**Warm Ups**

Pulse raiser🡪 5 minutes on the bike

Stretches🡪Hold for 8-10 seconds/Gastrocnemius, Hamstrings etc.

Skill based activity🡪 1,2,3 game

Pulse Raiser -> 1 minute on treadmill (level 8)

Stretches -> Dynamic and static (calf, gastrocnemius, triceps, bicep, thigh, and hamstring)

Main activity -> 1-2-3 number game for a minute with a partner.

Pulse raiser – shuttle runs, 5 sets, fitness studio

Stretching – static, 8-10 seconds, biceps, triceps, hand string, quadriceps – specificity because they are the main muscles I will be using in the session.

Skill activity – sergeant major, two people to play, one person to call (attention, get ready, grab), equipment: tennis ball and cone, 5 minutes, improves reaction time

Pulse raiser – one lap of astro

Stretching – dynamic and static, 8-10 seconds, biceps, triceps, quadriceps, hand string, (lunges, high knees, heel flicks, side steps) specificity because they are the main muscles I will be using in the session, astro

Skill activity – dribbling through other people, equipment: football,

Pulse raiser (1 min jog)

Static and dynamic stretches (8 – 10 secs – calf, gastrocnemius, thigh, hamstring, triceps and bicep)

1-2-3 game with partner

**Cool Down**

Sprint to jog to walk

Stretching🡪 Hold for 30 seconds

Stretch muscles used

Pulse Lower -> Sprint – Jog – Walk

Stretches -> 30 seconds each – The muscles that have been used. Static.

Pulse dropper – sprint (100%), run (80%), jog (50%), trot (25%), walk (10%), continue if heart rate is still fast

Stretching – static, 30 seconds, biceps, triceps, hand string, quadriceps

Walk – settle muscles

Pulse dropper – sprint (100%), run (80%), jog (50%), trot (25%), walk (10%), continue if heart rate is still fast

Stretching – static, 30 seconds, Hamstrings/Gastronemius

Walk – to inside, settle muscles