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| **Ninja Warrior Club Week 10 – The Mission Impossible** | |
| **Session Objectives** – To complete the Mission Impossible | |
| **Warm Up** – 10 Minutes  Capture the flag. | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.  **Equipment** – Cones, obstacle course equipment, mats. | |
| **Main Activity** – 35 Minutes | |
| Explanation of the Mission Impossible – 10 Minutes  Once the course has been set up and completed, it is important that you walk them around it and demonstrate how to complete it safely.  This is also your chance to make sure that the course is safe and of the right difficulty. Be prepared to make slight changes to different aged children to keep competitive  Mission Impossible individual time trials – 25 Minutes  Arrange an area for the other children to sit and cheer whilst individual children step up to complete their run.  Make competitive, record the children’s times to complete the course. These can be written down on a piece of paper and relayed to the children after. | Coaching Points  Arrive 15 minutes early to set up, this course must be the biggest and best yet. Use the favourite obstacles that have emerged over the previous 9 weeks.  Allow the children to go through the course without timing it so that they are familiar with it and know how to get around.  Once you are happy the children know what they are doing, begin recording times. Make sure you allow enough time for every child to have at least one recorded attempt at the course.  Record the timings on a piece of paper that only you can see.  If the time trials go quickly, pair children up. To make competitive I would try and put different ages together so that they work together. |
| **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 to any child that is yet to receive one.  Dismiss children from designated area. | |