

# Aerobics warm up!!

Equipment needed:            **Skipping Ropes**  
   **Cones**  
   **Ankle weights**

All seniors are to wear ankle weights for the following warm up activities

1.     *Run around the gym X3*
2.     *Skip for 2mins (in the gym)*
3.     **Lengths:**    *(in the gym)*

<b>Length one:</b>	<b>Length two:</b>
<i>Jogging</i>	<i>JOG BACK</i>
<i>Stretch jumps</i>	<i>JOG BACK</i>
<i>Flicks to front</i>	<i>JOG BACK</i>
<i>Step hops</i>	<i>JOG BACK</i>
<i>Chassé to front L</i>	<i>JOG BACK</i>
<i>Chassé to front R</i>	<i>JOG BACK</i>
<i>Running backwards</i>	<i>JOG BACK</i>
<i>Hopping L</i>	<i>JOG BACK</i>
<i>Hopping R</i>	<i>JOG BACK</i>
<i>Long stretch jumps</i>	<i>JOG BACK</i>
<i>Ponies</i>	<i>JOG BACK</i>
<i>Sprints</i>	<i>SPRINT BACK</i>

## Coach needs to remember:

**Stretch jumps:** *Arms must be up by ears, straight. Ankles stretched and glued together*

**Step hops:** *Arms must stay in third position (one arm straight to the front, other straight to the side) Arm in front is opposite to the leg bent. (R knee, L arm in front R arm to the side)*

**Chassé to front:** *Arms stay in third the whole time. Arm in front is opposite to the leg they are shacaeing with. (L Shacae, R arm in front L arm to side)*

**Chassé to side:** *Arms stay at a 180\* angle to the side*

**Hopping:** *Hands stay on hips the whole time*

**Long stretch jumps:** *Bend like they're skiing down hill (boobs on knees) arms swing back, jump forwards as far as you can while arms swing forwards together*

**Athletes can now get a drink, and move onto stretching**

# Stretching

*(Ask students to take their shoes off to stretch)*

## **Individual stretches**

- **Arm rotations:** *Forwards, backwards, cross in front, cross behind*
- *Washing machine*
- **Standing:** *touching toes feet together (hold for 15seconds)*
- **Standing:** *touching toes feet apart (hold for 15 seconds)*
- **Sitting:** *touching toes feet together (hold for 20 seconds)*
- **Sitting:** *touching reaching forwards feet apart (hold for 20seconds)*
- **Sitting:** *Frogs (hold for 15 seconds)*
- *Lying on tummy frogs (hold for 15seconds)*
- **On floor:** *Lunges Right into hamstring stretch (repeat 3 times)*
- *Lunges Left into hamstring stretch (repeat 3 times)*
- **On floor:** *Side lunge Right (hold for 10 seconds)*
- *Side lunge Left (hold for 10 seconds)*

## **Coach needs to remember**

*Please correct any incorrect posture while doing these stretches.*

**Partner stretches** - *Partner athletes up (hold all stretches for 10seconds)*

*Each take a turn at stretching one another, one pushes the other one down for the following stretches*

- **Sitting:** *touching toes feet together (hold for 20 seconds)*
- **Sitting:** *touching reaching forwards feet apart (hold for 20seconds)*
- **Sitting:** *Frogs (hold for 15 seconds) - The person stretching puts their feet on their partners knee, the other person pushes their knees down)*
- *Lying on tummy frogs (hold for 15seconds)*
- **Splits** *(these are compulsory and must be held for 10seconds minimum)*

**Right**

**Left**

**Straddle**

## **Coach needs to remember**

*Please correct any incorrect posture while doing these stretches.*

### **Splits:**

**Right and left:** *Athletes who are just about down need to hold splits 10 seconds without hands on the ground*

*Athletes who are completely down need to hold their splits on the chairs (this will hyper stretch them) they will hold it on the chair for the entire 20seconds) same rules apply for side splits!*

***Athletes can now start leaps***

## Leaps (JLP) (JUMPS, LEAPS):

*Athletes need to line up in one of the back corner; each must perform their leaps individually. They need to practice 3 of each:*

Leaps listed in **bold** are only recommended for senior athletes to train regularly

- *Tuck jump (step, jump together, both knees come up to chest, both arms in front, land with feet together)*
- *Split leap (Run, Run leap, arms have to be in third)*
- *Full turn (step, together, turn 360\*, land with feet together)*
- *Stag jump (Step, jump together, arms in third (opposite arm to opposite leg) land on the bent legs foot)*
- *Star jump (Step together, arms straight by ears)*
- ***Russian split leap*** (arms in third)
- ***Straddle jump*** (arms out straight in front, body forward, landing on both feet together)
- *Wolf (arms out in front, body must be down (chest on the leg that's straight) landing on two feet together)*
- ***Russian Wolf*** (arms out in front, body down, landing on two feet together)
- *Split jump (Step together, arms in third, land with feet together)*

***Athletes can now get another drink/bathroom if they need it***

## HOLDS STATIC STRENGTH (SS)

### Notes for coaches

**Spread your athletes out into lines, facing the mirrors. If there is more than one line, please position students in a (scattered) formation. (In the gaps of the people in front of them)**

*Students must attempt to hold their holds for up to 2 seconds*

*Get them to count out loud as they perform their holds “**UP- one, one thousand, two one thousand - DOWN**”*

*To make it fun, have competitions with the athletes to see who can hold their holds for the longest (this encourages them to try harder)*

**Students who are struggling to hold their holds** for up to 2 seconds need to attempt their hold with their bottom raised, feet remaining on the floor

Holds listed in **bold** are only recommended for senior athletes to train regularly

- 2 arm straddle press
- 2 arm pike press
- 2 arm tuck press
- **2 arm turning straddle 180\***
- **Split planche**
- 2 arm supported planche
- **V press Open**
- 2 arm side press

## **PUSH-UPS/BABY FREE-FALLS: DYNAMIC STRENGTH (DS)**

Holds listed in **bold** are only recommended for senior athletes to train regularly

- *2 arm full push-up*
- *2 arm full tricep push-up*
- ***2 arm hinge push-up***
- ***1 arm up push-up***
- ***Wenson pressed***
- *Two arm flying push-up*
- ***One arm flying push-up***
- ***Split push-up***
- ***2 arm circular tricep push-up (rock backwards first)***

## **PIVOTS/ FLEXIBILITY: FLEXIBILITY AND BALANCE (F/B)**

Flexibility moves listed in **bold** are only recommended for senior athletes to train regularly

- *Hitch kick*
- ***Hitch kick and hold (has to hold leg that kicks straight for two seconds, to the front only)***
- *Standing Fan Kick*
- *Floor splits (Left or right) (hands have to be off the ground)*
- ***High Leg Hold (left or right, hold for two seconds, can hold from the front or side)***
- *Needle Point (split line must be at 180\*)*
- ***Illusion***
- ***Pancake***
- *Side splits*
- *Sit through*
- ***Side lying side split***

***Athletes can now move on to compulsories***

## **Compulsories**

- *High kicks (Seniors do four, Novices do five)*
- *Stride jumps (Seniors do four, Novices do five)*
- *32 count compulsory combination (Novices only)*

***Immediately after the four jumping jacks have been completed, any combination of standing Aerobic Patterns and Movements are performed by the athlete.***

*This choreography has to last for 24 counts*

*You may choreograph movements for this phrase such as, knee lifts, leg kicks, lunges, grapevines, flick kicks, easy walks, leg curls)*

*It needs to have:*

- *Direction changes*
- *Arm line patterns*
- *Travelling*
- *High to medium level changes*

***Athletes may now move on to choreography!***