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| **Ninja Warrior Club Week 3 – Balance and Control** | |
| **Session Objectives** – To use the correct techniques when jumping and landing focusing on balance and control. | |
| **Warm Up** – 10 Minutes  Cups and Volcanoes  Set out 1 hoop per child and get them to stand in the hoop.  Children must move around the area in different way E.g. running / skipping / jumping / low / high.  They must avoid the hoops (please note do not let the children jump over hoops as it is quite dangerous)  Once the coach shouts ‘hoops’ all children must get into a hoop as fast as they can (any)  Once they understand the game you can start to take children’s hoops away which will leave some children out.  NO ONE GOES OUT.  If someone doesn’t get into a hoop quick enough, they must do 5 – 10 star jumps.  Repeat | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.  **Equipment** – Cones, equipment for obstacle course, mats. | |
| **Main Activity** – 35 Minutes | |
| Exploring equipment at different heights - 20 mins  The coach will set out 3-5 different pieces of equipment that the children can travel up and jump off.  The coach will put the children into 3-5 groups depending on class size.  Then they must attempt to jump off and land safely  Allow all the children to move to different stations in their groups.  Obstacle Course – 15 mins  The children will sit in groups and complete the obstacle course as team helping each other over every obstacle.  The coach will watch to make sure the obstacle course is completed properly and that everyone works together. Extra points will be given to teams that work well.  Change the type of movement across the hall between races to keep each race different.  E.g. Running / skipping / 2-legged race | Coaching Points  Set up may take 5 minutes or more.  Make clear to the children that this activity is not about speed but about the control of the movement.  Ask children to move around hall across different pieces of equipment on different body parts slowly under control.  Attach benches to different bits of apparatus with a slight incline (4-6 stations depending on group size)  **DO NOT FORGET TO PUT MATS UNDER ANYTHING THAT MAY CAUSE A FALL!**  Give older children some responsibility in helping the younger children over any challenging obstacles e.g. holding hands as they walk up a bench.  Children must pull themselves up the bench by sliding on back and belly, walking, etc.  Swap groups around to try different size of apparatus. Keep age/ skill- related groups, so you know which groups to keep an extra eye on.  This obstacle course is NOT focusing on speed, it is all about the team work. Reward teams with points for taking their time and working as a team to get around.  Remember, a team is only as strong as its weakest member. |
| **Cool Down and Debrief –** 5 Minutes  Get children into a circle and go over a few static stretches. Whilst stretching go over session aims.  Ask questions – What have you enjoyed today?  Award a certificate.  Dismiss children from designated area. | |

