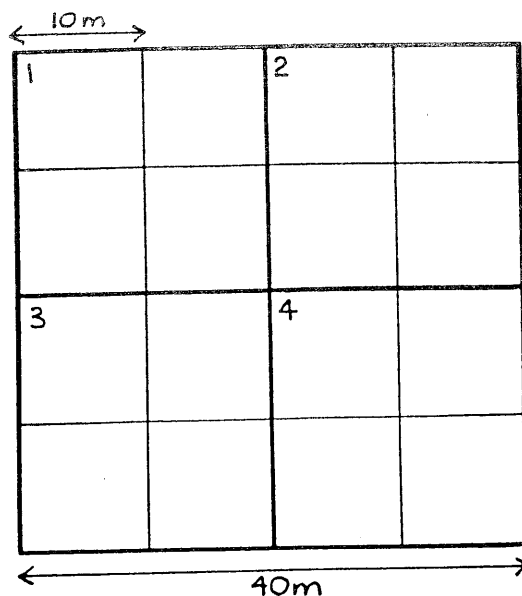


# Using Grids

**On using grids — (an effective way of organising groups)**

*You could use the grid shown in the following ways ...*

1. One participant in each 10 metre x 10 metre grid (e.g. to practise dribbling in basketball).
2. Two participants in each 10 metre x 20 metre grid (e.g. to practise dribbling and dodging).
3. Four participants in each 20 metre x 20 metre grid (e.g. to practise keeping the ball up in volleyball).
4. Twelve participants in each 40 metre x 40 metre grid (e.g. to play six-a-side RooBall).



## Important Points

**When giving instructions**

1. Be enthusiastic.
2. Make your instructions clear and simple.
3. Say what you want to say without too much waffle.
4. Speak loud enough so everyone can hear.
5. Speak slowly.
6. Speak clearly.
7. Make your voice interesting.

## Demonstrations

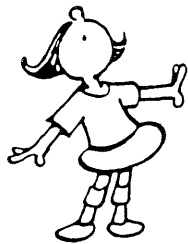
**Physically perform what you would like the children to perform, or use a competent student to demonstrate.**

1. You should demonstrate when:
  - Showing a new skill
  - Improving an old skill
  - Showing a new practice
2. Demonstrate slowly at first.
3. Explain how the skill you are demonstrating is part of the game.
4. Don't give too much information at once.
5. Be sure everybody can see your demonstration.



## The ideal warm up will

- raise the body temperature
- result in the pulse rising between 10-30 beats per minute above resting heart rate
- include low intensity exercises which allow full range of motion movements
- be low impact
- be rhythmic and continuous
- move from general to specific muscle groups
- include stretching of major muscle groups to be used in the lesson
- last for approximately eight minutes



## Do not bounce

- move for five minutes
- do one stretch, or the same on both sides of the body
- do another moving activity
- do one stretch



## Do not use the following exercises for stretching

- neck rotations or backwards moves
- side moves/stretchers without support
- any hyperflexion of the back, eg. upside down bridge, rocking on the stomach
- hurdle position for sitting (one leg out in front, one bent behind so heel is against buttock)
- standing straight legged toe touch
- sitting with both legs straight out in front - apart or together

## Some ideas for warm up

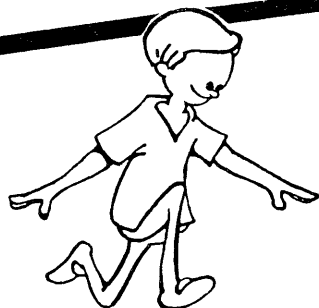
- Follow the leader - have the children follow your movements (use some of the ones suggested under consideration 3). You could do this to music or move around the playground - stepping over low benches, reaching up to touch leaves etc.
- Simon says - make sure you do not use the elimination part of this game.
- Low impact, low intensity circle games such as a slow version of the Chicken Dance.



# Warming Down

## Why?

- Body temperature and heart rate decrease slowly
- Helps clear the lactic acid build up in muscles (lactic acid contributes to muscle soreness)
- Muscles need to be stretched out after contracting continually during the session
- Helps relaxation.



## The ideal warm down will

- decrease the body temperature and heart rate
- include low intensity exercises which allow full range of motion movements
- be low impact
- be rhythmic and continuous
- include stretching of major muscle groups used in the lesson
- include a relaxation activity
- last for approximately eight minutes

## Considerations

1. Make it fun but not too active
  - choose activities that will not get the group excited
2. DON'T use competition
  - these encourage short bursts of intense movements not allowing the muscles to warm down
3. Use exercises that
  - decrease the heart rate and temperature slowly - rhythmical and at least for three minutes
  - are low intensity - similar to warm up but less intense over time
  - are low impact - gentle movements that do not stress the joints
  - lengthen muscles and encourage movement
  - use a full range of motion - marching, knee lifts, shoulder rolls, reaching for the sky.
4. Stretch the major muscle groups.  
**Stretches should:**
  - be STATIC (not moving)
  - be HELD (for approximately ten seconds)
  - not HURT (tension, not pain)
  - after three minutes of warm down
  - only use stretches - not other activity
  - should last five minutes - with relaxation

## Some ideas for warm down

- see the warm up section for active movement ideas
- stretching can be done alone or with a partner
- relaxation activities include breathing deeply, slowly tightening muscles and letting them relax, stretching the whole body, letting it relax - these can be done standing or lying down.



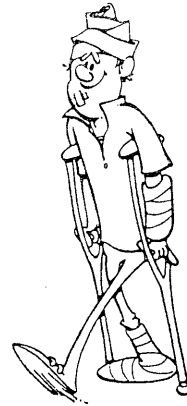
# Avoid Injuries

---

1. Choose a smooth safe surface on which to work.
2. Pick up unused and spare equipment and place it out of the way.
3. Let the children have a drink if it's really hot.
4. Make sure all the equipment is safe to use.

## If an injury happens — stay calm

If an injury does occur, send another participant for the co-ordinator. You stay with, and reassure, the injured participant.



# Special Note

---

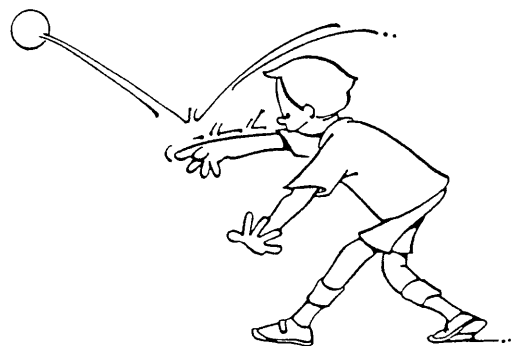
Some children will only want to play the game and not practise.

Don't fall into the trap of not teaching the skills. You're not there to entertain the children, but to teach them new skills, in a fun way!

*Remember:*

1. Use a variety of drills.
2. Make the skill practice relevant to the sport you are teaching.
3. Repeat the skills to make sure the children get better at them.

Play without practice could make them *better at doing things badly!*



# Warm up and warm down

## Introduction

These are two important components of any sport session which tend to be overlooked in many circumstances.

The nature of Sportsfun has meant that the warm up/warm down does not always receive the full attention it deserves. With children often being very active while waiting for leaders to arrive, and with only 30 minutes of activity time available for each session before the children leave, it is easy to overlook the importance of these areas.

Dr Suzanne Dyer, of Macquarie University, has compiled the following thoughts on warm up/warm down for use both in Sportsfun and any other situation when taking a group for physical activity.

Feel free to discuss this with your Physical Education teacher, coach or anyone else that might use these ideas.

## Warming Up

### Why?

Helps prevent injury by raising the temperature in muscles and increasing circulation around joints;

Increases oxygen delivery to the muscles so that it is available for more vigorous activity;

Encourages muscles to contract, faster and stronger;

Improves coordination.

*NOTE: The goal of a warm up is to raise the heart rate slightly, and more importantly to raise the body temperature to a light perspiration level. The muscles are the key to this as they provide the means for producing heat. So, movement of the major muscle groups is the key to warming up.*



## Considerations

1. Make it fun
  - this sets the tone for the lesson
2. Don't use competition
  - these encourage short bursts of intense movements, not allowing muscles to warm up slowly
3. Use exercises that are:
  - low intensity -
    - marching, fast walking, gentle jogging, side stepping, heel to bottom stepping, heel to front of knee stepping, stepping behind, shoulder rolls, reaching for the sky, elbows apart and together
  - low impact -
    - as mentioned above
    - **avoid** - running, jumping, hopping, dodging, hard throwing, bunny hops
  - continuous -
    - **avoid** stop start (like dog and bone) activities
4. Start with general, short muscle movements and build up to specific and longer movements, eg walk, knee ups, leg lifts, swing arms (while walking), reach for the sky, shoulder rolls.
5. Stretch major muscle groups to be used, eg if you are concentrating on throwing, make sure you stretch the upper body particularly well.

### Stretches should:

- be **STATIC** (not moving)
- be **HELD** (for approximately 10 seconds)
- NOT HURT** (tension, not pain)
- DONE AFTER FIVE MINUTES** (when muscles and joints are warm)