

Children Fitness Session

- For 6-11 Development Stage
- 45 min Fitness Session

Young children (6-11 yrs)

Begin to
expand the
world

Get sense of
ability and
competence

Learn new
social
relationships
and rules of
society

Develop
concrete
logical thinking

Become more
confident

Improve their
problem solving
abilities





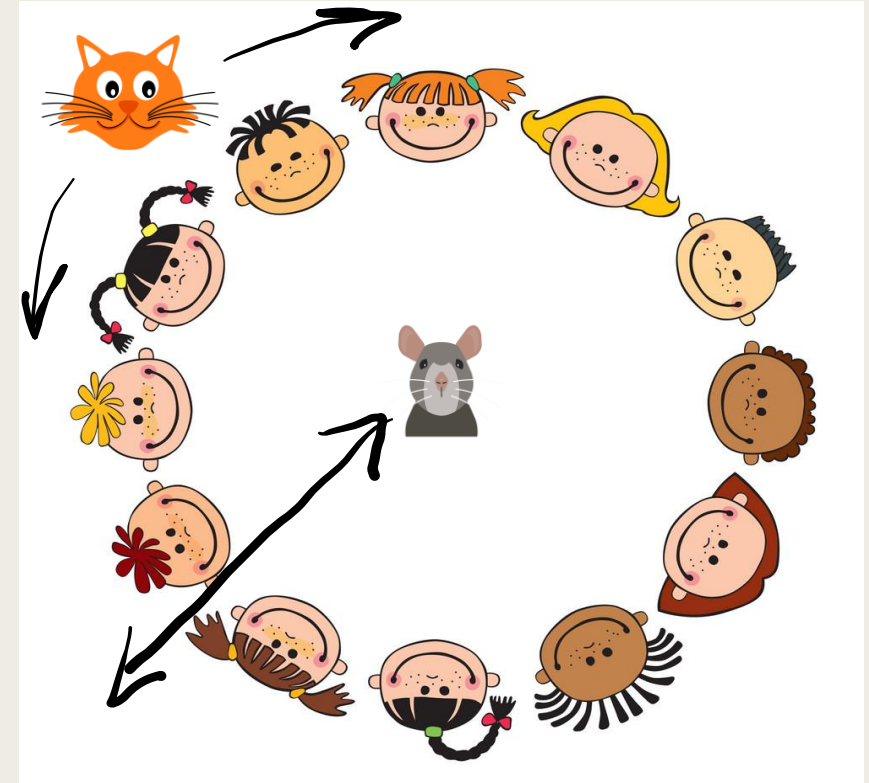
Warm UP – 5min

- Jog around the hall to get the blood flowing and to waken them up – 1min
- High knee march around the hall – 1 min
- Criss Cross Jumps – 15 reps
- Frog Jumps – 10 reps
- Jumping Jacks – 15 reps
- Burpees – 10 reps

Development: Cardio-respiratory system, Musculo-skeletal system, Energy system, Thermo-regulatory system, Nervous system, Skill development - Basic and fundamental movement patterns.

Game 1 – Cat and Mouse (10 min)

- Choose 1  and 1 
- The other players should form a circle and hold hands.
- The player who is the mouse should stand inside the circle and the cat should stand outside the circle.
- The aim of the game is for the mouse to get outside the circle and avoid being caught by the cat.
- The mouse cannot stay inside the circle for more than 10 seconds.
- The cat cannot come into the circle
- The circle players have to try and keep the cat away from the mouse by holding up their hands to let the mouse in and out of the circle. Also they has to count from 1 to 10 to ensure mouse in not inside the circle for more then 10 sec.
- If the mouse is caught, the mouse becomes the new cat.
- The old cat takes the place of a player holding hands and another player becomes the mouse.

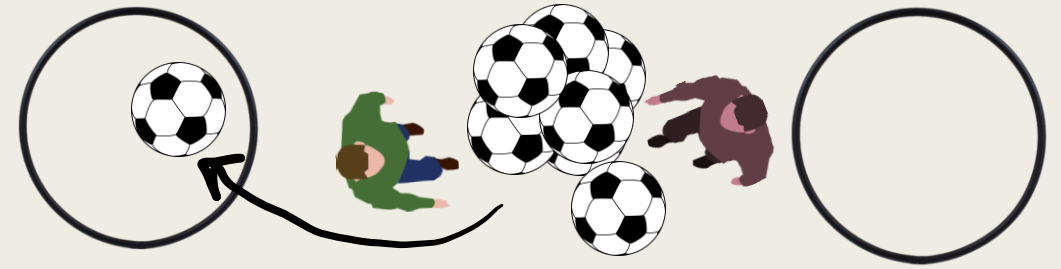


Development: Cardio-respiratory system, Energy system, Thermo-regulatory system, Nervous system, Social Development, Cognitive Development.

Game 2 - Steal the ball (10 min)



- Split class into 2 teams
- Place 4-10 balls in the centre area
- Each team has a hoop for the balls to be placed
- Players from each team go to the middle to grab a ball each and place it their hoop
- When balls finished they must steal the balls from opposite team
- The team who has more balls, when time is up – wins
- The team who lost, need to do:

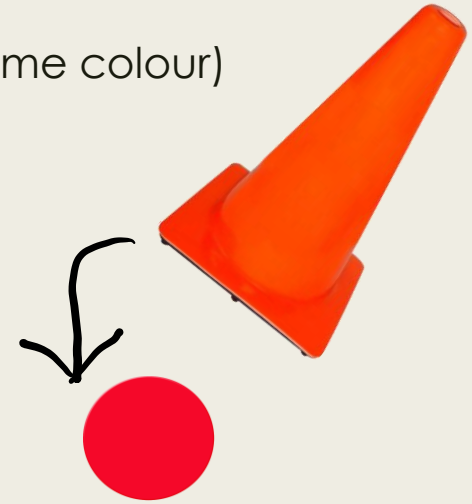
15 x (push ups + burpees)



Development: Cardio-respiratory system, Energy system, Thermo-regulatory system, Nervous system, Social Development, Cognitive Development, Skills, Psychological Development, Musculo-skeletal

Game 3 – match 2 colors (10 min)

- Make 2 teams
- Each team take 8 x  and 8 x  (4 pairs of the same colour)
- Place each ball under the cone
- Mix them around not to remember where each ball is
- Each child from the team starts by lifting only two cones per try
- The aim is to find two balls of the same colour
- The team who manage to collect all pairs of balls first, wins!
- Once a child found a pair – they need to pronounce the colour!



Development:

Intellectual Development -Memory development and concentration, cognitive skills, Language; Social Development, Skills, Phycological Development, Emotional Development.

Game 4 – catch and count (10 min)

- All kids stand in a circle and one stands in the middle
- The person in the middle has a ball and starts counting **1,2,3,4,5....etc** until the random number, when that person must stop. For instance, number is **6**
- When middle person stops, he/she throw a ball to any child around, who has to: catch a ball, say the next following number (**7**) and make a squat. After that to throw a ball back to middle person
- The person in the middle continue to count and repeat the same action with another child.
- Game must go quicker with every child

Development:

Intellectual - Memory development and concentration,
Language and spatial awareness co-ordination and control;
Skills -Basic and fundamental movement patterns, balance,
manipulation; Musculo-skeletal system; Thermo-regulatory;
Social development.



Cool Down - 5 min

- light walk around the hall/area,
- Hands on heads steadying the breathing to lower the heart rate back down.
- Light stretch off – full body stretch
- Cool off as the kids may be quite hyper afterwards

Development: Musculo-skeletal system, Thermo-regulatory system, Nervous system



CARDIO- RESPIRATORY SYSTEM

CARDIO-RESPIRATORY SYSTEM RATIONAL

- Cardiorespiratory System is a measure of body functions and it plays an important role in the physical activity as an important component of a healthy lifestyle.
- In the session Cardiorespiratory system is developed when a child is involved in an activity that raises their heart rate. **For example, during the Warmup part children will prepare their body for the main session and get the blood flowing.**
- **During each exercise child`s heart rate is increased so that blood is taken to the working muscles to provide them with enough nutrients and oxygen as a short-term cardiovascular effect;**
- **As a long-term cardiovascular effect, children will feel how their lungs and heart become more efficient and will improve respiratory system as well as reduce a risk of heart diseases;**
- **Cardio- Respiratory system will be developed with mid to high intensity exercises**



MUSCULO - SKELETAL SYSTEM

MUSCULO-SKELETAL SYSTEM RATIONAL

- The musculoskeletal system consist of two systems: the muscular system and the skeletal system.
- It is important for kids to take part in exercise as excess weight and inactivity can cause stress on a child's Musculo-skeletal system
- In the session Musculo-skeletal system is developed when a child improves: **flexibility when stretching; strength when exercise to build muscle, provide stability to joints and to bone health.**
- During the fitness session each child will develop a Musculo-skeletal system, when **performing any bodyweights exercise** as they do not have much strength. **For example when they do squats, burpees, jumping jacks, push ups.**
- **Proper Warmup will help to prepare muscle-skeletal system** for main session in order to prevent injuries and **cool down will stretch and relax a body for consolidation of result.**



ENERGY SYSTEM

ENERGY SYSTEM RATIONAL

- Energy system influence the overall health of a child's organism as well as it is connected with respiratory system, circulatory system and muscle growth.
- Aerobic and anaerobic activity relies on the presence of oxygen for energy production. Those activities requiring oxygen are said to be aerobic, those that depend on energy production without the presence of oxygen are said to be anaerobic
- During the fitness session, children will energy systems: **When they sprint or jump - anaerobic activities (short in duration; use of fast twitch muscle fibres; rely on strength, speed or power); when performing Endurance activities like run around the hall, which requires a longer duration of exercise - aerobic activities.**
- **Energy system will be involved, when children play games – speed exercises/competitions; power exercises(to throw a ball); long duration running (Cat and Mouse; Steal the ball)**

THERMO REGULATORY SYSTEM



THERMO REGULATORY SYSTEM RATIONAL

- Thermo regulatory system is effected when internal body temperature is changed.
- **During the fitness session Thermo regulatory system will be developed when a child is involved in any physical activity and children will feel changes like: Fast Breathing; Sweating; Sudden body Temperature changes from hot to cold.**
- It is important to provide a proper Warmup for the **child`s body to be heated as well as a proper cool down to allow a child to reduce body temperature safely.**
- During the fitness session each **child should drink plenty of water** before, during and after session to maintain a healthy body temperature.
- **The space, where fitness session is occurred, should be well ventilated and have a proper temperature control system to ensure it is not very hot or cold inside.**



NERVOUS SYSTEM

NERVOUS SYSTEM RATIONAL

- It has been proven that exercise has direct effects on the brain that may help to maintain brain function and stimulate neurogenesis.
- In simpler terms this means **almost any kind of exercise helps with the body nervous systems.** Especially for kids, taking part in exercise can have a crucial role in progressing their nervous system in the most healthy and effective way.
- **Central Nervous System works as a control centre to provide signals to brain, so when a child exercises, a nervous system deals with all information that it's processing. For example, when contracting one muscle or relaxing it, when balancing a body or keeping it firm – a nervous system works too.**
- **During the fitness session Nervous System will be developed when children can develop their decision making ability, brain work and memory. Children will be engaged in games to develop all their skills, improve physical level and include a brain work.**



INTELLECTUAL
DEVELOPMENT;

INTELLECTUAL DEVELOPMENT RATIONAL

- Intellectual development involves cognitive skills (awareness and understanding), memory development and concentration, language and literacy.
- Cognitive abilities include: attention and focus; thinking and learning; spatial awareness and understanding. Memory Development includes: the ability of the child's brain to remember objects or actions; concentration. Language developments include: effective way of words usage; ability to understand more complex language components like metaphors or satire; pronunciation and writing.
- **During the session children will be involved in the games where they can develop intellectually – match 2 colours game, catch and count.**
- **Main fitness session will include Games, which require – logical thinking, problem solving and fast decision making skills.**



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SKILLS DEVELOPMENT

SKILLS DEVELOPMENT RATIONAL

- The fundamentals of movement include three main things: 1. Locomotion - walking, running, hopping, jumping. 2. Stabilisation - bending, twisting or bracing 3. Manipulation - catching, kicking or striking.
- **All these fundamental movements are included in the fitness session, for example - warmup will use locomotion exercises as well as all games requires basic movements too; games will be based on the Stabilisation and Manipulation as they require bending and twisting movements; catching and throwing.**
- **During the session children will be involved in the games where they can develop their skills and use all the basic and fundamental movement pattern (like squat, lunge, push, pull etc) as well as develop spatial awareness and apply more complex movements.**



Psychological/
Emotional/
Social development
skills

PSYCHOLOGICAL/EMOTIONAL/SOCIAL DEVELOPMENT RATIONAL

- Psychological development focuses on the mind and behavior of children. Each child psychology deals not only with how children grow physically, but with their mental, emotional, and social development as well.
- During the fitness session all these aspects will be considered: for **Social development there will be teamwork opportunities which help a child to socialise, co-operate and work in groups to develop an awareness of others; for emotional development the competition games can help to develop self esteem and confidence as well as to learn how to deal with success and failure; for psychological development specific tasks and time limits can help children to deal with roles and rules as well as to learn discipline.**
- **Main fitness session will be based on the teamwork or cooperation with each other, which will develop an awareness of others, ability of helping and supporting each other**

Fitness sessions

Health and safety and emergency procedure

- Ensure the area is not slippery/ wet
- Ensure that every child has adequate equipment (footwear, clothing etc)
- Ensure all equipment is safe to use
- Ensure everything is sanitised and everyone has sanitised their hands

Emergency procedure

In the event of an emergency, we shall ensure everyone is escorted to a safe place and or ensure the other children are removed from the area

Thanks For Attention!

