

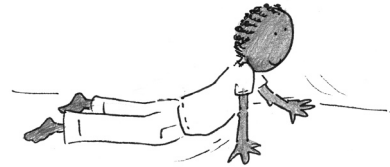
## A- Mtone 1

## Dead Legs

**Purpose:** Increasing upper body strength and balance

**Numbers:** Individual

**Resources:** None



### Activation Play

- Lie flat on the floor on your front. Somebody has just shot a tranquilliser in your legs and they no longer work. You need to get away from where you are and quickly!
- Lift up your head and chest by pushing down on the arms until they are straight.
- Now walk on your hands taking your legs with you by dragging them behind you. How far can you travel?

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## A- Mtone 2 Olympic Spot Joggers

**Purpose:** Increasing strength in the legs and cardiovascular system

**Numbers:** Individual

**Resources:** None



### Activation Play

- One person to lead the whole class. Start by jogging lightly on the spot. Now staying where you are increase, the speed until you're going as fast as you can, then slow down to a slow jog again.
- Lift the knees up a little bit more than normal. Slowly increase the height of the knees until they are as high as you can go. Slow down to relaxed jogging.
- Use lots of ideas - jogging on tip toes, crouching down, back kicks - build up from steady to exaggerated but don't stop moving until the end.

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## A- Mtone 1

8-9 Years

### Modification and Expansion

- Pull up onto the forearms, not the hands, and travel like this.
- 'Walk' forwards using both hands together.
- Put a football on the back of the legs and travel. - Have a race etc.

#### Teaching/Observation Points

- ☺ Push the palms of the hand into the floor.
- ☺ Lock the elbows and use the shoulder muscles to move the arms.
- ☺ Keep the ankles together.

#### Risk Assessment

- 🔔 Big warm up especially for arm, shoulders and torso.
- 🔔 Consider using mats
- 🔔 Muscle rest breaks at the discretion of the children.



## A- Mtone 2

8-9 Years

### Modification and Expansion

- Limit the time spent on this activity
- Build up and return quickly and spend more time on the relaxed jog.
- Rapid alterations between fast and lifting the knees high in the air

#### Teaching/Observation Points

- ☺ Encourage a light bounce when jogging.
- ☺ Use the arms for extra momentum.
- ☺ Light jog should be very gentle.

#### Risk Assessment

- 🔔 Warm up with light jogging around the room.
- 🔔 Be observant and let some children continue gentle jog while others train.
- 🔔 Give sufficient rest after this activity and allow water to be drunk.

