

## Spy Club – Strong Spies

### Session objectives –

- ★ To improve our muscular strength and become stronger spies.

<h3><u>Equipment</u></h3> <ul style="list-style-type: none"><li>★ Certificates</li><li>★ Cones</li><li>★ Mats</li><li>★ Tug of War Rope</li></ul>	<h3><u>Warm Up – 10 Minutes</u></h3> <p>Wheel barrow races.</p> <p>Children to get into pairs. One child to hold legs of their partner while their partner walks along the floor with their hands.</p>	<h3><u>Dynamic Stretches</u></h3> <p>Pick stretches for the whole body. Ask children to come up with some stretches.</p>
<h3><u>Circuit Training – 15 Minutes</u></h3> <ul style="list-style-type: none"><li>★ Create 7 stations for children to go around in a circle.</li><li>★ The 7 stations will be burpees, press ups, sit ups, lunges, squats, shoulder press and triceps dips (body weight).</li></ul> <h4><u>Coaching points–</u></h4> <ul style="list-style-type: none"><li>★ Children have one minute to try and do as many as possible.</li><li>★ Once the minute is over child moves onto next station and has a minute rest until they try the next station.</li></ul> <h4><u>Regressions –</u></h4> <ul style="list-style-type: none"><li>★ Change stations if they are too hard.</li></ul> <h4><u>Progressions –</u></h4> <ul style="list-style-type: none"><li>★ Add in new stations.</li><li>★ Go round and ask each child what score they got.</li></ul>	<h3><u>Tug of War – 20 Minutes</u></h3> <ul style="list-style-type: none"><li>★ Split spies into teams of spies and villains. See if any teams are stronger than the villains.</li><li>★ Coach to hold the rope in the middle, when coach says go children will pull. Coach lets go when they are competent to pull the rope.</li></ul> <h4><u>Regressions –</u></h4> <ul style="list-style-type: none"><li>★ Change the teams up if they are struggling.</li></ul> <h4><u>Progressions –</u></h4> <ul style="list-style-type: none"><li>★ 1vs1.</li><li>★ Rival spies - Which team is the strongest?</li></ul>	
<h3><u>Cool Down and Debrief - 5 Minutes</u></h3> <ul style="list-style-type: none"><li>★ Stretch the whole body – Press Up Challenge – How long can they last? – Last one is the winner.</li><li>★ Ask what children have learnt and enjoyed in the session</li><li>★ Award certificate</li></ul>		