

BODY&SPORT

CORE STABILITY AND BODY BALANCE

WARM UP

WARM UP

COOL DOWN

SESSION 1

CORE STRENGTH

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance.

SESSION 2

CORE STABILITY

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance.

SESSION 3

CORE AND BALANCE

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance.

SESSION 4

CORE STABILITY AND BODY BALANCE WITH THE BALL

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance.

SESSION 5

BODY BALANCE

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance.



2. CORE STABILITY AND BODY BALANCE



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

jump ropes

1 BASKETBALL

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

WARM UP

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance



10 minutes

WARM UP

WARMING UP THE JOINTS



①

Jogging around the gym or marked area for 2-3 minutes or jump rope routine.



②

Jumping jacks for 30 seconds and skater jumps for 30 seconds.

①

Head semicircles left, then right.



8 times each

②

Arms wide extended. Bent one forearm up towards the head, extend, then the other.



8 times each

③

Arms wide extended. Bent one forearm down towards the body, extend, then the other.



8 times each

④

Front extended arm circles.



8 times

⑤

Side extended arm circles forward, backward.



8 times each side

⑥

Arms and upper body twist from side to side.



Repeat 4 times to each side

⑦

Side stretching to knee touch.



4 times each side

⑩

Windmill.



4 times each side

⑨

Hip rotation.



8 times each side

⑩

Leg swings forward.



Repeat 4 times to each side

⑪

Leg side swings.



Repeat 4 times each

⑫

Knee rotation.



8 times each side

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2. CORE STABILITY AND BODY BALANCE






COOL DOWN

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance



10 minutes

STRETCHING

<p>① Lateral neck stretch. Hands behind your back. Slowly move your head laterally taking the ear to your shoulder, hold for 6 seconds.</p> <p> Repeat 4 times to each side</p>	<p>② Neck flexion/extension. Hands behind your back. Slowly lift your head looking upwards, chin up. Then bring your chin forward towards your chest. Relax. Hold for 6 seconds.</p> <p> Repeat 4 times each</p>	<p>③ Reverse chest and shoulder stretch. Clasp your hands together behind your back and slowly lift your straight arms upward. Hold for 30 seconds.</p>	<p>④ Triceps stretch. One arm lifted above the head, the elbow pointing upward and forearm bending behind the head. With the other hand push the elbow down. Hold for 30 seconds, repeat with the other arm.</p>	<p>⑤ Shoulder stretch. Place one arm across your body keeping it parallel to the ground and pull your elbow towards your body with the other hand. Hold for 30 seconds. Repeat on the other side.</p>	<p>⑥ Lateral side stretch. Arms extended above the head, feet shoulder apart. Take your left hand wrist with the right hand and pull slowly bending your body to the right side. Hold for 6 seconds, repeat on the other side.</p> <p> Each side twice</p>
<p>⑦ Quadriceps stretch. Stand upright while balancing on one leg (hold to something if necessary) pulling your other foot up behind your back, ankle towards glute, keeping your knees together and pushing your hips forward. Hold for 30 seconds. Repeat on the other side.</p>	<p>⑧ Standing wide-leg inner thigh and hamstring stretch. Straight wide leg position, bend and reach forward in the middle until you feel the stretch, hold for 30 seconds. Then reach with your hands to the right foot, hold for 30 seconds. Repeat on the other side.</p>	<p>⑨ Sitting knee-to-chest stretch with rotation. Sit with one leg straight on the floor and the other crossed over your knee. Place your opposite arm elbow to the lateral side of the bent knee pushing it towards the body whilst at the same time reaching with the other hand away from the body, keeping your back straight. Hold for 30 seconds. Repeat on the other side.</p>	<p>⑩ Gluteus stretch. Lie on your back, knees bent, feet on the floor. Place your right foot ankle to your left knee and raise slowly pulling your left foot of the ground pulling the same knee towards the body. Hold for 30 seconds. Repeat on the other side.</p>		

STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

mats

- 1 BASKETBALL
- 3 DODGEBALL
- 4 PILATES AND CIRCUIT
- 5 QUICK PICK

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2. CORE STABILITY AND BODY BALANCE



SESSION 1 > CORE STRENGTH

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance.



5 minutes

INTRODUCTION

This type of activities can also be done as circuit depending on the number of students and equipment available. Exercises can be done with own body weight or as a progression with balls, medicine balls, pilates balls, balance cushions, balance boards, bosu balls and so on, can be added. Talk with the students about importance of core stability and core muscles strengthening and how today's lifestyles can affect our core stretch and posture.



5 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

Do the exercises in three sets, with active stretch between the sets for 2-3 minutes.

①

Hokey squat

Lift your arms above your head and perform a squat while holding your hands up (you can hold a stick or a ball to make it harder). Try not to lean forwards at the hips.



Repeat 8 times

②

Make a reverse lunge and then when returning to start position lift the knee of the same leg to your waist. Retain your balance, and then repeat.



4 times each leg

③

Worm plank

From standing position put your palms on the floor in front of your feet and hand walk forward slowly shifting the balance of the body till you get to straight arm plank position, wrists under shoulders. Return the same way to start position.



Repeat 8 times

④

Shoulder touches

You are in a straight arm plank position, wrists under shoulders. Touch your opposite shoulder with the palm of your hand with as minimal body movement as possible.



Repeat 8 times with each hand

⑤

On all fours

Knees under hips and wrists under shoulders. Make an opposite hip and shoulder abduction, lifting up to the side of the body, keeping the hips level and shoulders still for 6 seconds, and return to start position.



Repeat 4 times each side

⑥

Bridge

Lie on your back, knees bend with feet on the floor. Make a gluteus contraction to come into a the bridge position.



Repeat 8 times

⑦

Deadbugs

Lie on your back, legs up at 90°, arms stretched above the chest. Fully stretch the opposite hand and leg, abdominal contraction, then return to start position and repeat to the other side.

⑧

Windshield wipers

Lie on your back, legs up at 90°, arms bent on the floor looking upwards. Body still, legs are rotating from the hips, from side to side retaining their bent position. Firm abdominal contraction.



Repeat 8 times to each side



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

50 minutes

EQUIPMENT

mats

1 BASKETBALL

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

BODY&SPORT

CORE STABILITY AND BODY BALANCE

SESSION 2

WARM UP

COOL DOWN

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2. CORE STABILITY AND BODY BALANCE



SESSION 2 > CORE STABILITY

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance



10 minutes

INTRODUCTION

Talk about the last sessions activities with the students.

Ask the students if any muscles were sore from this session. What exercises did they find difficult?



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

Do the exercises in three sets, with active stretch between the sets for 2-3 minutes.

①

Squat touch

Standing position, arms wide extended. Every time you perform a squat, one arm goes to the opposite foot, touches it and goes back on start position.



Repeat 4 times with each hand

②

Rotation lunge.

Make a right leg lunge, then make a twist with the upper body and stretched arms to the right. You must cross the lunged leg. Try to retain your balance. Slowly get back on start position.



Repeat 4 times with each leg

③

Slow cross climbers

Straight arm plank position, wrists below the shoulders. Bring your right knee to your left elbow, abdominal contraction. Repeat on the other side.



8 times each side

④

Plank

Place yourself on your elbows, with palms of the hands on the floor and the toes of both feet. Firm contraction of the abdominal muscles. Try to endure the stance at least 20 seconds, 30 seconds would be great.

⑤

On all fours

Knees under hips and wrists under shoulders. At the same time extend same sided arm and leg trying to keep the level of the hips and shoulders. Retain your balance for 6 seconds, then return to start position and repeat to the other side.



4 times each side

⑥

One legged bridge

Lie on your back, one knee bent with the foot on the floor, the other leg extended way up. Make a gluteus contraction to bring the bent leg to the bridge position.



4 times each leg

⑦

In-out crunch

Sitting position with arms on the floor near the body for keeping the balance, with knees bent, feet not touching the floor. Extend the body, stretching the legs forward away from the body, and the upper body backwards, firm abdominal contraction, then return to main position.



Repeat 8 times

⑧

Cross ups

Lying on your back with both legs extended upwards and both arms extended on the floor above the head. Lift one arm to the opposite foot, with minimal body movement, and then return to start position.



4 times each side



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

mats

1 BASKETBALL

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

BODY&SPORT

CORE STABILITY AND BODY BALANCE

SESSION 3

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COOL DOWN

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2. CORE STABILITY AND BODY BALANCE



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

mats

1 BASKETBALL

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 3 > CORE AND BALANCE

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance



10 minutes

INTRODUCTION

Talk about the last session activities with the students. Ask them to compare the exercises with the ones in the last session? Ask them if they felt different after the activities?



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

Do the exercises in three sets, with active stretch between the sets for 2-3 minutes.

①

High knee skip, on every third retain one leg balance with knee of the raised leg on your waist height.



30 seconds

②

Side lunges with opposite hand touch

Standing position with arms extended above the head. Make a right side lunge with left hand rotating inwards to right foot.



Repeat 4 times to each side

③

Spiderman lunge with rotation

From straight arm plank position, wrists below the shoulders, make a right leg lunge to the side of the right hand, and when in stable position twist and stretch the right arm and upper body to a comfortable position. Return to start position.



Repeat 4 times to each side

④

Plank with rotation

Straight arm plank position, wrists below the shoulders. Stretch the right arm to the left foot with minimal body movements whilst making a firm abdominal contraction to keep the body stable. Return to main position.



Repeat 8 times to each side

⑤

"Star"

Lie face down with body fully stretched. Make a full contraction of back muscles lifting arms and legs off the floor and then abduct and adduct arms and legs in the air.



Try to endure 30 seconds

⑥

Bridge with rotation

Lie on your back, knees bend with feet on the floor. Make a gluteus contraction to bring it to the bridge position. At the same time stretch your left arm to the right side above the head to the floor making a diagonal body stretch. Return to start position.



Repeat 4 times to each side

⑦

Back plank with alternate leg swings

Straight arm back plank position, wrists below the shoulders. Hold the stance whilst swinging one leg straight upwards the body. Repeat with the other leg.



4 times each leg

⑧

Side plank

Side plank position leaning on the elbow and the forearm, elbow below the shoulder, and with both feet on the floor, upper leg in front of the other. Free hand stretched straight up.



Hold 20 seconds.
Repeat to the other side.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

BODY&SPORT

CORE STABILITY AND BODY BALANCE

SESSION 4

WARM UP

COOL DOWN

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2. CORE STABILITY AND BODY BALANCE



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

balls or medicine balls and mats

1 BASKETBALL

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK

SESSION 4 > CORE STABILITY AND BODY BALANCE WITH THE BALL

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance



10 minutes

INTRODUCTION

Ball or medicine ball exercises. Most of the exercises which include balls require a degree of rotation which is great for strengthening the core.



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

Do the exercises in three sets, with active stretch between the sets for 2-3 minutes.

①

Rotating knee lift

Hold the ball at chest height, elbows to the sides. Twist upper body to the left side keeping the eyes on the ball. When rotating back to main position, lift your right knee to your waist and retain your balance and core muscles contracted.



Repeat 4 times each side

②

Wall sit

Put the ball behind your back and perform a wall sit, squat position, with feet wide apart, back straight. Try to hold for 30 seconds.

③

Wood choppers

Feet wide apart (about 60cm), arms holding the ball extended over right shoulder. While making a squat, swing the ball to the outside of your left knee and then swing back up to the start position while rising.



Repeat 4 times to each side

④

Tossing the ball

In pairs or by using the wall. Hold the ball over your head, feet wide apart. Throw the ball to your partner or to the wall and then catch the return ball. Body stable. You can do it in different ways. You can do a chest pass. You can do it sideways pass.



8 times each partner

⑤

Single leg ball deadlift

Holding the ball in front of the body, standing on right lg, straighten left leg behind, bending body forward bringing the ball towards the standing foot. Retain balance, return to start position.



Repeat 4 times to each side

⑥

Ball rolling plank.

Straight arm plank position, wrists below the shoulders, one hand on the ball. Roll the ball from one hand to the other, try to keep the body still.



4 times on each side

⑦

Russian twister

Sit in a V-sit, whilst holding the ball, perform an abdominal contraction, back straight, feet on the floor (harder version is with feet in the air). Twist the ball and upper body from side to side.



8 times each side

⑧

Travelling ball crunch

Lie on your back fully stretched, ball in your hands. Making abdominal contraction, bring your hands with the ball and your head forward and pull your knees upward to chin, then put the ball between the feet and fully stretch again fully trying not to touch the floor with your hands and feet.



Repeat that for 8 times



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

BODY&SPORT

CORE STABILITY AND BODY BALANCE

SESSION 5

WARM UP

COOL DOWN

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2. CORE STABILITY AND BODY BALANCE



SESSION 5 > CORE BALANCE

Strengthening core muscles, including abdominal muscles, back muscles, stability in the hips and trunk, and improving core conditioning and body balance



10 minutes

INTRODUCTION

Balance disc cushion exercises. All of the exercises below can also be done without the cushion or with another prop. Balance disc cushions help stabilize your joints by strengthening your muscles and improving your body balance.



10 minutes

WARM UP

For more details check the Warm Up session at the beginning.



30 minutes

MAIN SESSION

Do the exercises in three sets, with active stretch between the sets for 2-3 minutes.

①

Squatting

One foot on the cushion, feet wide apart. Make a squat while trying to retain your stability, especially with the leg on the cushion. Repeat 4 times with each leg. If you have a larger cushion you can also do it with both feet on the cushion.

②

Reverse lunge

One foot on the cushion, other foot in the air. Keeping the body as stable as possible. Slowly try to make a reverse lunge (it is easier than the regular one for the start) then return to the main position retaining your balance.

③

Lateral leg stretches

With one foot standing on the cushion, other foot in the air. Keeping the body as stable as possible. Extend and stretch away from the body your right leg, retaining your balance, then bring it back to start position.



4 times each leg



Repeat 8 times to each side

④

Cushion push-ups

Straight arms plank position, wrists below the shoulders, one hand on the cushion. Try to retain your stability whilst performing a push-up.



4 times each hand

⑤

Cross standing crunch

With one foot standing on the cushion, other foot in the air, hands behind your head with elbows high. Meet the opposite knee and elbow at the middle of the body making a firm abdominal contraction, crunch, return to stable position.



Repeat 8 times to each side

⑥

On all fours

One knee placed on the cushion, knees under hips and wrists under shoulders. Extend opposite sided arm and leg trying to keep the level of the hips and shoulders. Retain your balance for 6 seconds, then return to start position and repeat to the other side.



4 times each side

⑦

V-sit stance, sitting on the cushion, firm abdominal contraction, back straight, feet in the air, arms extended forward (if hard, place hands on the floor near the body for easier body balance).



Hold for 30 seconds

⑧

Crossed crunch

Sit on the cushion with your knees bent, feet on the floor, hands behind your head with elbows high. Making a firm abdominal contraction, meet the opposite knee and elbow at the middle of the body, return to stable position.



Repeat that for 8 times on each side.



10 minutes

COOL DOWN

For more details check the Cool Down session at the beginning.

STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

balls or medicine balls, mats

1 BASKETBALL

3 DODGEBALL

4 PILATES AND CIRCUIT

5 QUICK PICK