

## ***SAG Workshop 2009: Fueling the Fire Within***

### **Innovative Fitness Ideas**

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### **Dynamic Warm-up Ideas:**

A brief whole body warm-up activity will be followed by facilitator-led warm-up activities in **partners**, x-gymnasium:

- Light jog
- Transport- skip, side slip
- Butt kickers
- Marching/walking A's, running A's
- Jog-lunge-reach down type of movement
- X-overs
- Grape vine
- Accelerations etc

Other in **large group**, scatter formation: skier hops, hip twister, fire dance, skier tucks, leg swings, hip circles, upper body activity, leg rotations, butt kickers, running A's etc.

Discussion Topic: Dynamic warm-up - ideas from others??

### **Station Ideas:**

Poly spots

Spider crawl, straddle

Abdominal work with stability ball (crunches, side ways) or planks

Decision training course

Bean Bag Shuffle (charts) or 30 second drill

"keep your legs go'in" Medicine ball and wood chops

Agility ladder

Dynamic balance station- with props

Lunges- walking and jump lunge, with/out a medicine ball

Bean Bag Shuffle or 30 second drill

Push-ups and stack, and on and off a medicine, bosu ball or stability ball push-ups

## **Further Descriptions:**

### Developing Strength with Medicine Ball Activities

#### Safety Precautions:

- Partner should be making eye contact prior to throw
- Provide adequate space
- A ball rolling across the floor with others in room may cause injury
- Know your limits- then, no!

#### Partner:

- Curl-up then pass the ball facing friend
- Curl-up pass the ball sideways (then other sideways)
- Other throws jumps throws etc require larger room or out doors.
- Relays with different methods to carry and to travel

#### Alone (self):

- Curl-ups (various ball positions)
- Curl-ups to one side (alternate each time)
- Push-ups- one hand on ball- one hand on floor. Do push up, then, move across the ball to switch hands then push-up. Modify the push-ups (knees etc)
- Squats (variation, use medicine ball at back, along wall)
- Squat jumps (advanced)
- Jumping Lunges (very advanced). Vary the position of the ball across the body, up high, down low.
- Lunges sideways, fore and back- on floor and on bosu, agility box, or aerobics bench.
- Lunges - medium – advanced
- Sideways shuffle step, each direction
- Zig, Zag Carry- through pylons
- Wood chops: caution bending, use of legs etc. Chop low to the , middle, side, bringing the ball above the head , then low to the floor
- Medicine ball twisters, side to side
- Step-ups to bench or other
- Keep them legs go'in- sideways moves on and off the bosu, agility box, floor etc

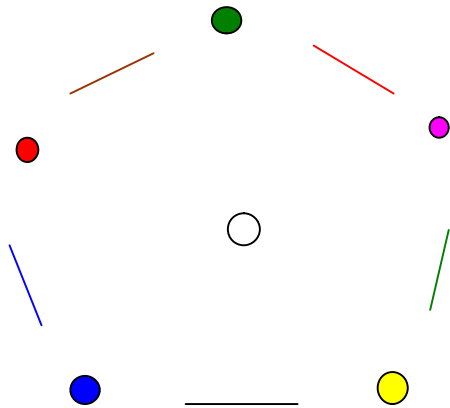
Poly Spots: Agility, balance, speed, memory.



Take turns, in partners (or 3's) use color patterns, to remember, and a method of travel to have partner move as fast as possible 2-3 times through the determined color pattern. Vary the color pattern for the next person's turn.

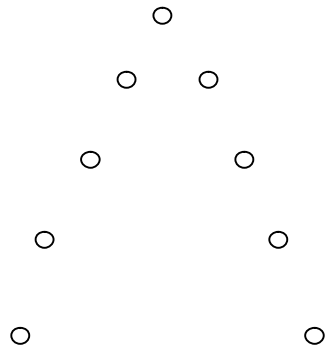
Get those legs going: Challenges of strength, endurance, speed, power and balance  
Movement on and off bosu ball, (or aerobics step etc) or no bosu ball (just the floor).  
Extra challenge- to carry a medicine ball.

Decision Making Course (hurdles, poly spots): Agility, balance, speed, memory.



Partner challenges other to perform a pattern of colours through a course with various coloured poly spots and hurdles (speed hurdles or other). Partner is to remember pattern while performing fast. Have athlete repeat 3 times consecutively. Options: vary the number of patterns (4-5), include an extra challenge of two athletes performing at the same time.

Agility Triangle (Timed): Five tennis balls shuttled in order from one side to the other.



Agility Ladder Ideas:

- Hip twister 2
- SL Skier, 2 feet jump
- SL Skier, 1 foot
- Three jumps forward, one back, three forward, one back
- Two foot jumps (forwards, sideways, sideway the other way)
- Straddle, together, straddle together
- Forward/backward, hips face same direction entire time
- Cross-over, face each direction
- Grapevine, face each direction
- Running A's
- The two-step
- Big Skate (speed skate)
- Double Run
- run through ladder as fast as possible, both feet should touch in each rung
- Snake Jump (2 times)
- quarter turns, straddling ladder
- Shuffle step
- Highland dance steps

Options to strong consider: Ask students to create some patterns

**Note:** Many of these motor patterns can be performed with speed hurdles.

Start easy to complex, slow to faster speed, change up the pattern frequently for extra challenge. Use athlete/student centered approach to be in the challenge zone!

