

PRACTICE PLAN K-3

TALKING TIP

Being active everyday is a great way to meet new friends, improve your self-esteem and relieve stress. It helps you relax! Being active everyday can improve your health by making you stronger, strengthening your heart, improve your flexibility and balance, and fighting off illness and disease

WARM UP

Volcanoes & Ice Cream Cones

Spread out lots of cones around the playing area and put some upright (volcanoes) and some upside down (ice-cream cones). Divide players into 2 groups (one volcanoes and one ice-cream cones). On "GO" players run around and turn over as many cones as possible as assigned to their team cone type. Keep going, turning over as many as you can and after 2 - 3 minutes, when the coach blows the whistle, all players must stop and put their hands on their head. The team with the most cones in the correct position wins. Play multiple rounds, switching sides: volcanoes or ice cream cones
Players are NOT allowed to block others from getting to a cone

MAIN ACTIVITY

Pacing Triangle

- Set up a triangle in a gym or field using three pylons, 25-50 metres apart.
- Participants will walk between pylons 1-2, jog between 2-3 and sprint between 3-1.
- Repeat several times.

COOL DOWN

Stretches:

Quadriceps, calves, hamstring, hip & glutes, shoulders, ands clasped behind back



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Doctors want you to be active for at least 60 minutes a day. This includes 30 minutes of vigorous activity that gets your heart pumping. You don't have to do all 60 minutes at once. Add up all the activity you do from the time you wake up until you go to bed.

WARM UP

Port & Starboard

Tell participants to imagine they are on a ship. You yell out commands and the participants must obey. The last person to complete the command must do 5 jumping jacks.

Some of the commands you can try are starboard (run to the right), port (run to the left), bow (run to the front), stern (run to the back), scrub the deck, hit the deck (lying face down), submarine (lying on your back with one leg up in the air), and Captain's coming (stand at attention and salute). Be creative and make up some of your own commands.

MAIN ACTIVITY

Animal Pacing Game

This game is a fun way to teach participants about pacing.

- Pick an animal to symbolize different walking and running paces
 - such as a turtle for walking,
 - donkey for slow jogging,
 - horse for running, and
 - cheetah for sprinting.
- Call out the different animal names and have participants do the appropriate pace.

There is no "winner" in this game.

COOL DOWN

Stretches:

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

