

# Program Overview

## Warm up Games & Circuits

It is essential to provide an active warm up to all sessions to help prepare the body and the mind for more strenuous activity. In addition to helping reduce the risk of injury, it also increases overall exercise performance and helps all participants ease into further activity in a fun and active environment. Circuit activities focus on developing the power and skill to repetitively perform important core actions.

## Skill Development

The intention of skill development sessions are to develop the participants confidence and competence to participate in sport. The activities in this section particularly support participants in developing their running, jumping and throwing. As Athletics is a foundation sport, developing these skills also builds the competence for teenagers to participate in a wide variety of individual and team sports including football, basketball, baseball and more.

## Cardio Development

The purpose of cardio development is to increase endurance fitness and develop the skill of pacing. When a participant's cardio ability increases they feel more confident about participating in all sports. Activities in this section help disguise the normal act of long distance running by providing interesting and fun alternatives that encourage participants to think about developing their skills and supporting their team. This provides the long-term outcome of building a strong base of fitness that participants will be able to use for the rest of their lives.

## Wrap up

The purpose of wrap up is to check in with participants while doing some basic stretches. Ask what they enjoyed, what they learned and give them an overview of what is coming up in the next session.