

The Gymrun Curriculum



Building Fitter Futures.

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

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Direction, inclusion and purpose.

The Gymrun **Curriculum** is underpinned by the Gymrun **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 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 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**