

BRAIN,
HEART & SPORT

STAND UP
STRAIGHT

WARM UP

WARM UP

This is the common Warm-Up for all the sessions of this unit.

COOL DOWN

Cool down the body and stretch muscles.

SESSION 1

GAME OF COWEB

Improve the correct posture during lessons and develop exercises of stretching and mobility. The game of "Cobweb" will improve the communication, logic and equilibrium skills between classmate..

SESSION 2

GAMES OF INTELLIGENCE: GAME OF NASA

This session is a mix of posture exercises and the game of NASA with circuit training, a game useful in order to improve your logic and thinking skills using the powerful of team building.

SESSION 3

GAMES OF INTELLIGENCE: BALL GAMES

This session is a mix of short games that aims to improve our coordination and the mental approach to life.

SESSION 4

GAMES OF INTELLIGENCE: TWISTER

This session is based on the game of twister, useful for fast thinking, coordination, flexibility and team building: in fact, all the students have to build their own twister table.

SESSION 5

GAMES OF INTELLIGENCE: THE SENSES RELAY GAMES

This session is a relay game based on sensorial skills, coordination and team building.

SESSION 6

TACFIT FOR MOBILITY OF THE BODY

Improve the mobility, flexibility and range of motion of the body. Improve the coordination (Brain), the team building (Heart) and the musculature.

SESSION 7

RUGBY TOUCH

Refers to games derive from rugby football in which players do not tackle each other in the traditional way, but instead touch their opponents using their hands on any part of the body or the ball. Improve the team building and the ethical respect of the rules.

SESSION 8

OLIMPIK PARK

The aims is to foster the knowledge of different sport activities and develop specific motor skills with the ball and kits.

1.
STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

30 minutes

EQUIPMENT

...

2 SWIMMING FOR LIFE

3 PREPARING THE FIRST LESSONS OF SWIMMING

4 TRAIN FOR LIFE

5 WATER AEROBICS

6 QUICK PICK

WARM UP		
This is the common Warm-Up for all the sessions of this unit		
<div><div></div><div>30 minutes</div></div>		
MAIN SESSION		
①	②	③
STANDING POSTURAL EXERCISE	POSTURAL EXERCISE WHILE SEATED	BREATHING EXERCISE
Bring your hands back on the chair, keep your head straight. Check that the shoulders, hips, feet and knees are leaning forward towards the chair. Imagine walking an imaginary vertical line from the ear, shoulder, hip, knee and ankle it should be centered along an imaginary vertical line. Repeat the exercise 3-4 times in a row.	Keeping your head straight and your back straight, bend your knees and hips at 90 degrees, resting the feet on the floor. While running back should be maintained against the backrest. Repeat the exercise 3-4 times in a row.	From the sitting position in the correct posture, bring both arms upwards during inhalation then to bring them down during exhalation. Repeat the exercise 4-5 times in a row.
④	⑤	⑥
MOBILITY SUPERIOR ARTS AND STRETCHING	MOBILITY AND STRENGTHENING OF INFERIOR ARTS	MOBILITY INFERIOR ARTS WHILE SEATED
From a sitting position, keep your elbows high and grasping hands with the opposite elbow. Push your elbows up until the maximum elongation point. The exercise can also be done by working on his elbow at a time. Maintaining the back straight during the exercise. Check constantly not to accentuate the dorsal kyphosis during execution. Hold for 15 second before repeating the exercise for 5 times.	From standing behind the chair with his hands resting on the back. Raise both legs alternately. Revive the exercise remains on tiptoe while running. Propose making him realize the exercise with your eyes closed. Repeat the exercise 5 times per leg maintaining each position for 15 seconds per leg.	From sitting. Bending right knee and right leg bent lifting. Relaxation right leg and step execution for the same exercise with the knee and left leg. Alternating the movement of the legs also arm movements. Repeat the exercise 5 times proposing the alternation of different movements.

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1.
STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

10 minutes

EQUIPMENT

basketballs

2 SWIMMING FOR LIFE

3 PREPARING THE FIRST
LESSONS OF SWIMMING

4 TRAIN FOR LIFE

5 WATER AEROBICS

6 QUICK PICK

COOL DOWN

Cool down the body and stretch muscles



10 minutes

MAIN SESSION



5 minutes

SHARK AND FISH

Students have a ball each and have to dribble the ball from the top of the area to the bottom without the sharks getting them. The sharks are positioned in the middle of the area. The sharks try and pinch the ball of the fishes. If someone loses their ball they are then a shark.



5 minutes

STRETCHING

Stretch Arms and legs. Hold each stretch for 10 seconds and repeat 2 times



①

Tri cep stretch



②

Shoulder stretch



③

Quadricep stretch



④

Hamstring stretch



⑤

Calf stretch

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STAFF

1 teacher

DURATION OF THE SESSION

60 Minutes

EQUIPMENT

PDF attached below
and Photos
(See "Session 1")

SESSION 1 > GAME OF "COWEB"

Improve the correct posture during lessons and develop exercises of stretching and mobility. The game of "Cobweb" will improve the communication, logic and equilibrium skills between classmate



5 minutes

WARM UP

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



50 minutes

MAIN SESSION

GAME OF "COWEB"

DESCRIPTION OF THE GAME: BEPPE

The first step is to asks the students to stand sitting in a circle on the floor, then the teacher will give to one of the participant the head of the string. This participant has to launch to another friend the string, and so until the last companion, that will conclude by connecting the first. This will form a large spider web, connecting all the participants.

All the time you have to bring the string to another participant you have to be careful to not touch the web (equilibrium and coordination). The basic rule of the game by choosing the next participant can be decided by the teacher and the students together before the game: can be an alternation of male and female, can be "tell a secret to your classmate," can be chosen the participant with less connection and friendship of the other and so on....

Teacher can ask to the group to perform the exercises with increasing progressively the motor difficulties.

Teacher, where is necessary, can follow the participants and stimulating some relations between them. Ex. The rope has to be given alternating male and female.

The rope has to be given to the participants that does not spend time together habitually.



5 minutes

COOL DOWN

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

- 2 SWIMMING FOR LIFE
- 3 PREPARING THE FIRST LESSONS OF SWIMMING
- 4 TRAIN FOR LIFE
- 5 WATER AEROBICS
- 6 QUICK PICK

BRAIN,
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STAFF

1 teacher

DURATION OF THE SESSION

45 Minutes

EQUIPMENT

PDF Attached below and
Photos (See “Session 2”):
1(+) Foam ball

Documents (photocopies)
on Game of Nasa and grid of
answers

Link to PDF Instruction: Games
of Nasa (you can find it in an
external document)

2 | SWIMMING FOR LIFE

3 | PREPARING THE FIRST
LESSONS OF SWIMMING

4 | TRAIN FOR LIFE

5 | WATER AEROBICS

6 | QUICK PICK

SESSION 2 > GAMES OF INTELLIGENCE: GAME OF NASA

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5 minutes

WARM UP

*For more details check
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35 minutes

MAIN SESSION

GAME OF NASA

DESCRIPTION OF THE GAME

It is a method of game where the focus is on the relationship between the team: “what do I do with others”. In particular, this exercise will be based on experiential decision making in a group, in which we will adopt the method of consent, it objects to carry along for survival must be accepted by all to be part of the final ranking.

The delivery lead the part of the “Instructions of Nasa Game”.

Then reads the text which describes the situation in which you have to empathize and the instructions to perform the task therein. Assign before a time of about 10 minutes to focus individually on the job, during which each member draws up an individual list of items to choose from (including game instructions provide details).

OBJECTIVES AND SIGNIFICANT ASPECTS

- › Confront the dynamics of decision-making in the group
- › Ensure that decision making in the group needs:
- › Communicate effectively (everyone can express themselves with mutual trust)
- › Listen to the views and contributions of all members
- › Do not stop to look for satisfactory solutions
- › Choose what best able to express the needs of each member of the group
- › Identify good practice in decision making
- › Does not stop at the first hypothesis but go on to seek satisfactory solutions
- › Choose the best model abler to express the needs of each member of the group
- › Identify good practice in decision making

Combine an exercise to each material. When the group has selected the items you will realize a circuit training with exercises combined with the choices made by the team.



5 minutes

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STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

foam ball

2 SWIMMING FOR LIFE

3 PREPARING THE FIRST
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4 TRAIN FOR LIFE

5 WATER AEROBICS

6 QUICK PICK

SESSION 3 > GAMES OF INTELLIGENCE: BALL GAMES

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5 minutes

WARM UP

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50 minutes

MAIN SESSION

GAMES OF INTELLIGENCE: BALL GAMES

DESCRIPTION OF THE GAME



40 minutes

Depending on the number of foam balls you have to coordinate this game. Give the ball to the students and start describing the game: this session is a mix of ball games aimed to improve the coordination and mobility.

①

Couples

Going from one side to the other of the class with the ball in the middle between 2 heads or shoulder or back or hands.

②

Personal

Route of rallies from the easiest one to the difficult one. Its start with the dribble hand palm, back head, head and so on.

③

Equilibrium

Ball balanced on neck, on head between nose and forehead.

④

Precision

accurate firing in clout/cock-shot or moving target/running game target.



10 minutes

Game variations: Use different weight and size balls.

To stimulate participation consider combining scores for each type of launch
The game may be brought out individually in pairs or teams.

This small games can be adaptable to all balls, situation, location and number of students. They are really easy to reproduce and to practice, and it aims to improve the coordination, equilibrium and flexibility.

Short oral test to analyze the results and the feedback from the students.



5 minutes

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the Cool Down session
at the beginning.

BRAIN,
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SESSION 8

OLIMPIK PARK

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1. STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

White Paper for Twister
Different colors for Twister

Documents:

"How to build a Twister"

Link for video:

www.youtube.com/watch?v=YT4QiFkxmpU

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SESSION 4 > GAMES OF INTELLIGENCE: TWISTER

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5 minutes

WARM UP

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50 minutes

MAIN SESSION

GAMES OF INTELLIGENCE: TWISTER

DESCRIPTION OF THE GAME



25 minutes

Twister is a game of physical skill that It is played on a large plastic mat that is spread on the floor or ground. The mat has four rows of large colored circles on it with a different color in each row: red, yellow, blue and green. A spinner is attached to a square board and is used to determine where the player has to put their hand or foot. The spinner is divided into four labeled sections: right foot left foot, right hand and left hand. Each of those four sections is divided into the four colors (red, yellow, blue and green). After spinning, the combination is called (for example: "right hand yellow") and players must move their matching hand or foot to a circle of the correct color. In a two-player game, no two people can have a hand or foot on the same circle; the rules are different for more players. Due to the scarcity of colored circles, players will often be required to put themselves in unlikely or precarious positions, eventually causing someone to fall. A person is eliminated when they fall or when their elbow or knee touches the mat. There is no limit to how many can play at once, but more than four is a tight fit.

Attached on the documents you can find all the instruction on "How to build a twister"; in fact it will be a team building session also because the students, divided in different teams, they can build their own twister in the classroom or outside.



25 minutes

The teacher must divide the classroom in different teams (at least 4 people per team, considering the number of twister boards). And the game can last 30 minutes.

The game encourages the physical contact and therefore the teams must be composed of men and women based on the components of the class and to the relations between comrades.

The player who is excluded from the game will have to run or perform other physical activity (e. Balance exercises) until the end of the ongoing challenge.

The game can be played with your eyes closed by matching a number to each movement instead of the color (1 hand 2 hand SX 3 dx dx 4 foot left foot, etc ...).

This opportunity is also useful when you do not have colored material.



5 minutes

COOL DOWN

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BRAIN,
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STAND UP
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1.
STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

2 (+) boxes for shoes

2kg of Rise

Gloves

Different small object with
different consistency

2 SWIMMING FOR LIFE

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SESSION 5 > GAMES OF INTELLIGENCE: THE SENSES RELAY GAMES

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5 minutes

WARM UP

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50 minutes

MAIN SESSION

GAMES OF INTELLIGENCE: THE SENSES RELAY GAMES



25 minutes

①

2 BOXES

You can use shoe boxes, or any kind of container in order to have at least 2 object where to put inside the rise and the secret objects;

②

RISE

You need any kind of material in powder (Sand, Rise, Coffee Ecc..) easy to find in all schools and center. This material must be inserted inside the boxes in order to host the secret objects and to not let the students guess immediately;

③

SECRET OBJECTS

This will be the objects that will be placed inside the boxes full of rise and that has to be guess by the participants. It is really important to have at least 4-5 different (Different for consistency) objects in order to have a relay race. This objects can be everything: pencil, ring, paper, tap ecc...

After the creation of the basic game you can start describing the relay race dividing the classroom in 2 teams.



25 minutes

The 2 teams will be ready from one side of the classroom, while in the other side there are the 2 boxes and the teacher. One person per team start running to the boxes and put the hands inside trying to guess at least one object. When he will guess the object he will come back to the beginning and another student will start again, until all the object will be guessed. The first team that will guess all the object win.

To increase the physical demands of the game each team must jog slowly around the gym / playground (the boxes are placed in the middle of the field) -each component in its turn will make a speed ride to get to the boxes and return to its position. The group will have to keep a steady pace and the distance between the comrades.

VARIANT

Each found object is a corresponding exercise that the whole team has to make in the shortest possible time (eg. 20 abdominal, ...)



5 minutes

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1.
STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

Photos and Videos of Tacfit
activities on Google

2 SWIMMING FOR LIFE

3 PREPARING THE FIRST
LESSONS OF SWIMMING

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5 minutes

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50 minutes

MAIN SESSION



5 minutes

①

STRETCHING FOR SUPERIOR ARTS

Starting from the standing position raise and lower your arms rotating the head to the right and to the left until you can fix the fingertips of their hands. Perform the exercise straddled by placing your feet firmly to the floor. Repeat the exercise 10 times, paying attention to your breathing.



5 minutes

②

STRETCHING FOR SUPERIOR AND INFERIOR ARTS

Position with a bent leg and the knee placed on the floor and with the other leg positioned so as to form a 90 degree angle. From this position, stretch your arms forward at right angles to the body, close your hands clasping his fingers leaving extensive and adducts indexes and thumbs so as to take hands to form a "gun". Repeat the exercise alternating the position of the arms and legs. Maintain each position for about 15 seconds. Repeat the exercise for about 10 times.



5 minutes

③

MUSCLE STRETCHING EXERCISE

Starting from the standing position lift your arms upwards to stretch them up parallel to the head. Realize the exercise also taking on tiptoe. Hold for 15 seconds. Repeat the exercise 10 times.



5 minutes

④

STANDING POSTURAL EXERCISE

Maintain the standing position by paying attention to the upright position of the head and spine. Focus on their own perception of the different parts of the body with particular reference to the position of the arms and feet. Perform the exercise with your eyes closed even to gain a greater awareness of the different body parts. Hold for at least 15 seconds trying to inhale and exhale very slowly relaxing all parts of the body.



5 minutes

COOL DOWN

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

 5 minutes

 15 minutes

 10 minutes

⑤

BREATHING EXERCISE

From the sitting position in the correct posture, bring both arms upwards during inhalation then to bring them down during exhalation. Repeat the exercise 4-5 times in a row.

⑥

RUNNING ACTIVITY IN ORDER TO RELAX THE BODY

Racing activities to stretch and relax the body paying attention to breathing and feelings the different parts of the body as a result of motor mobilization.

⑦

FREE WALK BY ADJUSTING THE PITCH TO DIFFERENT DEGREES OF SPEED

During the walk is fundamental control of the rhythm of breathing, taking care to relax all parts of the body.

To foster the participation during the lesson is possible to listen some music the participants.



Special Sport for Special People

BRAIN,
HEART & SPORT

STAND UP
STRAIGHT

SESSION 7

WARM UP

This is the common Warm-Up for all the sessions of this unit.

COOL DOWN

Cool down the body and stretch muscles.

SESSION 1

GAME OF COWEB

Improve the correct posture during lessons and develop exercises of stretching and mobility. The game of "Cobweb" will improve the communication, logic and equilibrium skills between classmate..

SESSION 2

GAMES OF INTELLIGENCE: GAME OF NASA

This session is a mix of posture exercises and the game of NASA with circuit training, a game useful in order to improve your logic and thinking skills using the powerful of team building.

SESSION 3

GAMES OF INTELLIGENCE: BALL GAMES

This session is a mix of short games that aims to improve our coordination and the mental approach to life.

SESSION 4

GAMES OF INTELLIGENCE: TWISTER

This session is based on the game of twister, useful for fast thinking, coordination, flexibility and team building: in fact, all the students have to build their own twister table.

SESSION 5

GAMES OF INTELLIGENCE: THE SENSES RELAY GAMES

This session is a relay game based on sensorial skills, coordination and team building.

SESSION 6

TACFIT FOR MOBILITY OF THE BODY

Improve the mobility, flexibility and range of motion of the body. Improve the coordination (Brain), the team building (Heart) and the musculature.

SESSION 7

RUGBY TOUCH

Refers to games derive from rugby football in which players do not tackle each other in the traditional way, but instead touch their opponents using their hands on any part of the body or the ball. Improve the team building and the ethical respect of the rules.

SESSION 8

OLIMPIK PARK

The aims is to foster the knowledge of different sport activities and develop specific motor skills with the ball and kits.

1. STAND UP STRAIGHT



SESSION 7 > RUGBY TOUCH

Rugby Touch refers to games derive from rugby football in which players do not tackle each other in the traditional, highly physical way, but instead touch their opponents using their hands on any part of the body, clothing, or the ball. Improve the team building and the ethical respect of the rules



5 minutes

WARM UP

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



120 minutes

MAIN SESSION



20 minutes

DIDACTICAL EXPLANATION AND RULES

The simple aim of Touch Rugby League is to score a try by grounding the ball over the opposition's try line. The basics of the sport are similar to the traditional game in that you pass the ball backwards and have six opportunities to score. To stop the other team from scoring you must touch the player with the ball. A legal touch is on any part of the body, clothing or ball and constitutes a tackle. After six touches the ball is handed over from the attacking team to the defending team.



40 minutes

1° GAME

2 teams of 6/7 players
Mixed team male and female

Each player has a tail (30 cm tape / tape tucked in his shorts the back) when the player has the ball in hand the opponent can remove / take the tail. In case of succeed the ball can pass to his team for starting a new attack action toward the goal.

This variant may be useful when the physical contact is too strong and when there are mixed classes (boys and girls).



20 minutes

DIDACTICAL CONSIDERATION AFTER THE FIRST GAME



40 minutes

2° GAME

2 teams of 6/7 players
Mixed team male and female



5 minutes

COOL DOWN

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

2 SWIMMING FOR LIFE

3 PREPARING THE FIRST LESSONS OF SWIMMING

4 TRAIN FOR LIFE

5 WATER AEROBICS

6 QUICK PICK

BRAIN,
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SESSION 8

OLIMPIK PARK

The aims is to foster the knowledge of different sport activities and develop specific motor skills with the ball and kits.

1.
STAND UP STRAIGHT



STAFF

1 teacher

DURATION OF THE SESSION

60 minutes

EQUIPMENT

sponge volley and tennis balls, tennis and table tennis rackets

SESSION 8 > OLIMPIK PARK

The aims is to foster the knowledge of different sport activities and develop specific motor skills with the ball and kits



5 minutes

WARM UP

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



50 minutes

MAIN SESSION



10 minutes

SET UP

Set up in the gym/outdoor space several gaming places similar to the sport disciplines but with a smaller number of players:

- › **volleyball:** 3 against 3 in field 6 x6
- › **tennis:** 2 against 2 in field 6x6
- › **table-Tennis:** 2 against 2 in field 4.5 x4,5
- › **basketball:** 3-on-3 with one basket
- › **football:** 3 against 3 without goalkeeper with small port (ie. One obstacle)

- › The instructor will divide the class based on the number of students and fields in such a manner that all play at the same time; in case it is not possible the players not taking part in the game will not officiate the matches.



40 minutes

PLAY!

Athletes at the start of the instructor can choose a gaming station that will change after a time. This is a predetermined signal.

Students can organize the activity also in the form of tournament points, creating in the classroom teams, the draw of the matches and ranking.



5 minutes

COOL DOWN

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