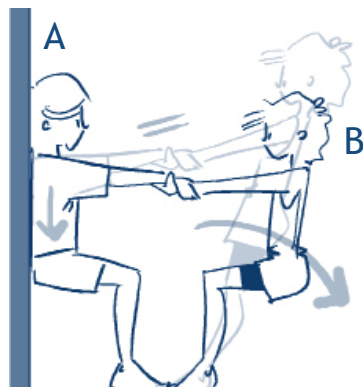
2 4-stage Rocket Tag



All players do continual 4-stage rocket springing in free space

- » Several chasers identified by scarfs (or mitts, or bibs)
- » Chasers are running but can only tag other players when players are in the air, in the star jump
- » Chased player and chaser change places when tag is made

3 Chairiots

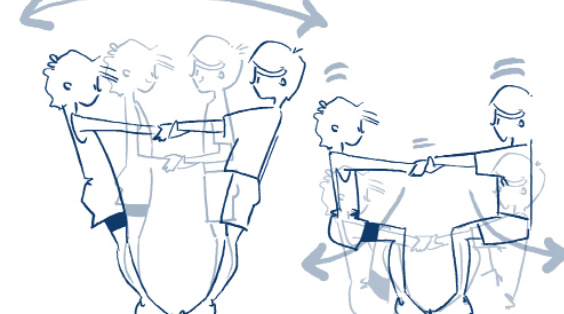


Quick tip

Grasp wrists
Build confidence in gripping by using a stack of mats or bench to sit on

- » Form pairs: - free running and call '2'
- » Find a free wall space
- » Grasp wrists
- » 'B' helps 'A' to the 'chair' & with toes touching 'B' then lowers

4 Chairiots - Look: No Wall!



Do This

- » Away from the wall, partners grasp wrists
- » Move feet forward until toes touch
- » Lean backwards slowly with straight arms & legs ... try several times aiming for balance
- » When balance is perfected, bend legs to the chairiots position and hold - count to 5, then stand
- » Try again: slowly lower to sit, then back to stand

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

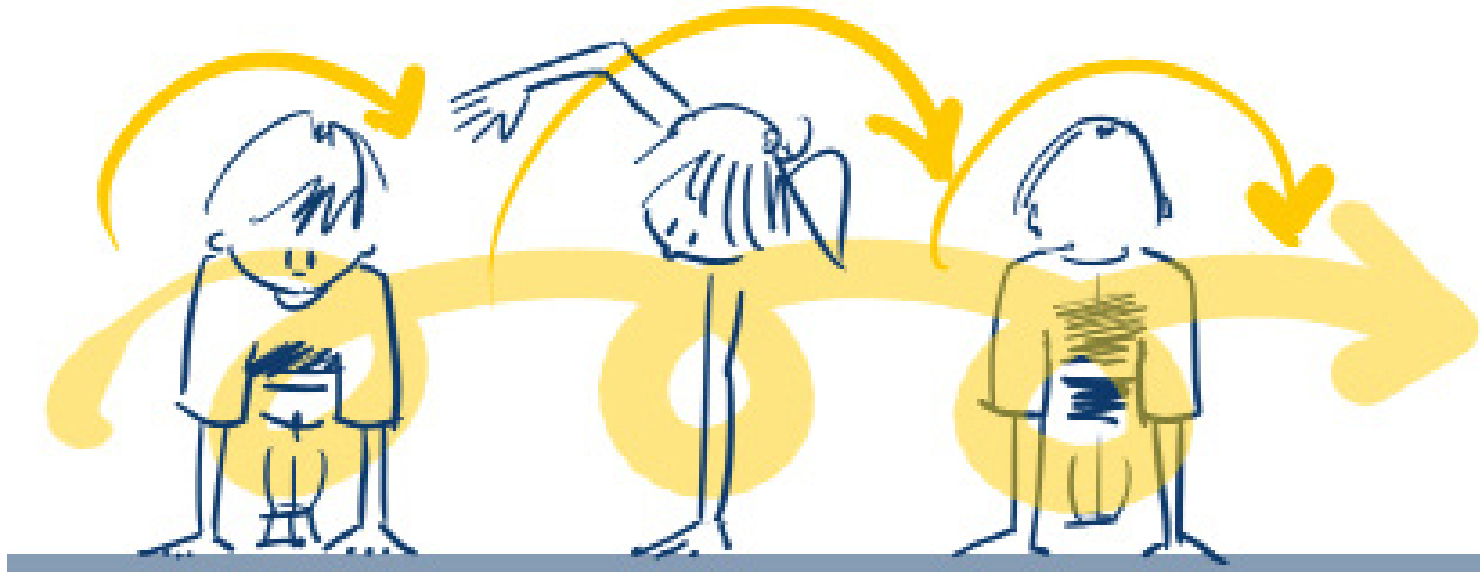
- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

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Lesson 13 - Twists and Turns ...



playing area

Open space in gymnasium, hall or outdoors

equipment

Mats could be used for some rotation activities
Scarves, mitts or bibs

this lesson

Twists and turns

This lesson will introduce ROTATIONS about the body's long axis (axis of body from head to foot).

Good technique on jumps from 2 legs should still be emphasized.

Rotation activities will develop good spatial sense and will open up many possibilities for skill learning and for physical and motor enhancement.

safety

It is very important that players land correctly and securely each time they land from a rotation activity.

They should slow down their landings by landing on toes, then balls of the feet, then heels, before bending their knees slowly.

Landing safely will benefit players when they take up other activities where they will be turning and landing such as skiing, boarding and ball games.

move your body

13
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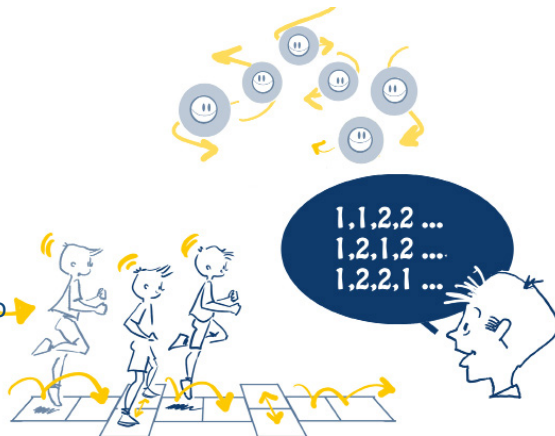
Let's Start

1 Hopscotch with a Twist

Do This

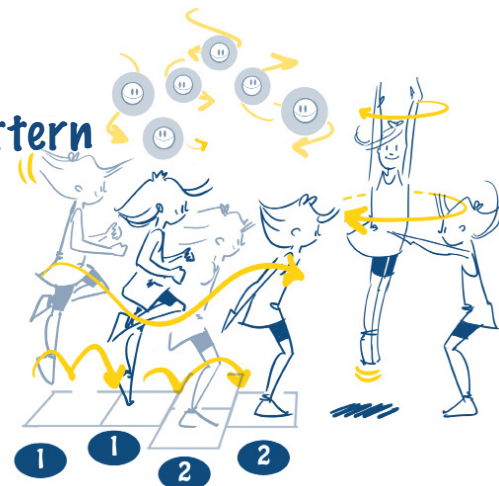
Hopscotch with a Twist

- » Players walk in open area, changing directions every 5 seconds
- » On RUN signal, players run slowly, heads up, changing direction every 5 seconds
- » Instructor calls different Hopscotch patterns –all players do that pattern. Alternate leg on each set of hops from 1 leg:
 - 1,1,2,2
 - 1,2,1,2
 - 1,2,2,1



2 Return to 1,1,2,2 Pattern

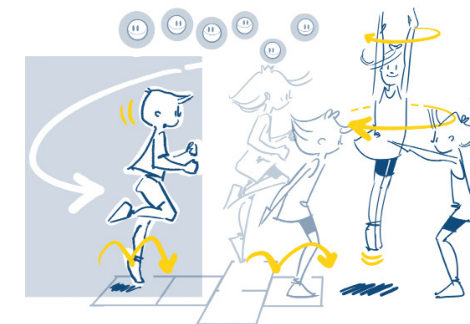
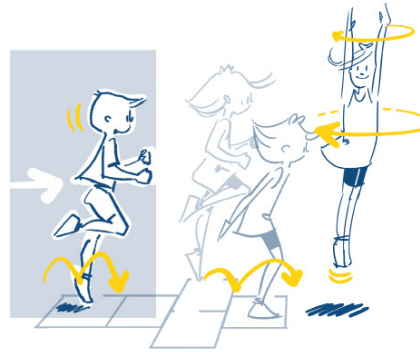
- » On 2nd 2-leg spring, do a $\frac{1}{4}$ or $\frac{1}{2}$ turn (twist), land on 2 feet and stop: count 3, resume hopscotch
- » Spring as high as possible when doing the $\frac{1}{2}$ turn
- » Turn opposite direction each time - it helps to look at a point on the wall while turning



3 Follow-the-Leader Hopscotch

Do This

- » In pairs, play follow-the-leader using hopscotch locomotions with $\frac{1}{2}$ turn landings from 2 feet jumps
- » Leader chooses pattern and direction of $\frac{1}{2}$ turn
- » Change leaders
- » Pairs join into 4's, repeat above



Good technique demo

STOP class with stop signal
Each player in the groups of 4 demonstrates to their group:
All should spring high when they do their $\frac{1}{2}$ turn
All show good take-off technique
All have tight bodies on $\frac{1}{2}$ turn
All show secure Landings

- » Repeat until all players have demonstrated
- » Each group could then demonstrate to the class

Top Teaching Tips

More challenging turns

Turns around the long axis of the body will be much more strenuous when done in support positions involving the arms thus promoting upper body strength. Instructors should monitor players for fatigue

Good technique

Emphasize good technique in all the turns, especially keeping the body rigid and straight.

Good technique = a rigid trunk + straight body

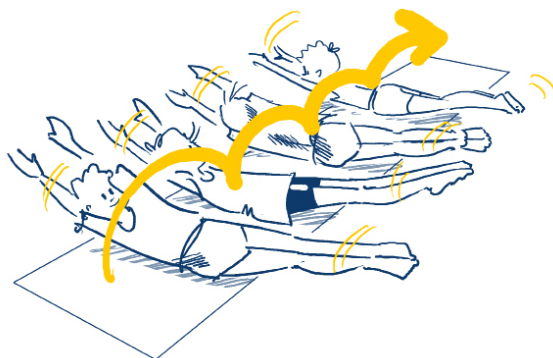
A challenge for all

Instructors can ensure that all players get a physical challenge, regardless of their fitness levels, by manipulating who are the chasers and for how long

move your body

Now Try ...

1 Roll Those Logs



Do This

- » Players evenly spaced around free area or on mats
- » All facing same direction, then lying on their stomachs
- » Keep body rigid and straight, and do $\frac{1}{2}$ turn left to lie on back
- » Repeat, to the right (return to lying on stomach)
- » Repeat, rolling 2X left, then 2X right, finishing on stomach
- » Repeat, keeping arms and legs off ground as shown

2 Flip the Cards



- » All players in front support, facing same direction
- » On signal, all turn around long axis to left, into a back support
- » On signal, turn back to front support (rigid like playing cards)
- » Repeat to the right, front support to back support, and return
- » Repeat to the left, but go from front to back to front support
- » Repeat to the right, front to back to front support with rigid body
- » Repeat both above but ADD full turn in log roll at the end

3 Cooperative Logs



Do This

- » Players in pairs
- » Invent ways to do log rolls while connected to your partner
- » Hint: both lying, grasp partners ankles, or hands and roll together, or, one roll while the other pushes
- » On command BIG STRETCH, stretch like a cat several times

4 Spin 'n Copy

Partners in pairs

- » One partner pivots on two feet, up on toes $\frac{1}{2}$ turn, partner copies
- » One partner pivots on two feet in squat, $\frac{1}{2}$ turn, other copies
- » One partner spins full turn, on left foot, left turn, other copies
- » One partner spins full turn, on left foot, right turn, other copies
- » Repeat 2 above turning on the right foot
- » One partner pivot $\frac{1}{2}$ turn on two feet, then jump $\frac{1}{2}$ turn, copy
- » Repeat in other the direction



Something Extra ...

Fun with Tag Games

Activities #3 & 4 are from Lesson #4 and provide a slower complement to the first two activities

1 Immunity Tag: Twist & Turn

Do This

All players running in ever-changing directions

- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if they are doing jump $\frac{1}{2}$ turns on the spot. They are immune for 2 sec after landing
- » After chaser passes by, players can resume running
- » If caught by a chaser, chaser and player change positions

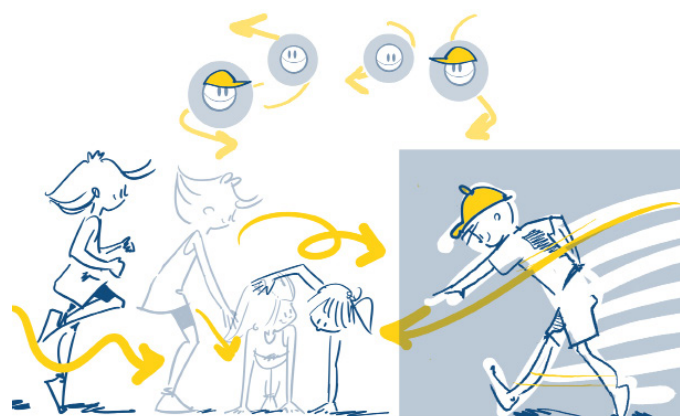


2 Immunity Tag: Flip the Cards

Do This

All players running in ever-changing directions

- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are *immune from being tagged* if they are turning from front to back to front support continuously
- » After chaser passes by, players can resume running
- » If caught by a chaser, chaser and player change positions
- » Caution players to STOP before going into front support



3 Snakes & Frogs - Catch 'em all Tag



Do This

- » All players moving as frogs – squat, jump high in the air to squat, and repeat
- » Several chasers are snakes who can only move by doing log rolls
- » When a snake tags a frog, the frog turns into a snake and ALSO becomes a chaser by doing log rolls
- » Continue until all frogs are caught
- » Instructors may have to restrict the size of the playing area so that snakes do not have to roll too far
- » Scatter mats could also provide “lily pads” that allow immunity. Newest player on scatter has sole possession

move your body

My Notes

Instructor's TO DO's

- ☐ Your commitment
- ☐ Your communication
- ☐ Risk management
- ☐ Effective teaching strategies

Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- ☐ What worked well
- ☐ Changes for next time
- ☐ New ideas | New games
- ☐ Equipment to use next time
- ☐ Any other thoughts



Lesson 14 - Head Over Heels



playing area

Open space in gymnasium, hall or outdoors

equipment

Mats could be used for these rotation activities. If small scatter mats are used, have one for each player

If larger mats are used, have players line up on the long edge of the mats, and roll across the mats

this lesson

Developing spatial sense

This lesson will introduce rotations about the body's broad axis (axis passing from side-to-side through body)

Rotation activities will develop good spatial sense and will open up many possibilities for skill learning and for physical and motor enhancement

safety

Since there may be a discrepancy in the ability to do rolls and the number of rolls that different players can perform, instructors should adjust their challenges so all players are stimulated to their individual ability levels

move your body

14
...

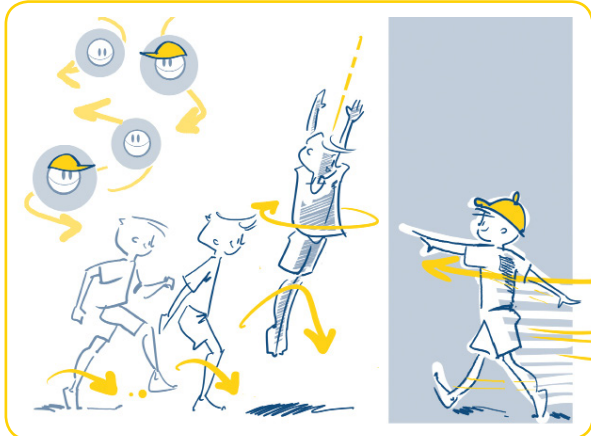
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Let's Start

1 Immunity Tag - Twist & Turn

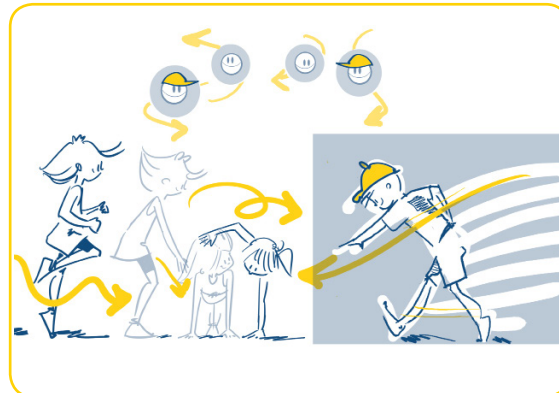
Do This

- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if doing jump $\frac{1}{2}$ turns on the spot
- » After chaser passes by, players can resume running.
- » If caught by a chaser, chaser and player change positions



2 Immunity Tag - Flip Card

- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if they are turning from front to back to front support continuously
- » After chaser passes by, players can resume running
- » If caught by a chaser, chaser and player change positions



3 Roly Poly

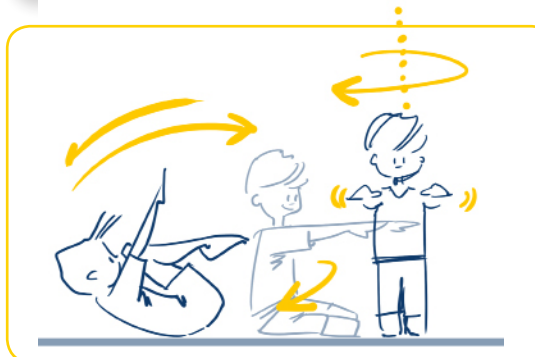
Do This

- » Players lying on backs on mats
- » Have players roll forward and backward on their backs 5x
- » Strive for roundness and smoothness, chin on chest
- » Roll to shoulders on backward direction, and roll to squat on forward direction. Push off hands
- » If they can roll to a squat, then they should jump in the air
- » Repeat and jump in the air with a $\frac{1}{2}$ turn about the long axis



4 Kneel on Heels

- » Before feet touch ground on the forward end of Roly Poly turn your knees $\frac{1}{4}$ turn (90°) left and finish the roll kneeling
- » You should be kneeling and sitting on your heels
- » Repeat several times
- » Repeat several times turning to the other direction



Top Teaching Tips

Mat arrangements for learning forward rolls

Here are 3 choices of mat arrangements for learning forward rolls - in order of teaching preference:

Best choice - a downward slope

A downward slope with matted surface. Use a wedge mat or benches with mats covering



Good choice - a slightly elevated surface

Folded mats adjacent to tumbling mats. Players kneel on elevated surface and place hands on mats and roll down



OK choice - a well padded tumbling mat

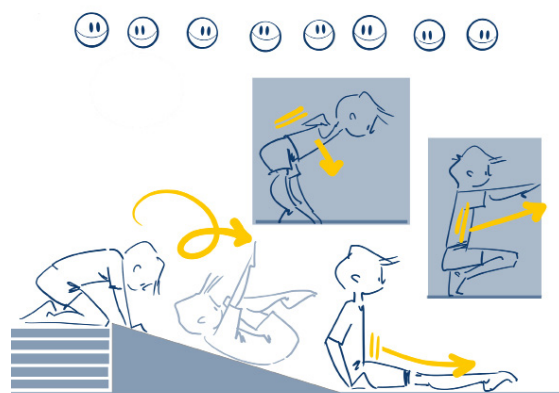
Alternatively double scatter mats



move your body

Now Try ...

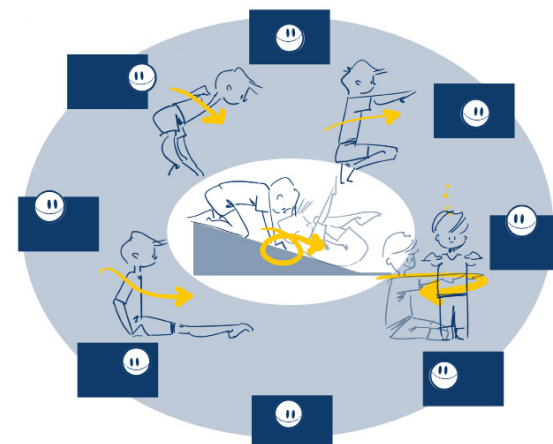
1 On-a-Roll



Do This

- » Players evenly spaced on the mats
- » If there are downward slopes (choice #1 & #2), those players roll from a squat or a kneel, down the slope, to a sitting position
- » On the flat mats (choice #3), players stand, straddle straight legs, place hands in front of feet, look between their legs and roll forward to sitting position
- » Repeat several times

2 From Squat to Roly Poly



- » Players rotate from matted station to matted station according to their comfort with each station
- » As players are comfortable with the forward roll, have them vary their finishing positions (sit, squat, ¼ turn to kneel (L&R))

3 Forward Roll to Log Roll



Do This

- » Players in pairs
- » Invent ways to do log rolls after doing a forward roll with ¼ turn to kneeling
- » Let the pairs try different ways to solve this movement problem
- » Have pairs demonstrate their solution to the class

4 Roll and Twist



Partners in pairs mirroring each other combining long axis turns (twists) with rolls:

- » Add pivots on two feet before, and/or after, roll
- » Add pivots on two feet in squat before, and/or, after roll
- » Add jump ½ turn before, and/or, after roll
- » Repeat but turn in the other direction

Something Extra ...

More Fun with Tag Games

Players will need to rest from rolling and turning, so let's work on endurance and strength.

1 Monkeys Chase Crabs

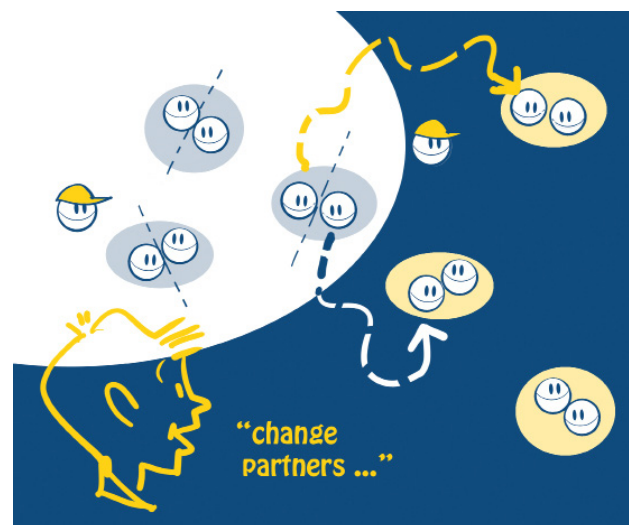


Do This

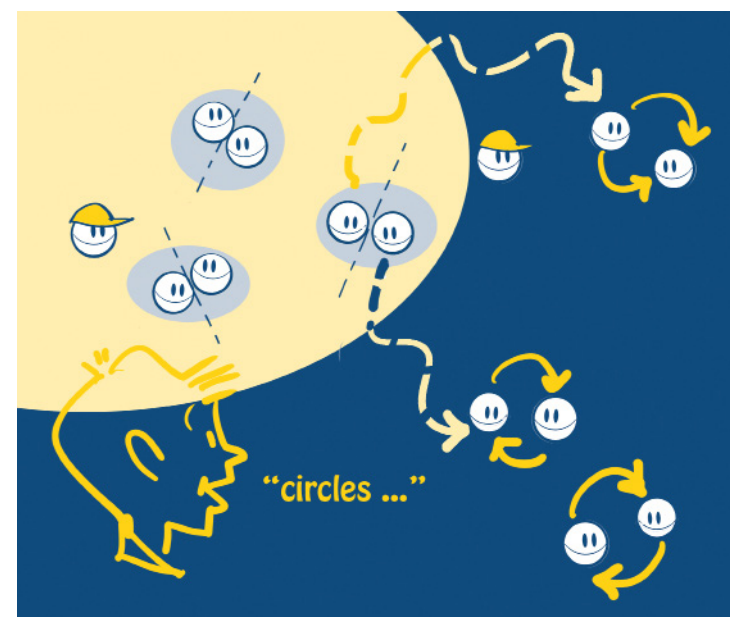
- » Most players are crabs, several chasers are monkeys
- » Crabs are immune from being tagged if balancing on 1 leg and 1 arm (they can hold this position until they falter, then they must resume crab locomotion)
- » If caught by a monkey, crab and monkey change positions

2 Friends

- » All players running in ever-changing directions
- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if they are running while connected to a friend (hold hands, hook elbows, hold same scarf etc.)
- » On the instructor's frequent signal (whistle, clap), all pairs (friends) must disengage, and form new friendships (pairs)
- » If caught by a chaser (when not joined), chaser and player change positions



3 Friends with a Twist



Do This

- » All players are running in ever-changing directions. Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if they are joined with another (friends) and springing in a circle
- » Instructor declares beforehand how friends are joined: side by side, facing each other, or back to back
- » On the instructor's frequent signal (whistle, clap), all pairs (friends) must disengage, and form new friendships (pairs)
- » If caught by a chaser, chaser and player change positions

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

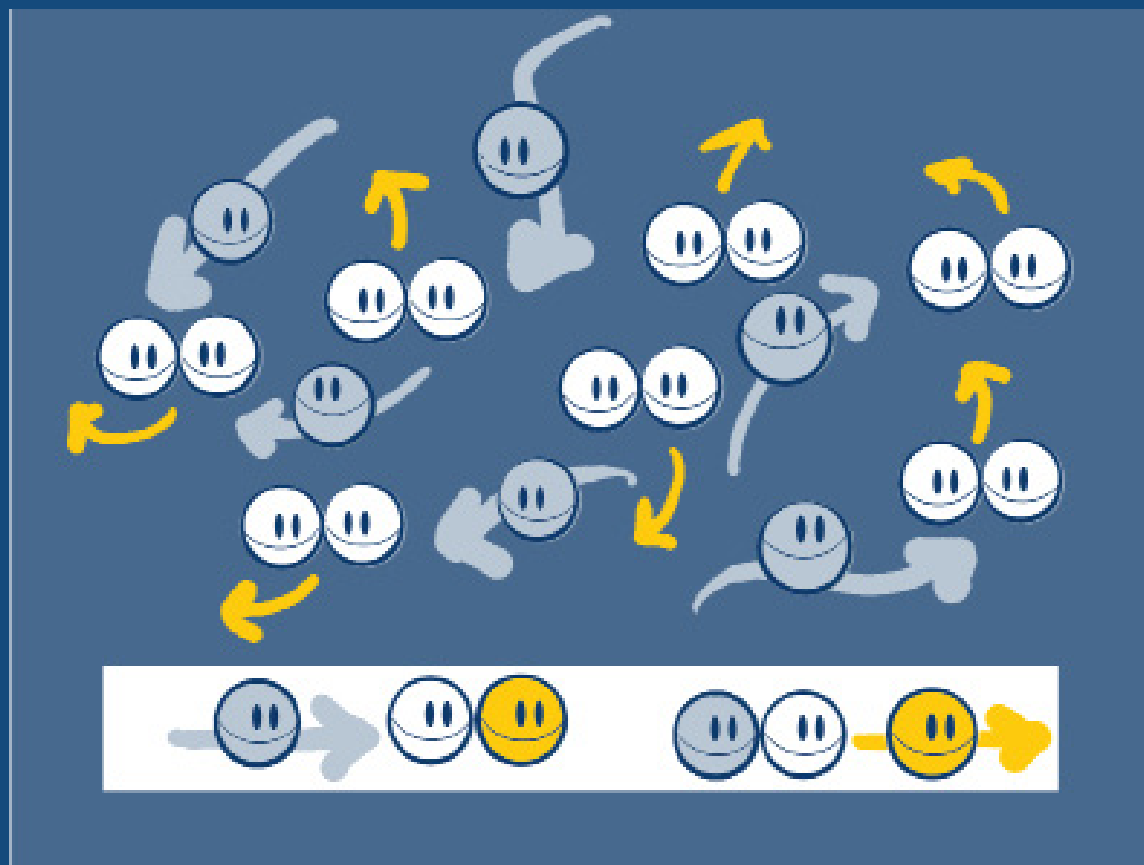
- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
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- Equipment to use next time
- Any other thoughts

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Lesson 15 - Head Over Heels Again ...



playing area

Open space in gymnasium, hall or outdoors

equipment

Hoops will be very useful for this lesson

If small scatter mats are used, have one for each player

If larger mats used, have players line up on the long edge of the mats, and work across the mats

this lesson

More on developing spatial sense

This lesson will introduce rotations about the body's narrow axis (axis passing from front to back)

Rotation activities will develop good spatial sense and will open up many possibilities for skill learning and for physical and motor enhancement

safety

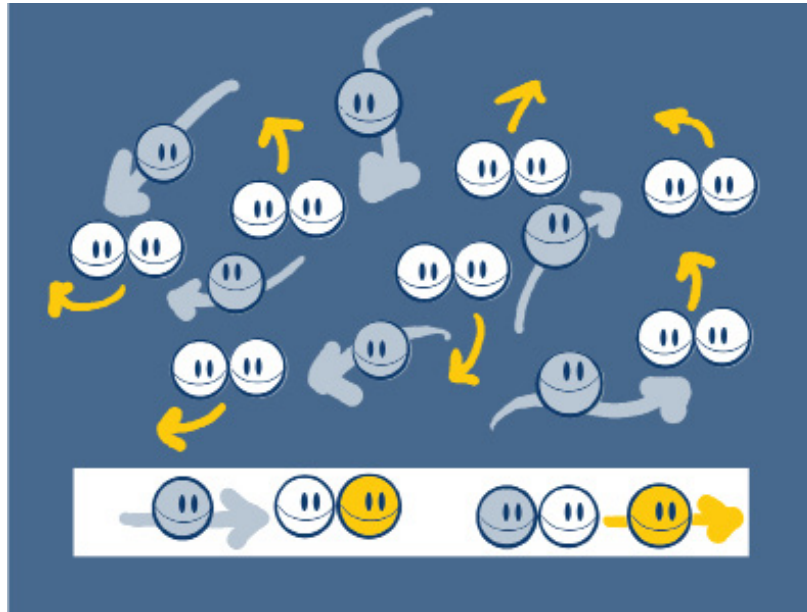
Since there may be a discrepancy in the ability to do rotations, instructors should adjust their challenges so all players are stimulated to their individual ability levels

move your body

15

Let's Start

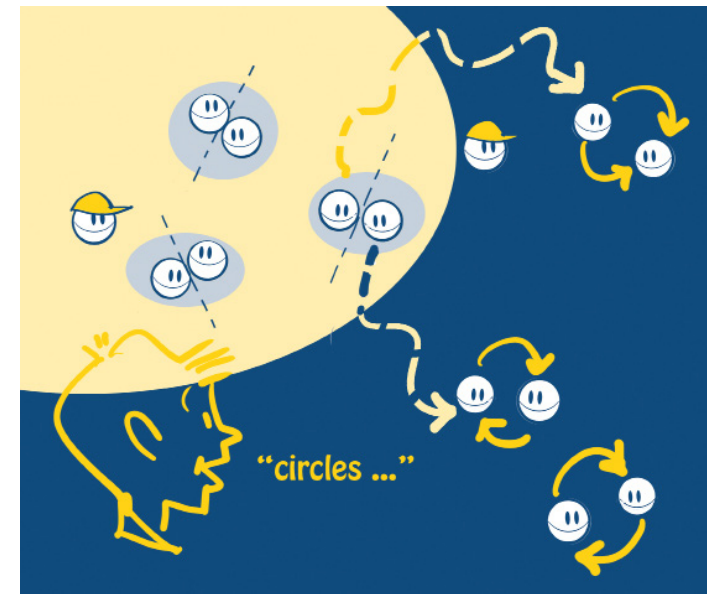
1 Truck and Trailer Friends



Do This

- » All players running in ever-changing directions
- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if they are running while joined as truck and trailer (one behind other)
- » On the instructor's frequent signal (whistle, clap), all pairs (friends) must disengage, and form new friendships
- » If caught by a chaser (when not joined to a partner), chaser and player change positions

2 Friends With a Twist



Do This

- » All players are running in ever-changing directions
- » Several chasers identified by scarfs (or mitts, or bibs)
- » Players are immune from being tagged if joined with another (friends) and springing in a circle
- » Instructor declares beforehand how friends are joined: side by side, facing each other, or back to back
- » On the instructor's frequent signal (whistle, clap), all pairs (friends) must disengage, and form new friendships (pairs)
- » If caught by a chaser, chaser and player change positions

Top Teaching Tips

Cartwheel progressions

Since this lesson encourages the players to momentarily support their body weight on their arms (and even on one arm) some players will tire more quickly than others

Be sensitive to the differences and try to challenge all.

The activity around the hoop shown on the right is actually a baby cartwheel. As players progressively get more inverted, and as the circle is made

larger, the activity will eventually turn into a full cartwheel

A cartwheel, where players support their entire body weight on their arms, is similar to lifting a body-weight barbell overhead



move your body

Now Try ...

1 Hot Floors - Front to Back

Do This

- » Players evenly spaced in free space, in squat position
- » Players place their hands on the floor and imagine the floor is red hot, alternately under their hands, then under their feet
- » When red hot under their hands, lift both hands off the floor
- » When red hot under feet, lean onto the hands and lift feet up
- » Keep alternating between these
- » When lifting feet, try to lift hips overhead, with legs tucked



2 Hot Floors - Side to Side

- » Again, players in squat position, with hands on floor
- » Players imagine the floor is alternately red-hot, under their left hand and right foot, then under their right hand and left foot
- » Alternate from side to side raising the hand and foot higher each time



3 Hot Floors - in a Circle

Do This

- » Players imagine the floor is alternately hot, under their left foot then right foot, then right hand, then left hand
- » Note the pattern: left, right, right, left. This is important for cartwheels
- » Continue this pattern, lifting higher and higher
- » Continue this pattern, making continuous circle with hands and feet placement
- » Reverse the direction: right foot, left foot, left hand, right hand
- » This is the foundation of cartwheels



4 Hot Floor - Cartwheels

- » Use hoops (or draw hoops on the floor)
- » Players squat against the hoop, facing the middle of the hoop and try to have only one support point (foot or hand) at a time, while they circle around the hoop in either pattern below:
- » Left foot, right foot, right hand, left hand
- » Right foot, left foot, left hand, right hand
- » How high can you lift your hips over your head?



move your body

Something Extra ...

More Fun with Tag Games

Players will need to rest so let's review marching and hopping.

1 Shuttle Marching - Review



Do This

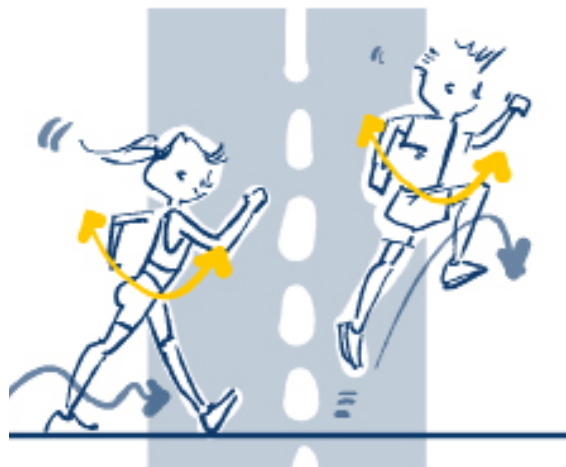
- » Divide class into groups of about 4, with one group facing another across the open space
- » Start with one player marching to other side and tagging 1st player there, who then marches across open space and repeats process
- » Repeat shuttle, with all waiting players marching on the spot

3 March, Hop, Skip

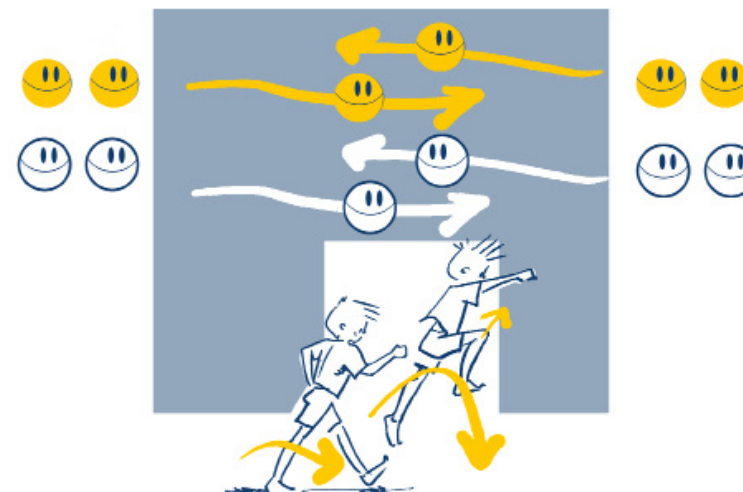
Do This

Class moves across the open space as follows:

- » March with good technique
- » March and $\frac{1}{2}$ way across, change to hop on one leg but maintain the same good arm swinging that was done while marching
- » March $\frac{1}{2}$ way, then change to alternate leg skipping. Maintain good arm action on each skip
- » Repeat the above moving more quickly



2 Step & Hop Shuttle



Do This

- » Use same groups, teach using a step, followed by a hop on the same leg, repeat on other leg, step - hop
- » Players start from both sides of the shuttle
- » Remember to pass by other players ONLY on the right

Tips on technique

- » On the hops, forcefully drive the knee up, and swing arms
- » On the steps forcefully push the foot down into the ground, then hop
- » Use good arm technique throughout

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
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- Equipment to use next time
- Any other thoughts



My Notes

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Lesson 16 - Splish Splash at Last



playing area

Designated area in pool, with water no deeper than waist height for smallest participant.

equipment

Small floating objects that can be carried, and will designate the chasers in games and kick boards or water noodles to assist the weak or non-swimmers.

this lesson

In this lesson we will review many of the ways we moved on dry land, and also practice unique ways you can Move Your Body while in the water.

safety

See the 'Stay Safe' notes on the next page

move your body

16
...

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Stay Safe

Instructor Note

Lessons 16 – 20 are aquatics based. These activities and lessons build upon Lessons 1-15. For instructors teaching this section only, ensure you have read and are knowledgeable with Lessons 1 – 15.

1 In and Around the Pool

- » Pool decks are slippery, so be very cautious
- » Emphasize only walking on deck, no running or horseplay
- » Arrange for a designated area, free of other participants, that is clearly identified by ropes or markers and all children are made aware of the boundaries of the area
- » Ensure pool deck and water are free of hazards

2 Personnel

- » In addition to MYB instructors, qualified life guards must be on deck in numbers appropriate to the number of participants
- » The MYB program recommends **one** instructor or assistant to every 6 participants
- » All instructor / assistants must be in the water at all times
- » Place at least one instructor between the group and deep water at all times
- » Instructors must face the group at all times. NEVER turn your back on the group.

3 Safe Instructing

- » Toilet breaks must be with permission only
- » A designated instructor should make frequent counts
- » Your verbal STOP signal must be VERY auditory and direct all participants to stop and turn to you
- » Familiarize participants with the pool's emergency and evacuation procedures and have them link hands in a chain to evacuate
- » Space the children to avoid bumping or falling into each other while doing any activities on the deck or in the pool or while using any equipment. Remind them their "bubbles" should not touch

Let's Start

1 Let's Get Wet



Do This

- » Slip into pool from sitting position
- » Turn and face pool edge
- » Grasp pool edge and spring on 2 legs 10 times
- » Repeat, springing 10 times from one leg, left then right
- » Move well away from pool deck and repeat above
- » Repeat with deeper knee bends so that deepest bend immerses shoulders

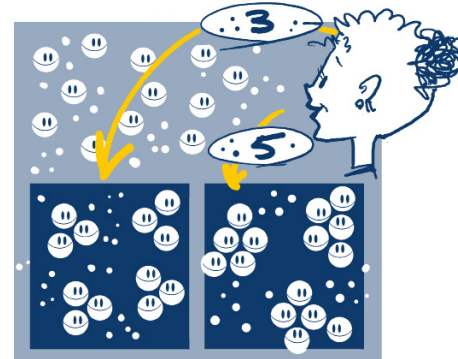
2 Bubbles



Do This

- » Players walk here / there in designated pool area
- » Do not touch any one else's bubble (lesson 1)
- » Repeat, walking in patterns like squares, figure 8's, etc.
- » Repeat, using giant steps
- » Repeat, walking backwards
- » Players choose their own way moving

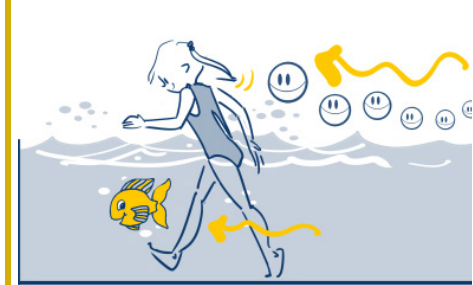
3 Schools of Fish



Do This

- » Players walk here / there
- » Instructor calls out a number and players quickly form into groups (schools)
- » Repeat several times
- » Repeat while springing
- » Finish in schools of 4 or 5
- » Players join hands in a circle and walk counter clockwise 3 circles, then clockwise 3 circles
- » Repeat springing on 2 feet

4 Follow First Fish



Do This

- » In schools of 4 to 6, each player gets to be First Fish
- » First Fish moves about the area doing one locomotion
- » The players in the school try to stay just behind First Fish, but close together
- » Instructor calls a number and that player is new First Fish doing different locomotion

move your body

Top Teaching Tips

Instructors in the water

We will be repeating, and modifying for the pool, many activities done in previous lessons on 'dry land'. Instructor must be in the water and position yourself between players and deep water. You will still need the class management skills and techniques that have been stressed in the previous 15 lessons.

Dealing with noise

The pool may be noisy. Ensure you have clear stopping and attention-getting techniques that will work above the noise.

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Now Try ...

1 Tug Boat Tow



Do This

- » Players in pairs, one behind the other, grasping waist
- » Walk, then run, here / there,
- » Imagine big bubble around both
- » Walk on tippy toes
- » Walk with bent knees so water is up to your chest
- » Walk with bent knees so water is over your shoulders

2 Ship • Sea • Shore

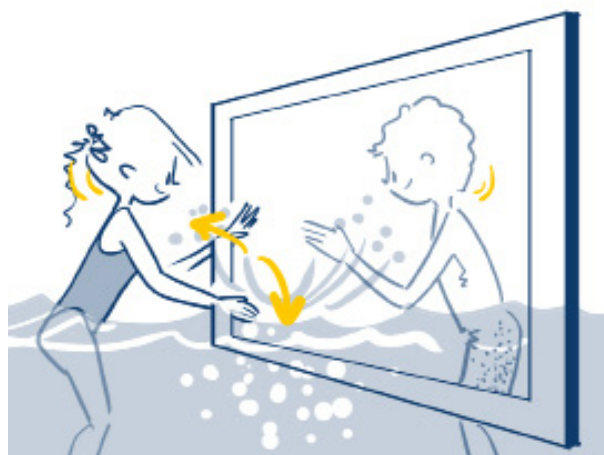


- » Players walk individually around designated pool area
- » Practice STOP signal several times
- » On commands Ship, Sea, Shore players do the following:
- » Ship - Run, arms forward, hands together to form ship bow
- » Sea - Stop and turn in circles, legs bent, water at chin
- » Shore - Spring on 2 legs to pool edge, grasp edge, spring

3 Water Drums

Do This

- » Players in pairs, facing each other
- » One player is lead drummer, other mirrors
- » Clap on the water, simple rhythms, with one hand
- » Repeat with 2 hands, partner mirrors
- » Repeat with alternate hands, partner mirrors
- » Change leaders
- » Join 2 pairs and form 4's, repeat



4 Shower Power

- » Players in pairs, facing each other, one mirrors other
- » One hand full of water, and shower shoulder
- » Repeat other side
- » Alternate one hand, opposite shoulder
- » Both hands shower water over face, head, chest
- » Pull wave of water up chest
- » Splash chest and face with alternate hands
- » Slapping (drumming) water to splash self



move your body

Something Extra ...

Concluding Activities

These activities will prepare participants for gliding and swimming

1 Wet Behind the Ears

Do This

- » All participants standing in the water facing and holding edge
- » Let participants experiment with putting their faces in water
- » You may have large differences in this ability, so try to challenge all by allowing some to hold their faces under and others to simply get their faces wet
- » Vary your activities according to group (blow bubbles, count to 10, turn face side to side, submerge head, etc.)



3 Submarines

Do This

- » Players hold the side of the pool, take a big breath and hold face in water for 5-10 seconds (will vary)
- » Use pool noodles to assist non-swimmers
- » Next time, when holding breath, blow some bubbles
- » Next time, lift feet off bottom and float on stomach with face in water
- » Next time, lift feet off bottom, float, and blow bubbles
- » Some players blow air out under water then turn their head sideways and inhale when mouth above water



2 Funny Funky Faces

Do This

- » Players in pairs of similar comfort levels
- » Pairs face each other, one puts face in water then comes up with a funny or scary or surprised face Partner copies
- » Each takes a few turns as leader
- » Add some arm actions to make it even more scary
- » For more advanced players, squat under water before action
- » For more advanced players, squat under, and jump high



4 Dolphins

- » Players with back against pool edge, walk slowly away from edge and place face in water for a few steps
- » Continue walking, but straighten up for air (dolphins) every few steps. Some can blow air out under water
- » Keep alert as to where others are. Do NOT enter their bubble space
- » Some players can keep face in water, blow air out, then turn head to side and breath in



move your body

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My Notes

Instructor's TO DO's

- ☐ Your commitment
- ☐ Your communication
- ☐ Risk management
- ☐ Effective teaching strategies

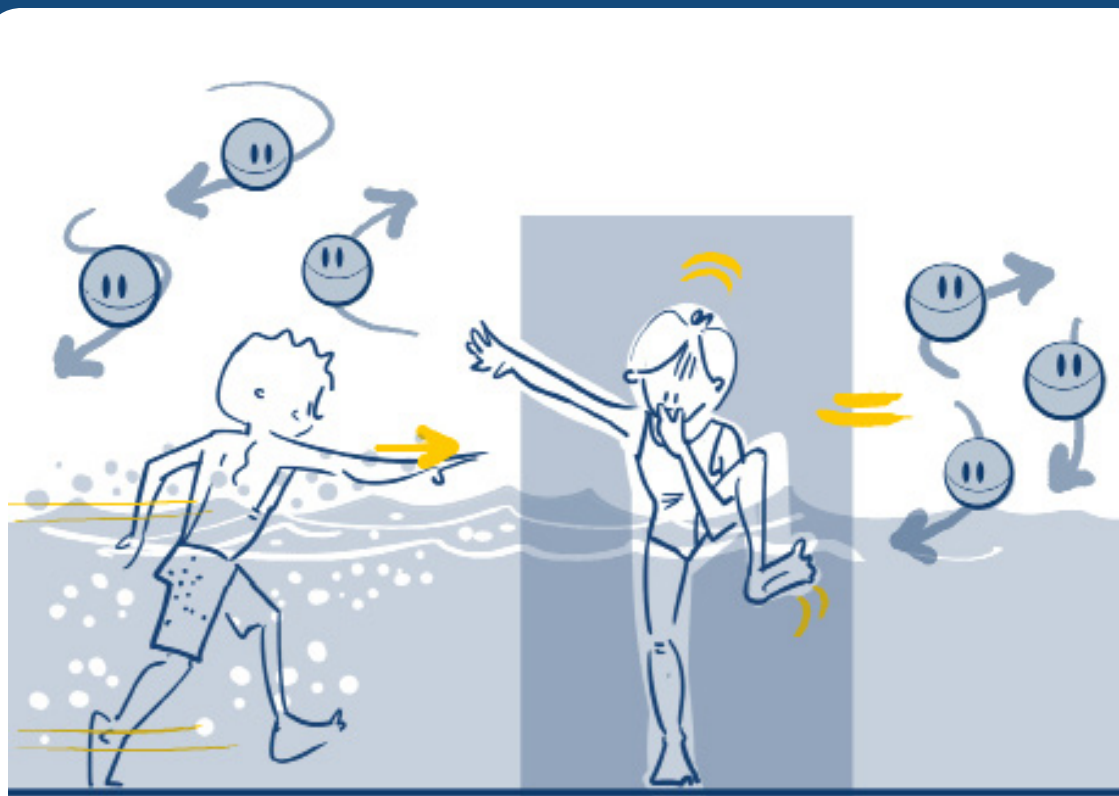
Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- ☐ What worked well
- ☐ Changes for next time
- ☐ New ideas | New Games
- ☐ Equipment to use next time
- ☐ Any other thoughts



Lesson 17 - More Splish Splash



playing area

Designated area in pool, with water no deeper than waist height for smallest player

equipment

Small floating objects that can be carried, and will designate the chasers in games, kick boards or water noodles to assist weak or non-swimmers

this lesson

In this lesson we will review many of the ways we moved on dry land, and also practice unique ways you can Move Your Body while in water.

safety

See the 'Stay Safe' notes on the next page

move your body

17

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Stay Safe

Instructor Note

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1 In and Around the Pool

- » Pool decks are slippery, so emphasize only walking on deck, no running or horseplay
- » Arrange for a designated area, free of other participants, that is clearly identified by ropes or ensure markers and ensure all children are made aware of the boundaries of the area
- » Ensure pool deck and water are free of hazards

2 Personnel

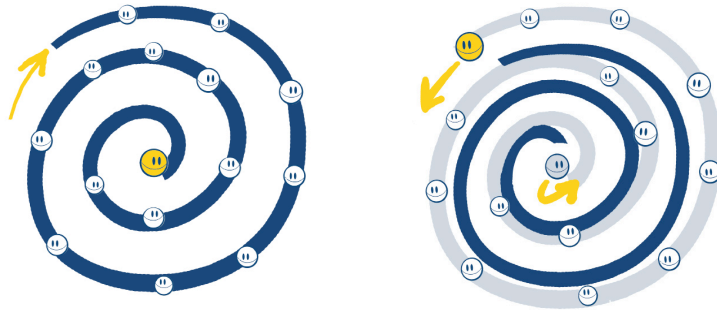
- » In addition to MYB instructors, qualified life guards must be on deck in numbers appropriate to the number of participants
- » The MYB program recommends **one** instructor or assistant to every 6 participants
- » All instructors / assistants must be in the water at all times
- » Place at least one instructor between the group and deep water at all times
- » Instructors must face the group at all times. NEVER turn your back on the group

3 Safe Instructing

- » Toilet breaks must be with permission only
- » A designated instructor should make frequent counts
- » Your verbal STOP signal must be VERY auditory and direct all participants to stop and turn to you
- » Familiarize participants with the pool's emergency and evacuation procedures and have them link hands in a chain to evacuate
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Let's Start

1 Pool Deck Maze

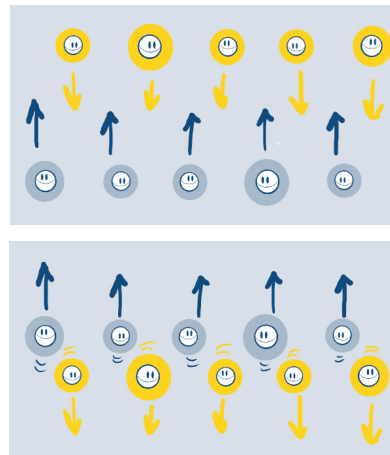


Do This

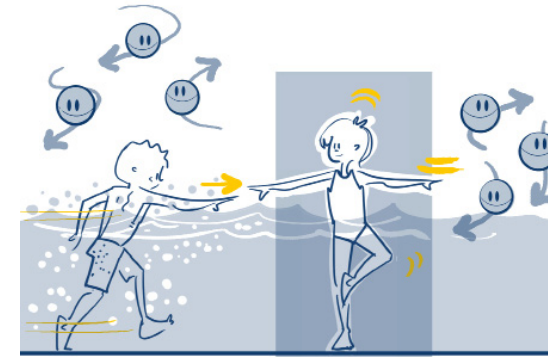
- » Players walk the maze from lesson 1, first on the pool deck (if space and safety permits)
- » Do not touch any one else's bubble (Lesson 1)
- » Walk slowly
- » After completing "Shuffle the Deck", do both activities 1 & 3 in the pool

3 Shuffle the Deck

- » On the pool deck do the "Cross the Floor" activity from lesson 1 where two lines of players approach and pass each other
- » Meet in middle, grasp both hands of person passing on your right, circle once, resume walking
- » Vary the passing activities



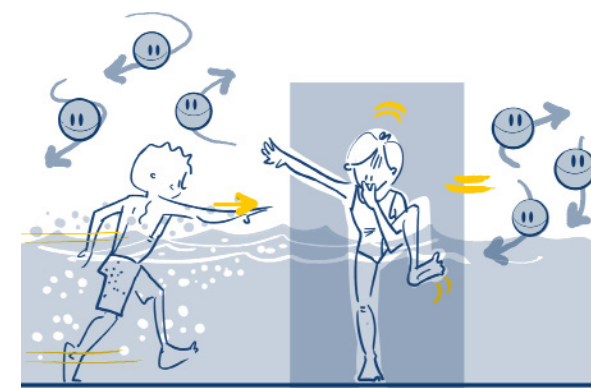
2 Flamingo Tag



Do This

- » In the pool, choose 1 chaser for every 6 players, identified by carrying a floating object
- » Players are immune from being tagged if balancing perfectly on one foot with other foot on knee
- » Any movement negates the immunity and the player must resume running
- » Tagged player changes place with chaser

4 Stinky Tag



- » The same game with the immunity being the balance illustrated (arm under leg and holding nose)
- » Vary locomotions (spring 2 feet, giant steps, run, front crawl arms), etc.

Top Teaching Tips

Choosing partners

Because of the possible wide variability in children's comfort levels in water, instructors will have to be alert when dividing the class into ability groupings and pairings so all players can be challenged, yet all are comfortable

If the pool is noisy, gather players close together for each instruction

Some players may benefit from using floatation aids such as water noodles for the last activity of the lesson

Now Try ...

1 Shark Alert



Do This

- » Choose 1 chaser for every 6 players, identified by holding hands together over their head (shark fin)
- » Sharks chase players and can only tag them on the leg (they must put their face in water to tag other player)
- » Tagged player and shark change positions

2 Flying Fish



- » Repeat playing Shark Alert
- » Players immune from being tagged if they are doing vertical jumps from submerged (flying fish)
- » Players must fully submerge before jumping to be immune
- » Tagged player and shark change positions

3 CHAIRiots

Do This

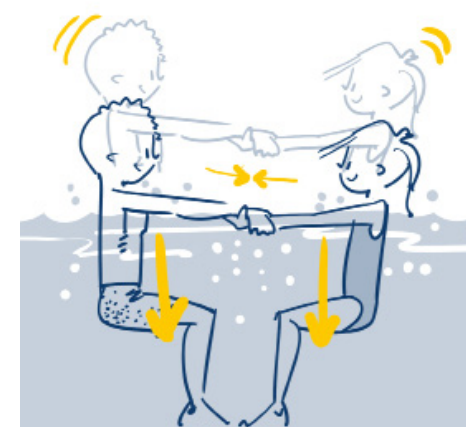
- » In pairs, facing each other
- » One participant with back against pool edge, sits so that water is up to shoulders
- » Partners join hands grasping wrists
- » Standing partner also lowers to sit
- » Go up and down 5 times, perhaps down to sit under water
- » Try lifting 1 foot, hold, after sitting position is secure



4 CHAIRiots - Look no Wall

- » In pairs facing each other
- » Participants start standing, then sit at the same time
- » Repeat without supporting against the pool edge

This exercise could be done at varying water depths so that some pairs can submerge their: chin, face, head



Something Extra ...

Confidence Builders

Preparation for gliding and swimming.

1 Do You See What I See?



Do This

- » Players in pairs facing each other in chest-high water
- » Both bend knees so heads go under water
- » One player holds up fingers
- » On surfacing, other partner shows what was seen
- » Repeat, making a shape with both hands
- » Repeat, making a shape with one arm, both arms, 1 leg
- » Change leaders

2 Tug Boat Tow

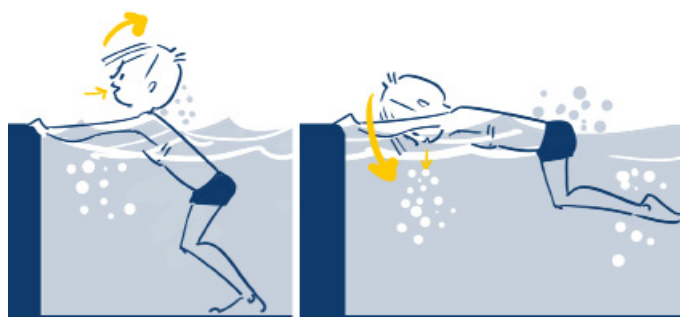


- » Players in pairs of similar comfort levels
- » Partners facing, each holding different end of water noodle, one leans forward, other walks backwards and pulls partner through water (only if both comfortable)
- » Some towed partners will keep face out of water
- » Others will put faces in water
- » After designated number of steps, partner helps towed partner stand

3 Float in the Moat #1

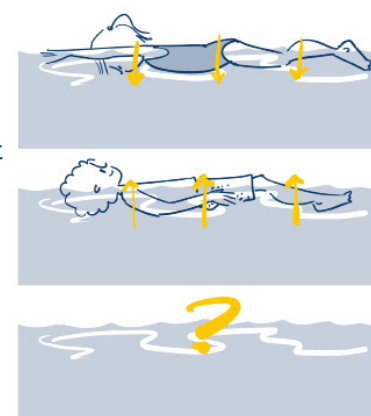
Do This

- » Players holding side of the pool, take a very big breath and put face in water (can use water noodle)
- » Try to lift feet off bottom and float in an open ball
- » Next time, try to float, then let go of the pool edge
- » Next time, move free of pool edge, repeat
- » Try floating longer each time
- » Look for the pool bottom when standing up after the float



4 Float in the Moat #2

- » In pairs and free of the pool edge
- » **Try floating different ways:**
- » In an open ball (like a jelly fish or a bubble)
- » Leaning backward, arms out sideways (sea otter)
- » How many ways can you float?
- » Can you float while joined together with partner?
- » Try floating the letters in your name



Watch for players having difficulty getting their footing

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
- Your communication
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- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

Lesson 18 - Run, Jump, Flow



playing area

Designated area in pool, with water no deeper than waist height for smallest player

equipment

Small floating objects that can be carried, and will designate the chasers in games and kick boards or water noodles to assist the weak or non-swimmers

this lesson

In this lesson we will review many of the ways we moved on dry land, and also practice unique ways you can Move Your Body while in a pool

safety

See the 'Stay Safe' notes on the next page

move your body

18
...

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- » Your verbal STOP signal must be VERY auditory and direct all participants to stop and turn to you
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Let's Start

1 Shark Alert



Do This

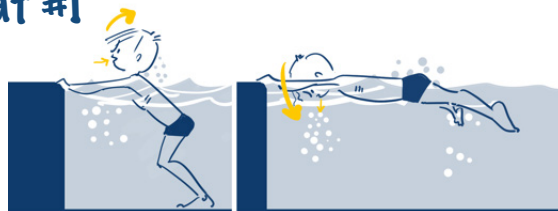
- » Choose 1 chaser for every 6 players, identified by holding hands together over their head (shark fin)
- » Sharks chase players and can only tag them on the leg (they must put their face in water to tag other player)
- » Tagged player and shark change positions

2 Flying Fish



- » Repeat playing Shark Alert
- » Players immune from being tagged if they are doing vertical jumps from submerged (flying fish)
- » Players must fully submerge before jumping to be immune
- » Tagged player and shark change positions

3 Float in the Moat #1



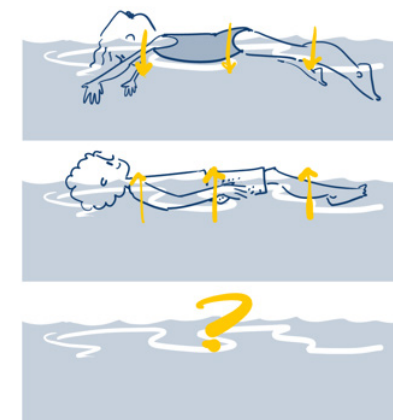
Do This

- » Players holding side of the pool, take a very big breath and put face in water (can use water noodle)
- » Try to lift feet off bottom and float in a star fish shape
- » Next time, try to float, then let go of the pool edge
- » Next time, move free of pool edge, repeat
- » Try floating longer each time and try different shapes

4 Float in the Moat #2

- » Players free of the pool edge and paired
- » Try floating different ways:
- » In an open ball (like a jelly fish or a bubble)
- » Leaning backward, arms out sideways (sea otter)
- » How many ways can you float?
- » Can you float while joined together with partner?

Watch for players having difficulty getting their footing



Top Teaching Tips

Use the wave to spot the need for help

- » When players line up on one side of open area and move across in a wave, it gives instructor a chance to observe individuals without singling them out
- » Push down when feet contact floor



move your body

Lesson 18

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

18

Now Try ...

1 Marching & Running Review

Do This

- » Review good technique of arm swing forward and backward, not sideward, and knee bend with feet dorsiflexed (toes look at the sky)



2 Running on-the-Spot

- » Review good technique elbows bent 90°, arms swing forward / backward
- » Hands swing shoulder high
- » Knees hip high with dorsiflexed foot (hooked up)
- » Ensure good technique before increasing speed



3 Wave Run

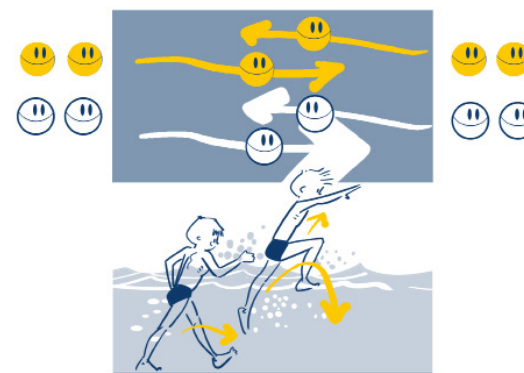
Do This

- » All players on one side of open area, run across to other side in a wave starting at one end
- » Players in pairs joined by water noodle, run together
- » Encourage good technique
- » Repeat - players go across and return in waves



4 Step & Hop Shuttle

- » Use same groups, teach using a step, followed by a hop on the same leg, repeat on other leg, step - hop
- » Players start from both sides of the shuttle
- » Remember to pass by other players ONLY on the right



Tips on technique

- » On the hops, forcefully drive the knee up, and swing arms
- » On the steps forcefully push the foot down into the ground, then hop
- » Use good arm technique throughout

Something Extra ...

Concluding Activities

These activities will give players a well earned rest and continue with aquatic locomotions.

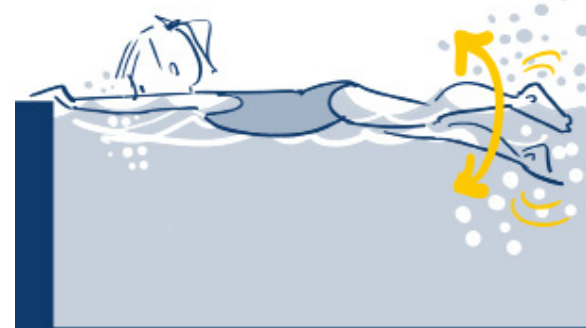
1 Flutter on the Gutter #1

Do This

- » Players sitting on pool edge with legs in water
- » Practice flutter kicking (as used in front crawl stroke)
- » Flutter with legs absolutely straight
- » Flutter with legs slightly relaxed but almost straight
- » Flutter slow, fast, large, small



2 Flutter on the Gutter #2



- » Players on stomach holding edge of pool, kick board or water noodle
- » Flutter with legs absolutely straight
- » Flutter with legs slightly relaxed but almost straight
- » Flutter slow, fast, large, small

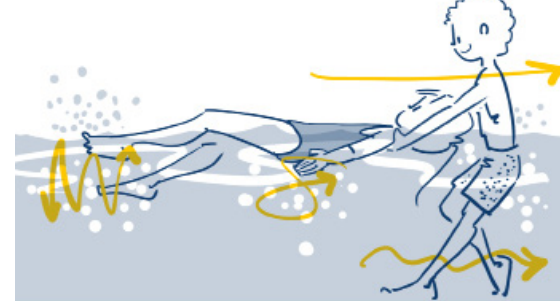
3 Sculling Your Pectoral Fins

Do This

- » Players standing in water waist deep
- » Sculling your hands (pushing water down)
- » Sculling slowly, quickly, small 8's, large 8's
- » Try skulling and lift feet off the bottom
- » Try to float like a starfish, skulling to keep afloat
- » Sculling and rotate in circle while floating



4 Flutter Kicks with a Partner



- » Players in pairs
- » One partner lies backward, aided by partner lightly holding shoulders, or with noodle under arms, shoulder
- » Flutter kick (small kicks) while sculling hands
- » Partner lightly assists and walks slowly backward
- » Repeat several times. Partners change places

move your body

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

- Your commitment
- Your communication
- Risk management
- Effective teaching strategies

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- What worked well
- Changes for next time
- New ideas | New games
- Equipment to use next time
- Any other thoughts



My Notes

[illegible]

Lesson 19 - Glide with the Tide



playing area

Designated area in pool, with water no deeper than waist height for smallest player

equipment

Small floating objects that can be carried, and will designate the chasers in games and kick boards or water noodles to assist the weak or non-swimmers

this lesson

In this lesson we will review many of the ways we moved on dry land, and also practice unique ways you can Move Your Body while in a pool

safety

See the 'Stay Safe' notes on the next page

move your body

19
...

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

Stay Safe

Instructor Note

Lessons 16 – 20 are aquatics based. These activities and lessons build upon Lessons 1-15. For instructors teaching this section only, ensure you have read and are knowledgeable with Lessons 1 – 15.

1 In and Around the Pool

- » Pool decks are slippery, so emphasize only walking on deck, no running or horseplay
- » Arrange for a designated area, free of other participants, that is clearly identified by ropes or ensure markers and ensure all children are made aware of the boundaries of the area
- » Ensure pool deck and water are free of hazards

2 Personnel

- » In addition to MYB instructors, qualified life guards must be on deck in numbers appropriate to the number of participants
- » The MYB program recommends **one** instructor or assistant to every 6 participants
- » All instructors / assistants must be in the water at all times
- » Place at least one instructor between the group and deep water at all times
- » Instructors must face the group at all times. NEVER turn your back on the group

3 Safe Instructing

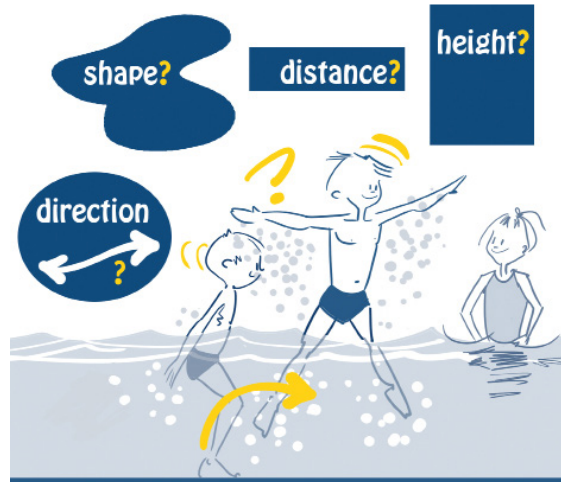
- » Toilet breaks must be with permission only
- » A designated instructor should make frequent counts
- » Your verbal STOP signal must be VERY auditory and direct all participants to stop and turn to you
- » Familiarize participants with the pool's emergency and evacuation procedures and have them link hands in a chain to evacuate
- » Space the children to avoid bumping or falling into each other while doing any activities on the deck or in the pool or while using any equipment. Remind them their "bubbles" should not touch

Let's Start

1 Star Jump 'n Twist

Do This

- » All players spring from 2 feet and change directions on every 3rd spring
- » Repeat, but on every 3rd spring players do star jump
- » Repeat but do star jump every 3rd spring PLUS change direction



2 Star Jump Tag



- » Players move doing star jump every 3rd spring
- » One chaser for every 6 players - identified by carrying a floating object
- » Players can be tagged at any time
- » When tagged, player and chaser change places

3 Star Jump - Starfish

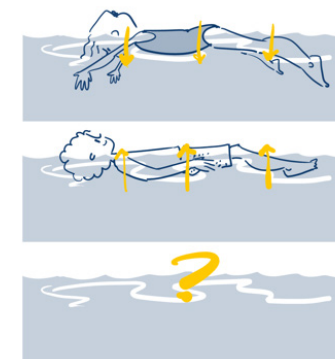


Do This

- » Repeat Star Jump Tag. Players are immune from being tagged if they are floating (starfish) with their face in the water
- » Players can resume doing star jumps after chaser passes by

4 Float in the Moat #2

- » Players free of the pool edge and paired
- » **Try floating different ways:**
- » In a starfish or an open ball (like a jelly fish or a bubble)
- » Leaning backward, arms out sideways (sea otter)
- » How many ways can you float?
- » Can you float while joined together with partner?



Top Teaching Tips

Individualizing your instruction

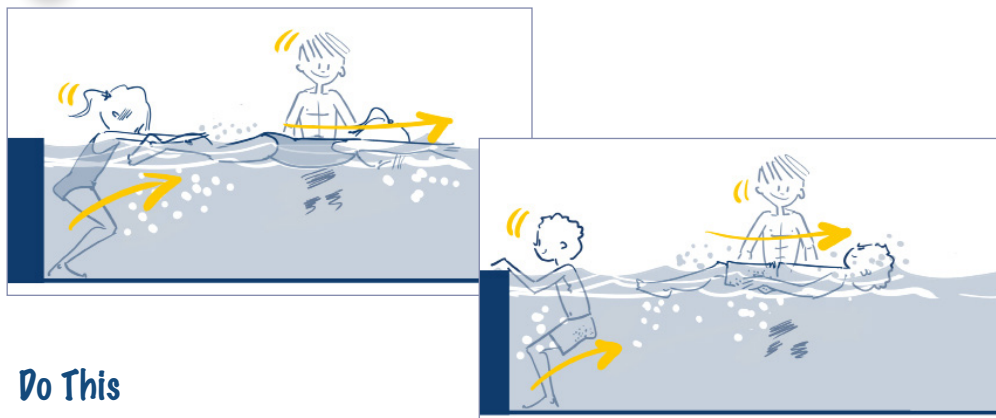
- » Because of the possible wide range of abilities you may have to have extra challenges for some players, such as starting the arm movements of the front crawl while they are gliding. Likewise, you may need to give different challenges to those less familiar with moving in water, such as, running forward and leaning into the water for those not quite ready to glide

Lesson 19

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

Now Try ...

1 Glide with the Tide

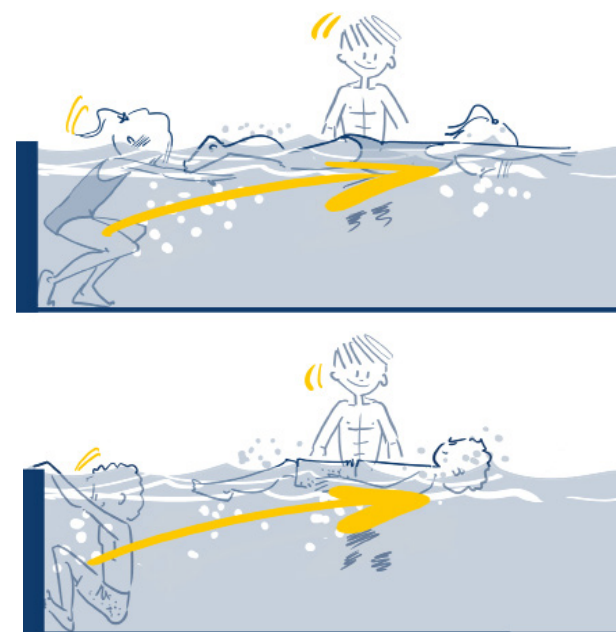


Do This

- » Players in pairs of similar ability, comfort or use noodle
- » One player watches then copies other player
- » Spring from two feet, then lean forward to glide on stomach
- » Push off edge of pool with feet, and glide forward on stomach
- » Float on back, partner assisting you to glide on your back
- » Push off pool edge with feet, and glide on your back

2 Hide then Glide

- » Repeat previous activity, but try to sink underwater (hide) before doing the various gliding activities
- » Repeat all, from underwater start



3 Flutter in the Gutter

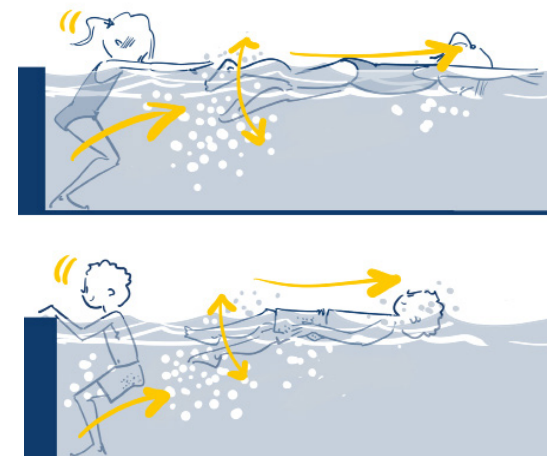
Do This

- » Players float on stomach, holding kick board or water noodle or edge of pool
- » Flutter kick with legs absolutely straight
- » Flutter kick with legs slightly relaxed but almost straight
- » Flutter kick while putting face under water
- » Repeat with face underwater blowing air out
- » Repeat with face underwater turning from side to side
- » Repeat, face turning side to side, breathing out under water



4 Glide & Flutter Kick

- » Repeat Glide with the Tide
- » Half way through each glide, do flutter kicks to travel further



move your body

Something Extra ...

Concluding Activities

These activities will give players a well earned rest and continue with aquatic locomotions.

1 Dolphin Tail-Dancing

Do This

- » Players springing from 2 feet
- » Do series of ½ turns to the left at top of springs
- » Do series of ½ turns to the right at top of springs
- » Attempt a full turn right, then left
- » Attempt full turn to right followed immediately by full turn to the left



2 Jellyfish Can Twist



- » Players float in jellyfish (face down, legs, arms relaxed)
- » While in jellyfish float use your arms to turn you to face opposite direction
- » Repeat and try to turn a full turn
- » Repeat both in opposite direction (left, right)
- » How many turns can you make while holding your breath?

3 Glide and Twist

Do This

- » Spring from 2 feet several times, then lean forward, arms overhead and glide on stomach, face in water
- » Repeat but during the glide turn around long axis (twist) so you are floating on your back
- » Repeat by pushing from the pool edge
- » Repeat all of above, but start glide on your back, and twist to your front



4 Hide, Glide and Twist



- » Repeat Glide and Twist, but this time submerge yourself so the glide is done underwater
- » Repeat the twists during the underwater glides

move your body

My Notes

Instructor's TO DO's

- ☐ Your commitment
- ☐ Your communication
- ☐ Risk management
- ☐ Effective teaching strategies

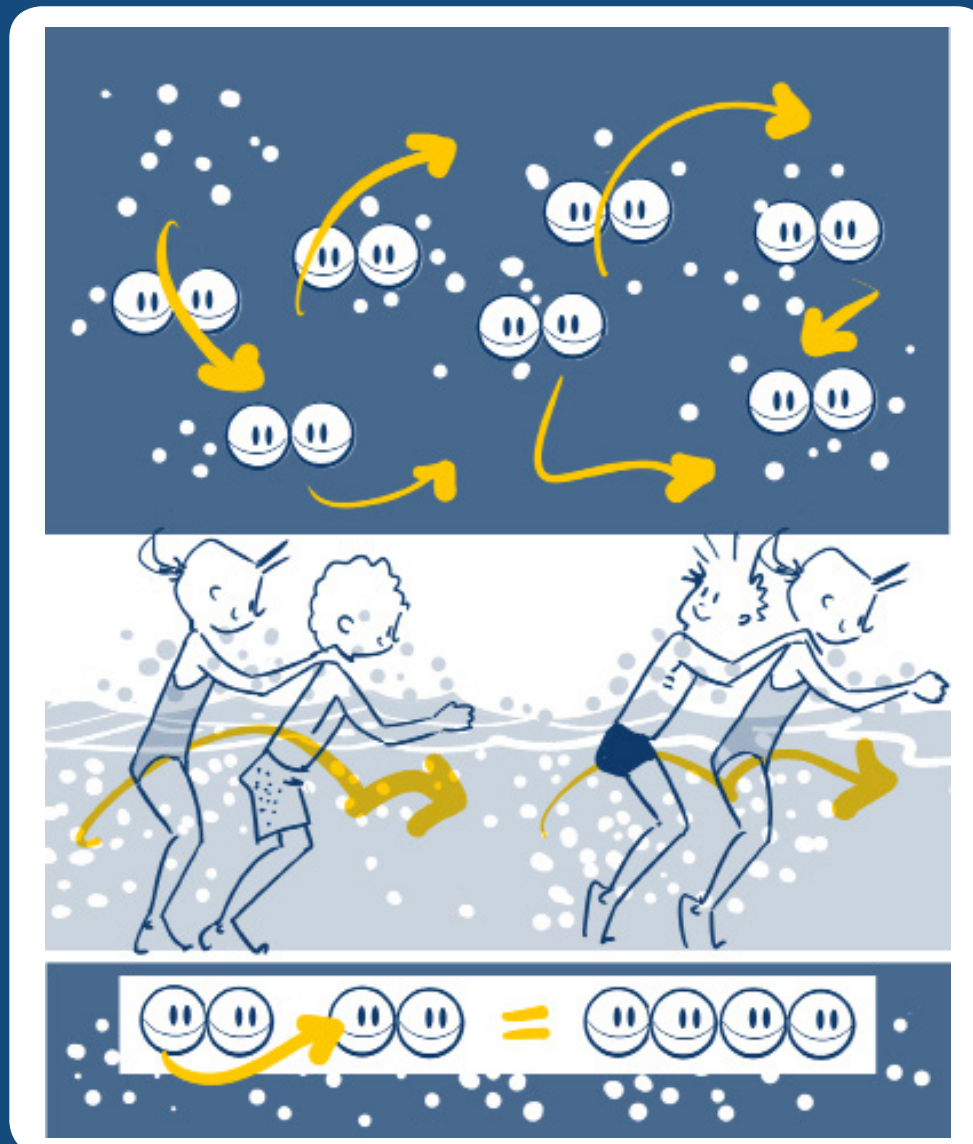
Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- ☐ What worked well
- ☐ Changes for next time
- ☐ New ideas | New games
- ☐ Equipment to use next time
- ☐ Any other thoughts



Lesson 20 - Glide with the Tide Again



playing area

Designated area in pool, with water no deeper than waist height for smallest player

equipment

Small floating objects that can be carried, and will designate the chasers in games and kick boards or water noodles to assist the weak or non-swimmers

this lesson

In this lesson we will review many of the ways we moved on dry land, and also practice unique ways you can Move Your Body while in a pool

safety

See the 'Stay Safe' notes on the next page

move your body

20

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

Stay Safe

Instructor Note

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1 In and Around the Pool

- » Pool decks are slippery, so emphasize only walking on deck, no running or horseplay
- » Arrange for a designated area, free of other participants, that is clearly identified by ropes or ensure markers and ensure all children are made aware of the boundaries of the area
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2 Personnel

- » In addition to MYB instructors, qualified life guards must be on deck in numbers appropriate to the number of participants
- » The MYB program recommends **one** instructor or assistant to every 6 participants
- » All instructors / assistants must be in the water at all times
- » Place at least one instructor between the group and deep water at all times
- » Instructors must face the group at all times. NEVER turn your back on the group

3 Safe Instructing

- » Toilet breaks must be with permission only
- » A designated instructor should make frequent counts
- » Your verbal STOP signal must be VERY auditory and direct all participants to stop and turn to you
- » Familiarize participants with the pool's emergency and evacuation procedures and have them link hands in a chain to evacuate
- » Space the children to avoid bumping or falling into each other while doing any activities on the deck or in the pool or while using any equipment. Remind them their "bubbles" should not touch

Let's Start

1 All Hands on Deck

Do This

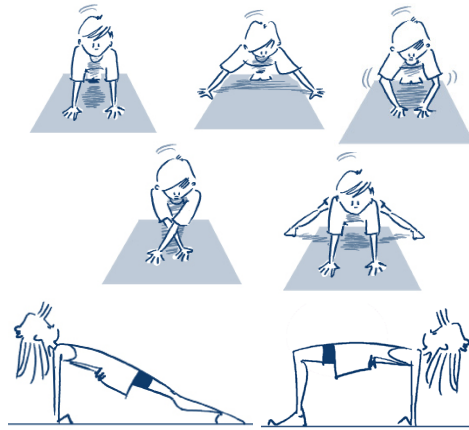
- » On pool deck, do supports from earlier lessons

Front support variations

- » Vary arm / leg positions

Back support variations

- » Vary arm / leg positions



2 All Feet on Deck

- » On pool deck, players do balances on the feet
- » Balance on 1 leg, other foot on knee of support leg
- » Balance on 1 leg with support leg ½ bent
- » Balance of 1 leg, with support leg in full squat
- » Repeat on the other leg



3 Copy Cats

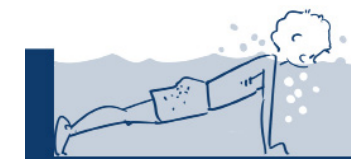
- » In both activities above, instructor points to a player, everyone copies
- » Repeat several times

4 Stationary but Wet!



- » Repeat the 1 leg balance activities (All Feet on Deck) while in the pool.

Here are some more activities to try:



Top Teaching Tips

Set up an enter / exit routine for safety

Since players will be getting out of the pool often in this lesson, it is important to set up a small enter/exit routine so the partner in water walks back - always to SAME place - relative to partner (to left side or right side of partner). The partner in water then jumps to hip support on edge, and does ½ turn to sit on pool deck. Only then does the other partner enter the pool.

Lesson 20

A Canadian Sport for Life Partnership with Athletics Canada, Gymnastics Canada and Swimming Canada

Now Try ...

1 Landing on the Feet

Do This

- » Players in pairs of similar ability / comfort levels standing in knee deep water
- » One player watches then copies other player
- » Jump up and land on feet
- » Control landing so legs bend slowly, heels lower slowly to flat footed position and stop with no movement
- » Repeat, jumping sideways (left, right) and backwards
- » Jump higher and land fully controlled



2 Land, Hide then Glide

Do This

- » Repeat previous activity, in progressively deeper water until your face is almost immersed as you bend legs on landing
- » Repeat, but jump backward with $\frac{1}{2}$ turn (so you land facing forward). Check behind you before your jump!
- » Finish with deep leg bend so face is under water (hide) then immediately push forward into glide on stomach



3 Land, Hide then Flutter Glide

Do This

- » Repeat previous activity, but when you glide add a flutter kick
- » See how far you can go
- » Try to increase distance next time
- » Try to blow out air underwater just before you finish glide
- » Try to flutter kick and scull with your hands



4 Land, Hide, Glide with $\frac{1}{2}$ Turn to Flutter Glide on Back

Do This

- » Repeat glide
- » Half way through each glide, rotate onto your back
- » Arrive at the surface on your back and do flutter glide
- » Try to increase distance next time
- » Try to flutter kick and scull with your hands



Something Extra ...

Snakes Alive!

These activities will allow players to have fun playing games.

1 Little Sea Serpents

Do This

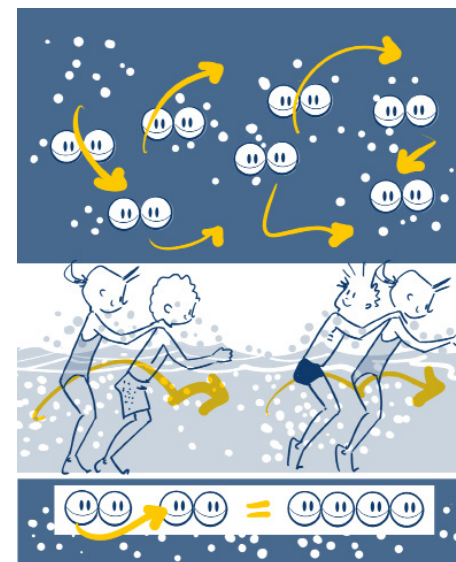
- » All in pairs, in the designated area of pool, except $\frac{1}{4}$ of class who are without partners and are the chasers
- » One partner joined behind the other, holding waists
- » Everyone doing same locomotion (run, spring, hop, etc.)
- » When a chaser joins on back of a pair, the front partner becomes new chaser



2 Big Sea Serpents

Do This

- » All in pairs, hands on shoulders of front partner
- » Each pair is trying to attach to back of another pair
- » When in 4, that group (serpent) tries to attach onto back of another 4 (cannot attach to a pair)
- » The first 4 to attach to another 4, wins the game
- » Everyone then splits into pairs and game re-starts



3 Catch the Sea Serpent's Tail

Do This

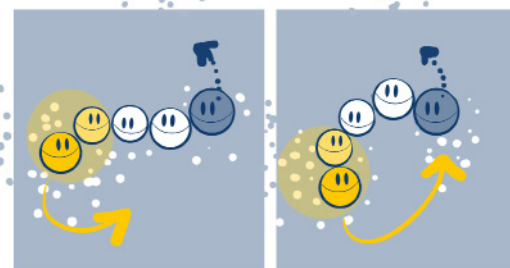
- » Divide class into groups of 5
- » Four join one behind the other, hands on shoulders
- » The 5th player in front of line facing first player
- » On signal, front player tries to run around group and tag the last player (serpent's tail)
- » When successful, chaser joins on back of serpent and the front player takes over being the chaser



4 Sea Serpent Chasing its Tail

Do This

- » Similar to previous game, except all 5 players join in line all holding shoulders of player in front
- » The first 2 players cooperate to try to turn and run and catch up with the last player (serpent's tail)
- » When first player tags last player, first player joins on the back and there is new front pair
- » If line breaks, it must reform before continuing



move your body

Instructor's TO DO's

- ☐ Your commitment
- ☐ Your communication
- ☐ Risk management
- ☐ Effective teaching strategies

Ideas for future lessons

As you reflect on your lesson, think about what worked well and what you might do better next time. Here is a check list of things to consider:

- ☐ What worked well
- ☐ Changes for next time
- ☐ New ideas | New games
- ☐ Equipment to use next time
- ☐ Any other thoughts



My Notes

A series of horizontal dotted lines for taking notes.

Further Information

For further information on healthy activity for children, we invite you to explore:

Athletics

Athletics Canada

<http://www.athletics.ca>

Grass Roots Programs — Run, Jump, Throw

Gymnastics

Gymnastics Canada

<http://www.gymcan.org>

Programs – CANGYM

Ruschkin Publishing

<http://www.ruschkin.com>

©Up Down All Around Gymnastic Lessons Plans

Swimming

Swimming Canada

<https://www.swimming.ca>

CANswim™

Canadian Red Cross

<http://www.redcross.ca>

General

Canadian Sport for Life

<http://www.canadiansportforlife.ca>

