

ATHLETIC DEVELOPMENT UPDATE

“Warm ups” Are we making the most out of these opportunities.

Dear parents and students

An integral part of a student’s sport and PE lesson is a well structured warm up, preparing the body and mind for subsequent activity as well as reducing injury likelihood. This is something we have spent a great deal of time focusing on within sport and PE and have successfully implemented a robust RAMP (Raise, Activate, Mobilise, Prepare) protocol over the last 2 years. This can provide rich opportunities for students to enhance several components of fitness within the session as well as develop leadership skills amongst classmates.

A student who takes part in 2 sports lessons a week and 1 other half sporting option will be experiencing around 30 minutes a week of structured warm ups. Last term this equated to a total of 6 hours. We would now like to identify how effective these warm ups are across multiple year groups by integrating some physical testing into the Lent Term sports programme.

Upon completion of these warm ups over the course of next term we shall then discuss our findings and look to implement an annual warm up programme for the 2021/22 academic school year.

We hope to keep you informed of our journey and how we are providing the students with a fun and challenging environment. The warm up can be seen below, ask your son to take you through it, and see what they can do!

Kind regards,

Mike Davies
Head of Athletic Development
Twitter: [@TheDonStrength](https://twitter.com/TheDonStrength)
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Movement

"SPARK Pt. 1"

Preparation

AIM: To physically prepare the body for subsequent exercise and develop physical strength and speed over the next 6 weeks.

EXERCISE	SETS X REPS	EXAMPLE	LANGUAGE / KEY POINTS
1 V 1 Mirror	2 x 15seconds		<ul style="list-style-type: none"> "Snap the string" "Push the floor away" 1 metre distance at all times
Down-up - Gauntlet Plant & Cuts	2 x 20m		<ul style="list-style-type: none"> Defender = side shuffle 5m (tag) Attacker = 1 V 1 1 x = turn & defend
Hopscotch Rebounds (return)	4 x Left, Right, Both X 2		<ul style="list-style-type: none"> "Head to the sky" Hip stacked over knee Knee to stay aligned with foot
Reverse lunge into Arabesque	1 x 4 es		<ul style="list-style-type: none"> "Soft Knee" Create a "T" shape Lunging into a single leg balance
Nordic into Power Push up	2 x 5 (Week 1-2) 2 x 6 (Week 3-4) 2 x 7 (Week 5-6)		<ul style="list-style-type: none"> "Slow & Low" straight torso "Push the floor away" with hands Resist with hamstring
Power Skips	2 x 10m		<ul style="list-style-type: none"> "Punch" arm drive "Tall like a tree" Chest, Knee & Toe to the sky
Rolling Bounds	2 x 20m		<ul style="list-style-type: none"> "Spring off the floor" Exaggerated run from moving Max height & distance
Pogo hops into Partner Jump & Bump into race	2 x 30m (Week 1-6)		<ul style="list-style-type: none"> Pogos "Pop" off the floor 1 person initiate "go" Max Jump, bump, land turn, race