

The Gymrun Fitness Curriculum Example



Building Fitter Futures.

We can push ourselves further. We always have more to give.

Simone Biles.

Contents Page.

| | |
|-----------------------------------|----|
| Direction, inclusion and purpose | 6 |
| Session delivery notes | 7 |
| Fitness Focus – Sessions 1-10 | 8 |
| Gymnastics Focus – Sessions 11-20 | 18 |
| Run pacing times | 28 |
| Athletics Focus – Sessions 21-30 | 29 |
| A simple physical framework | 40 |

Direction, inclusion and purpose.

The Gymrun Fitness Curriculum is underpinned by the **Gymrun Five Challenges** and **eight badge award system**. The red badge is the first (and easiest) stage.



Session delivery notes.

- Children work individually or in pairs on 6-7 functional exercises
- We recommend **2 x 30-45 seconds** for Gym and **3 minutes** for Run exercises
- For each exercise there is an easier and a harder version
- The focus is on **quality of movement** and **maximising activity time**

Example Session

Gymrun Fitness Curriculum – Fitness Focus Session 1.

| Exercise | Focus | Teaching Points | Easier | Harder |
|------------------|-----------------------|--|---------------------------------------|--|
| Vertical Jumping | Speed Agility | <ul style="list-style-type: none"> - Feet hip width apart. Balls of feet. Head still. - Push from bent ankles only. Then bent knees. Then bent hips. - Firm legs at take-off. Swing arms upwards. | Reduce speed/height of jumps. | Increase speed/height of jumps. |
| Get Ups | Core Stability | <ul style="list-style-type: none"> - Lie on back. - Sit up pushing off the floor with one hand only. - Stand up. Reach up. | Use both hands to push off the floor. | No hands. Both hands above head. On one leg. |
| Plank Twists | Arm Strength | <ul style="list-style-type: none"> - Front Support position. - Body in straight line. Core engaged. Lift alternate hands. - Swing alternating straight arms upwards. Allow body rotation. | Drop one knee to the floor. | Bend elbows towards Press Up. |
| Squats | Leg Strength | <ul style="list-style-type: none"> - Chest/head up. Bottom out. Core engaged. - Bend ankles, knees, hips. - Pause when hips are below knees. Return to standing. | Perform against a wall. | 2-3 second hold at bottom. Partner Squats. |
| Front Support | Balance | <ul style="list-style-type: none"> - Lie on front. Hands under shoulders. - Push upwards until arms locked. Feet hip width apart. - Body in straight line. Core engaged. | One knee touching floor. | Lift one leg. Lift one arm. |
| Kneel & Reach | Flexibility | <ul style="list-style-type: none"> - Kneel down and sit on ankles. - Lower chest to between knees. - Reach forwards with both arms. | Reduce range of movement. | Extend arms forwards. Lower chest. |
| 1 + 2 Minute Run | Stamina | <ul style="list-style-type: none"> - 1 minute in gear 3/6. Short rest. 2 minutes in gear 3/6. - Run tall. Core engaged. - Relaxed shoulders. | Lower gear. | Higher gear. Maintain pace throughout. |

A simple physical framework.

- Combining functional **bodyweight exercises** and **short periods of running**
- Building speed, agility, core stability, arm strength, leg strength, balance, flexibility and stamina in every session
- Learning basic movements within **Fitness, Gymnastics and Athletics**