



Physical Literacy - Session #5

Skill Focus	Value
Muscle, Bone and Joint Strength	Go Forward

Activity	Content	Time	Notes
Community Circle	<ul style="list-style-type: none"> • Call your life play - on a scale of 1-5 how are you feeling today? • What do you think of when you hear the word “strength”? • Can you name 3 strengthening exercises, and which muscles they strengthen? 	5 min	After the community circle questions, define goals of today’s session and explain today’s value: Go Forward
Warm-Up	<p>Movement: Arm Circles, Hip Circles, Backwards Shuffle, Plank walk-outs, A Skips, B Skips</p> <p>Activation: Glute Bridge, Leg Swings Side to Side, Single Leg Deadlift Walk, Plank step outs, Cross Chops</p>	5 min	10 reps or 10 second holds for each exercise
Skill Session	<ul style="list-style-type: none"> • Full Body – Burpee with a push up and jump – 5 reps • Chest and Shoulders – Push up variation of choice: hands or feet raised, wide or narrow grip - 10 reps • Back – Reverse Angels - 12 reps • Quads – Bodyweight Squat - 15 reps • Hamstrings/Glutes – Glute Bridges – 15 reps • Calves – Calf Raises – 25 reps 	25 min	<p>Will need to demo proper form for most of these at beginning.</p> <p>Rest 1min in between sets, aim for a total of 3 sets.</p> <p>Ask for input on RPE between sets 2 and 3.</p>
Cool Down	<ul style="list-style-type: none"> • Arm Across Body Shoulder Stretch • Bent Arm Behind Head Triceps Stretch • Ear to Shoulder Neck Stretch • Interlocked Fingers Above Head Shoulder Stretch • Step Forward Hamstring Stretch • Side Lunge Hip Stretch 	5 min	<p>Walking cool down - Hold each for 10s, repeat 2x each side</p> <p>At the end, ask students to lay on their backs and close their eyes for 1min while focusing on their breathing.</p>
Community Circle	<ul style="list-style-type: none"> • Call your life play - on a scale of 1-5 how are you feeling after this session? • Compared to other modes of fitness how do you find training for strength? • Was there a particular muscle group that you found weaker or stronger than others? How will you address this moving forward? • What do you think it means to have a strong mind? 	5 min	<p>Pair up based on shirt color and pair share for these questions.</p> <p>Come back and ask for volunteers to share answers to final question.</p>