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| **Ninja Warrior Club Week 4 – Strength Zone** | |
| **Session Objectives** – To be able to complete a strength circuit | |
| **Warm Up** – 10 Minutes  Shark attack | |
| **Dynamic Stretching** – 5 Minutes  Pick 4-5 stretches from the dynamic stretching information sheet covering all parts of the body.  **Equipment** – Cones, ladder, benches, boxes, mats | |
| **Main Activity** – 35 Minutes | |
| Strength Circuit  Using different equipment and apparatus set up a circuit of 5-6 stations around the hall / working space.  Station 1 – Quick feet through ladders  Station 2 – Travelling over and under objects  Station 3 – Sit ups / Leg raises for core strength  Station 4 – Shuttle runs  Station 5 – Press ups / Assisted press ups for younger children  Station 6 – Squats / Lunges for legs | Coaching Points  Set up may take 5 minutes or more.  Ensure that there is enough space between each station.  Have children in pairs(or more depending on size of class). One child to be working while other child is resting.  Give children a set time e.g. 2 minutes on each station to make sure you get around it and children get to experience.  Children will work on each station for the time frame given working on strength and muscular endurance.  Walk around the circuit making sure that technique is still correct even as they get tired. |
| **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. | |

