

PRACTICE PLAN 4-6

TALKING TIP

Finding the Right Pace: start with a quick warm up walk/jog. Once warmed up, don't go too fast. Stay at a jog even if it feels slow. If you feel like walking, try slowing down your running pace instead. Finding your pace is not a competition, to find a pace that works for you not to focus on your peers.

WARM UP

Stinger Tag

Choose 2-3 participants to be taggers (bees) and provide each with a pool noodle (stinger). Consider cutting the pool noodles in half to make it easier to manoeuvre. Designate a playing area with boundaries, 1-2 meters away a wall if inside. On the signal to begin, students run or skip throughout the playing area. Should a student be stung by a bee (touched with a pool noodle), they move outside the playing area, hop on each foot five times, stretch the part of the body that was stung, and return to the game. Once a bee has stung a participant, they drop the pool noodle on the floor. Any other student can pick up the stinger and take on the role of tagger. Continue until heart rates are elevated!

MAIN ACTIVITY

Keeping Pace

Have participants line up behind one another in groups of no more than 8-10. These groups will jog laps around a specific area or to a destination and back. The goal is for the last person in line to sprint to the front of the line. Have the groups keep running until everyone has been to the front a few times. The pace needs to be fairly slow for this drill to work.

COOL DOWN

Stretches:

Quadriceps, calves, hamstrings, hip & glutes, shoulders, arms clasped behind back



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Refuelling after running is very important, especially if you've had a long or hard run. Drinking water and eating a healthy snack will do the trick in most cases.

WARM UP

Got Your Back

Break out into groups of 3-4. Dedicate 1 person as a target and 1 person as IT. The target and the rest of the group hold hands and forms a circle. The person who is IT starts outside the circle and across from the target. On 'GO', the person who is IT tries to run around and tag the target while the group tries to protect the target. The round ends when either the target is tagged or two targets from different groups attach back to back.

MAIN ACTIVITY

Wheel Run

Each spoke is a different route with the coach standing in the centre. One route may be out around a tree and back to the start. Others can be up a short hill and back or to the playground to do the monkey bars and back. Send a different child off on each spoke and rotate so each child does them all. If there are more kids than spokes, send them off in waves 30 seconds apart.

COOL DOWN

Stretches:

Hands up to the sky, hip flexors, lower back, standing adductor, inner thigh stretch, hamstrings

