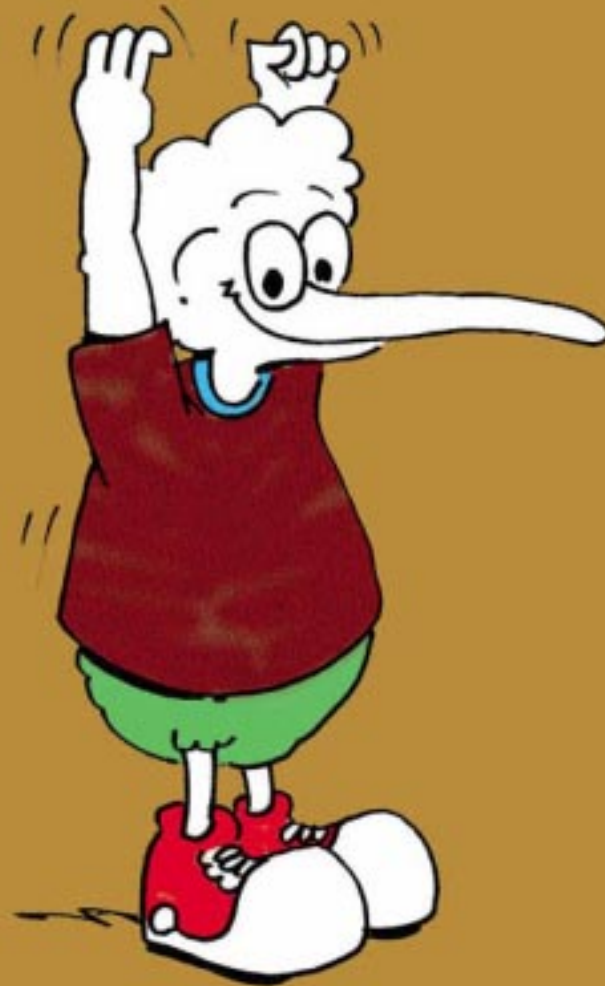


Conclusion



CONCLUSION

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Conclusion

Exercise sessions should be concluded in a positive way by spending a little time to round off.

Conclusion time can be used for several purposes:

1. To cool down and return the heart rate to normal.
2. To perform flexibility exercises while muscles are warm.
3. To relax the children.
4. To review points from the lesson.

Cool Down

Cooling down is the reverse of warming up and is intended to assist the body to return to its normal resting state.

Activity should be continued but at a lower intensity – very light jogging, walking, walking on the spot, stepping from side to side – gentle rhythmic arm circles and swings could be included. Quiet, gentle background music is appropriate.

Concentrate on breathing. By the end of the cool down all children should be breathing normally.

Older children can be taught to monitor their pulse rate.

Stretching

Stretching is a valuable part of the conclusion.

Children of all ages can be taught correct stretching techniques.

Take the time at the beginning of each year to show children the basic stretches and discuss with them the benefits of stretching which are:

- Increased flexibility of muscles and joints.
- Increased range of motion of joints.
- Helps co-ordination by allowing freer and easier movement.
- Helps prevent injuries such as muscle strains and pulls.
- Helps develop body awareness.

CONCLUSION

Sleeping Cats

 ALL AGES

EQUIPMENT

None

AREA

Any

FORMATION

Free spacing.



INSTRUCTIONS

- Ask children to demonstrate how a cat might sleep in the sun or in front of the fire.
- Have children slowly wake and stretch.

VARIATIONS

1. Have the cat change positions and go back to sleep – then stretch again.
2. Have children lie in their favourite sleeping position then slowly stretch each limb in turn – move slowly to a sitting position, then to a standing position and stretch.

TEACHING POINT

Not a suitable activity if the ground is wet.

FOCUS ON

- Physical – Return of breathing to normal. Relaxation.
Other – Quietening. Imagination.

Stretching Shapes

 ALL AGES

EQUIPMENT

None

AREA

Any

FORMATION

Free spacing.



INSTRUCTIONS

- Teacher nominates a shape – children give their interpretation of that shape.
- Have children hold each shape for 5-10 seconds.
- Make the shapes or examples appropriate for that age level.
- Examples
short like a ball
long like a banana
wide like the letter 'T'
curved like the letter 'S'
twisted like an ice cream
round like a lollipop

VARIATIONS

1. Have children in pairs or threes – each group works together to make the shape suggested.
2. Counted Stretch: Children lie or crouch in a compact shape. Teacher counts slowly from 1 to 10 – children have 10 seconds to uncurl and finish in an extended position with arms overhead and on tip toes.
 - Begin standing on tip toes with arms extended overhead, and take the 10 second count to move into a tight curled position low to or on the ground.

TEACHING POINT

Have children extend their stretch fully, movements should all be slow and controlled.

FOCUS ON

- Physical – Return of breathing to normal.
Other – Imagination. Creativity.



CONCLUSION

Arm Swing

 ALL AGES

EQUIPMENT

None

AREA

Any

FORMATION

Free spacing.



INSTRUCTIONS

- Stand with feet apart and knees slightly bent.
- Swing both arms relaxed across body and upwards at shoulder height – body twists in the direction of the swing.
- Swing both arms relaxed down in front of body then up to the other side.

VARIATIONS

1. Swing one arm in a curve across body and back then swing the other arm.
2. Stretch both arms above head and gently wave arms from side to side, keeping arms straight and close to the side of head.
3. Butterfly Swing: Swing both arms from above head – down to the ground and up behind body – swing arms forward again. Knees bend on the down swing then straighten as arms go behind body – knees bend again as the arms are brought forward again.

FOCUS ON

Physical – Return of breathing to normal. Practice of non locomotor activities such as stretching and twisting.

Circle and Roll

 ALL AGES

EQUIPMENT

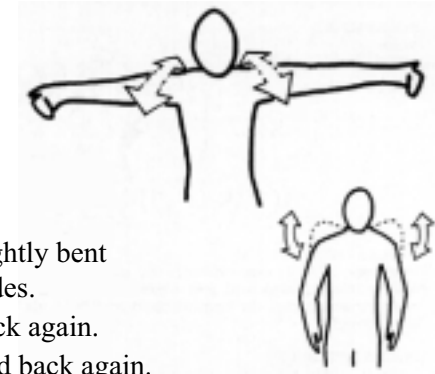
None

AREA

Any

FORMATION

Free spacing.



INSTRUCTIONS

- Stand with feet apart knees slightly bent – both arms extended out to sides.
- Roll one arm forwards then back again.
- Roll the other arm forwards and back again.
- Roll both forward then back.
- Drop arms down beside body.
- Lift both shoulders upwards to touch ears, then push them down.
- Lift one shoulder up and down – then the other shoulder up and down.
- Circle both arms relaxed across the body – circle forwards and backwards.

VARIATION

In pairs facing each other – one person is the leader. Leader lifts shoulders in combinations of single and doubles; forward and back, up and down – partner follows. Change over.

TEACHING POINT

- Emphasise movement of the shoulders, not the neck.

FOCUS ON

Physical – Return of breathing to normal. Shoulder flexibility.

CONCLUSION

Surrounded

 MIDDLE/SENIOR

EQUIPMENT

None

AREA

Any



FORMATION

In groups of 5-7, one child in the centre who stands straight with arms at sides and feet together. Other children form a close circle around the centre child and hold both hands up at chest height.

INSTRUCTIONS

- Middle child leans forward, backwards or to the side and is gently pushed back into the centre by the other children.
- Change the middle person after several pushes.

VARIATIONS

Children in threes standing in a line with the two children facing the middle child – middle child leans backwards or forwards and is caught and gently pushed to the back to the centre.

TEACHING POINTS

- Care is needed with this activity with very tall or heavy children – make sure the others in the group are big enough to support them.

FOCUS ON

- Physical – Return of breathing to normal. Arm and shoulder strength.
- Other – Learning to “trust” others.

Statues/Mirrors

 ALL AGES

EQUIPMENT

None

AREA

Any

FORMATION

Children in twos – one person is the statue, the other is the sculptor.

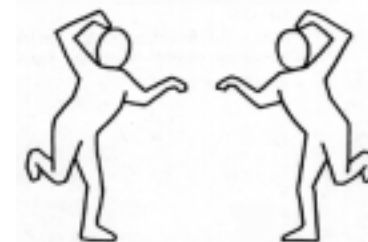


INSTRUCTIONS

- The sculptor has a time limit (1 minute maximum) to arrange the statue into a pose or shape which they must hold.
- Change over.

VARIATIONS

1. Same as above but once the sculptor has arranged the statue he tries to put himself into the same position.
2. In threes – the third person is the twin and tries to copy the shape on their own.
3. In threes – one sculptor arranges both children into a complimentary shape.
4. Mirrors: In pairs facing each other.
 - One partner leads with slow motion movements of arms or legs or both.
 - Other partner mirrors the movement change over after 1-2 minutes.
 - Partners may move about.



TEACHING POINT

- Encourage creativity.
- All movements should be slow and rhythmical.

FOCUS ON

- Physical – General cooling. Return of breathing to normal. Body awareness.
- Other – Quietening.

CONCLUSION

Knots

 ALL AGES

EQUIPMENT

None

AREA

Any

FORMATION

Groups of 7-9 children in a circle.

INSTRUCTIONS

- All children hold out their left hands and take hold of the left hand of someone else in the group but not the person beside them.
- All children hold out right hands and take hold of the right hand of someone else – NOT their neighbour and NOT the person whose left hand they are holding.
- Without letting go of their hands children attempt to unknot themselves by going over, around and under each other.

VARIATION

Have a whole class knot – this may take a long time to untangle.

TEACHING POINT

- A great co-operative activity that is quiet and settles children well.

FOCUS ON

Physical – General cooling. Return of breathing to normal.
Other – Problem solving. Co-operation.

Lap Sit

 ALL AGES

EQUIPMENT

None

AREA

Any



FORMATION

Whole class in a tight, close circle with everyone facing the same direction.

INSTRUCTIONS

- Children hold the waist of the person in front and position themselves so their knees are directly behind the bottom of the person in front.
- When everyone is ready teacher calls “1 2 3 sit down please”.
- If the sit in collapses TRY AGAIN.

VARIATION

In pairs facing each other – hold hands – bend knees and both assume a sitting position – leaning backwards slightly and pulling on each others arms.

TEACHING POINT

- Perseverance!

FOCUS ON

Physical – General cooling. Return of breathing to normal.
Other – Problem solving, building class spirit!

CONCLUSION

Squeeze It

 ALL AGES

EQUIPMENT

None

AREA

Any

FORMATION

Whole class or small groups.



INSTRUCTIONS

- Class sits in a circle all holding hands.
- One person begins and squeezes the hand of one neighbour to the left or the right.
- As the second person feels the squeeze she passes it on in the same direction to her neighbour around the circle.
- Continue until the squeeze has gone right around the circle.
- Repeat but pass the squeeze in the other direction.

VARIATIONS

1. Same as above but have everyone close their eyes.
2. Same as above but the squeeze can change direction – to the left or right.

TEACHING POINT

- An excellent quietening down activity.

FOCUS ON

- | | | |
|----------|---|-----------------------------------|
| Physical | – | Return of breathing to normal. |
| Other | – | Settling and quietening activity. |

Stretching

- Stretch after the initial warm up or at the end of the session.
- **Stretch slowly and gradually to a comfortable tightening no bouncing.**
- Hold the stretch for 5-10 seconds.
- **Relax and repeat once or twice more.**
- Check that the body positions are correct.
- **Stretch both sides.**

LOWER BACK AND BUTTOCK STRETCHES

5-10 seconds each leg.

Keep lower back flat.
The stretch is felt in the buttock of the leg that is bent and the hamstring of straight leg.



5-10 seconds each side.

Roll over gently. Keep shoulders flat



Hold the position.

Hold for 10 seconds.
Relax 5 seconds. Repeat.

ARM AND SHOULDER STRETCHES



Pushup 5-10 seconds.
Two times.



5-10 seconds



5-10 seconds.
Each arm.

CONCLUSION

LEG AND GROIN STRETCHES

5-10 seconds



5-10 seconds.
Each leg.
Gently behind
the knee.

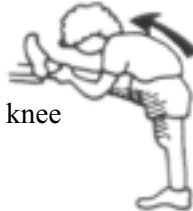
20 seconds.
Each leg. A
gentle pull
until it feels
comfortable.



30 seconds.
Gently push
down.



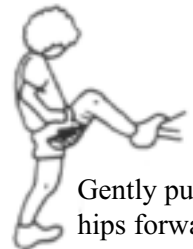
20 seconds, each leg. Gently
push the hips down.



Hold – bend the knee
if necessary.



Push the upper
leg down.



Gently push
hips forward.

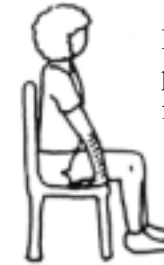


Gently pull the
leg back.

STRETCHES WHILE SITTING



Gently lean
forward as far as
possible.



Palms flat, gently
push wrists
forward.



Hold a doorway/
handle and rotate
gently in opposite
direction.



Clasp palms,
reverse, then push
forward, at
shoulder height.

Hold the elbow
and pull gently.



Use towel or dowel.
Start at front of body
and bring up/over/
down shoulders.



Push the shoulder
blades together.



Gently pull the
knee to the chest.



Gently rotate
the ankle both
directions; both
feet.

CONCLUSION

EXERCISING IN WATER

Many Primary and Intermediate schools start each year with an intensive swimming programme. This can double as a Daily Exercise Programme.

Many of the activities in the manual are easily adapted for the water e.g.

Tagging games

Partner activities such as pumping and sawing

Dodge and Mark

Here There Where

In the Pond

What's the time Mr Wolf

Shoulder push

Hoppo

Blob Tag

Follow the Leader

Over and Under Relay

Fireman's Bucket

Partner Lift

Other Activities:

- Stretching in the water
- Running and walking widths or lengths
- Kicking with a float board
- Jumping up and down
- Circuit exercises to music, such as twisting, astride jumps, knee lifts.

Many other ideas can be found in the Daily Fitness Cards sponsored by the National Heart Foundation.

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