



# Stay Active!

Community Home Training Suggestions

**FOR AGES 8-11**

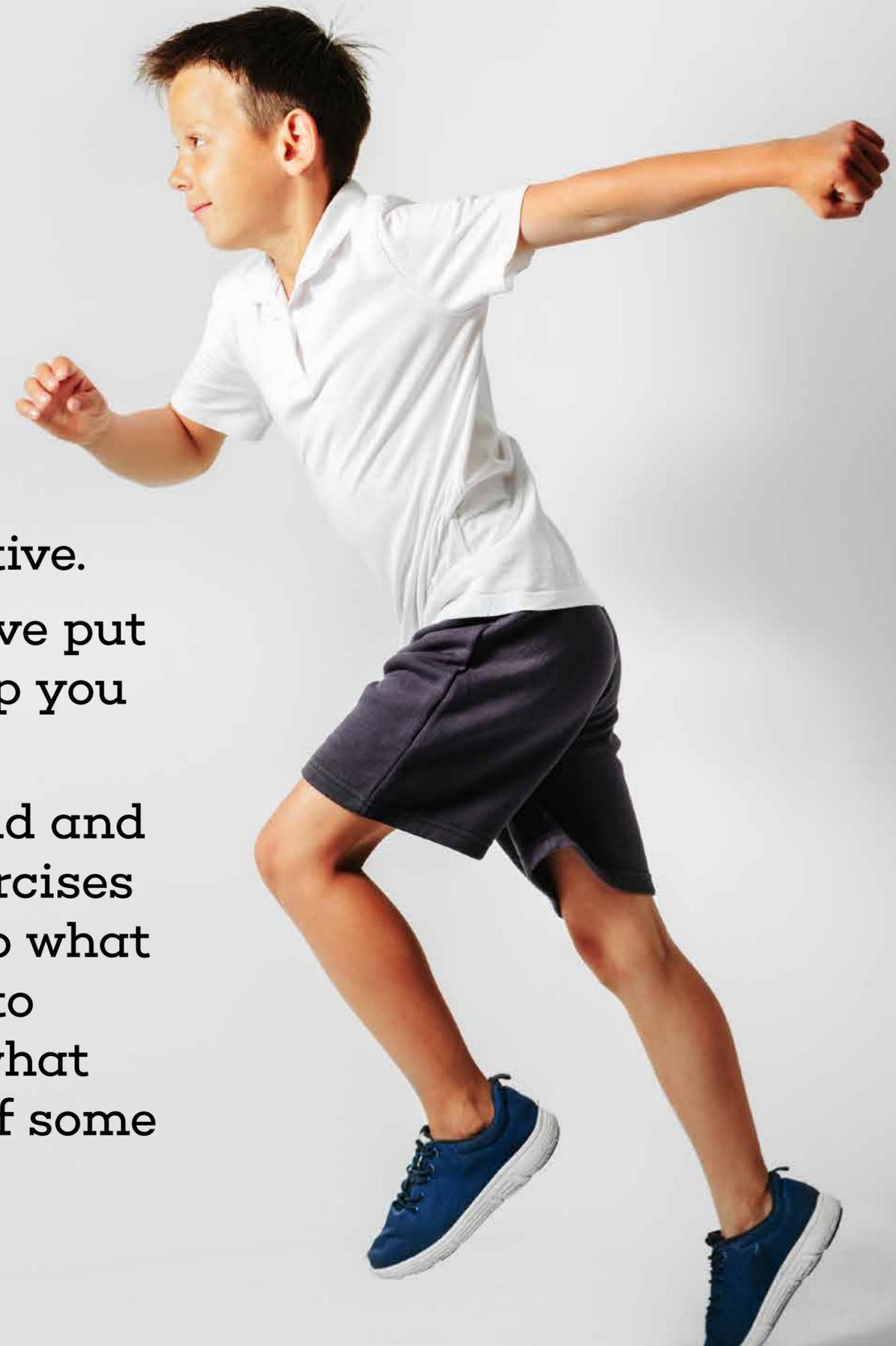
**PLEASE ENSURE THAT ALL SESSIONS ARE SUPERVISED BY A RESPONSIBLE ADULT**

# For Parents:

Whilst adhering to all current government COVID-19 procedures it is important for your child to stay physically and mentally active.

The WRU's physical performance department have put together this guide of training suggestions to help you do just that.

Exercise with children should be fun, for both child and parent. Use the timings as a guide on certain exercises in relation to ability and don't be afraid to alter to what you think is best. A nice idea is to get your child to be interactive, give them a choice sometimes of what exercises they want to do and if they can think of some new ones.



# PLEASE ENSURE THAT ALL SESSIONS ARE SUPERVISED BY A RESPONSIBLE ADULT

This document contains sessions that can be completed at home to help your child stay fit and active.



PLEASE FOLLOW ALL CURRENT GUIDELINES WITH REGARDS TO COVID-19 AND LOCKDOWN PROCEDURES. IF IT IS POSSIBLE TO TRAIN ON A PITCH WITH A MEMBER OF YOUR HOUSEHOLD WITH YOU FOR ANY RUNNING SESSIONS THEN DO SO.

## WARM UP

Warm up correctly and thoroughly – get your child to select 3-4 exercises from the circuit pages and do these at a low intensity as a warm up.



## HYDRATION

Make sure you have a bottle of water to hand at all times



## COOL DOWN

Ensure you stretch post-session for 5-10 minutes



## NUTRITION

Follow the nutritional advice to make sure you repair, recover and recharge your body



## CAUTION

If you start to feel any abnormal pain/discomfort/chest pain then stop immediately



## CAUTION

If you have any pre-existing injuries then either modify or choose a different exercise from the prescribed exercise list



## CAUTION

This programme would not be recommended if you are currently taking any prescribed medication.



## DISCLAIMER

This document is meant to be an information guide only and contains suggestions for exercises that you may find helpful and nutrition options for you to consider. You should only attempt to undertake any of the exercises if you are in good physical condition and are able to participate in exercise – you are strongly recommended to consult with your Doctor before commencing any exercise programme.

When participating in any exercise or exercise programme, there is a possibility of physical injury or damage to property. If you undertake any of the exercises included in this information guide, you do so voluntarily and at your own risk. The Welsh Rugby Union will not accept and you hereby waive and discharge the Welsh Rugby Union and anyone acting on its behalf from any and all claims or liability arising out of any injury suffered or damage caused to you or your property.

# Kids Circuit Session 1

Work for 15s on each exercise with 30s rest between. 1 set is 10 exercises. Take 2 minutes between sets. Perform 2-3 sets. If not sure of exercises, please look on the internet for videos of them.



## 1. BALANCE ON ONE LEG

Standing as still as you can with one foot off the ground



## 2. CATCHING BALL

Throw a ball to each other



## 3. RUNNING SHUTTLE

Mark cones/cushions roughly 2-10m apart (depending on space). Shuttle run between the cones



## 4. BALL THROW

Throw the ball in the air and catch as many times as possible in the time



## 5. BALL THROW IN BUCKET

Throw ball in bucket and run to get it and back to starting spot.



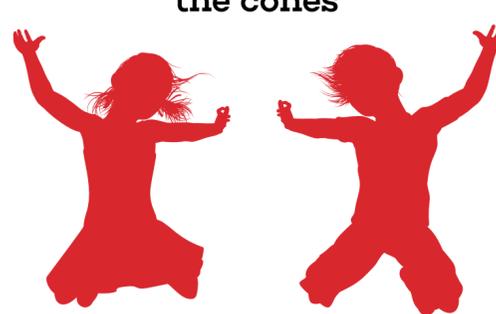
## 6. HOP ON ONE LEG

Try to hop and land in the same place for the whole time period



## 7. BOXING AGAINST A PILLOW

Punch as fast as you can against a pillow



## 8. JUMPING FOR DISTANCE

Long jump as far as you can from one spot. Run back to spot and jump again



## 9. PUNCHES IN THE SKY

Punch as fast as you can up to the sky



## 10. PLANK

Hold a plank position for the time period

# Kids Circuit Session 2

Work for 15s on each exercise with 30s rest between. 1 set is 10 exercises. Take 2 minutes between sets. Perform 2-3 sets. If not sure of exercises, please look on the internet for videos of them.



## 1. BURPEES

Start in a standing position. Move down to a press up position. Then back to a standing position and jump as high as you can



## 2. STAR JUMPS

Start in a standing position with arms down by your side. Jump, moving your legs out and arms up. Then jump back to a standing position



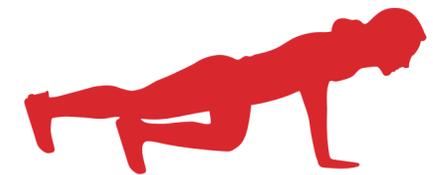
## 3. HIGH KNEES ON SPOT

Run on the spot, trying to get your knees as high as possible



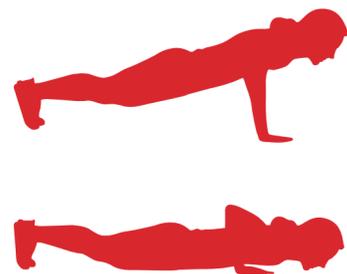
## 4. TUCK JUMPS

Jump in the air as high as you can, whilst pulling your knees up to your chest



## 5. MOUNTAIN CLIMBERS

Start in a plank position with straight arms. Drive alternate knees up to your chest as quickly as you can



## 6. PRESS UPS

Starting in a plank position with straight arms. Lower your upper body down by flexing your elbows. Then push yourself back up



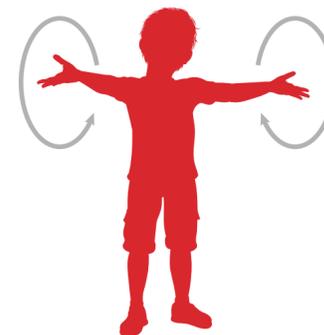
## 7. WALL SIT

Stand flat against the wall. Lower down by bending your knees to roughly a 90 degree angle. Hold this position for the time period



## 8. SIT UPS

Lie on back with legs bent and hands on thighs. Flex stomach by moving arms up your thighs till they touch your knees



## 9. ARM CIRCLES

Stand with arms straight out to the side in line with your shoulders. Make circle shapes with arms



## 10. SPEED SKATERS

Jump from side to side, moving back leg behind standing leg