



SuperTots

SPORTS ACADEMY®



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Lesson #3: Strength

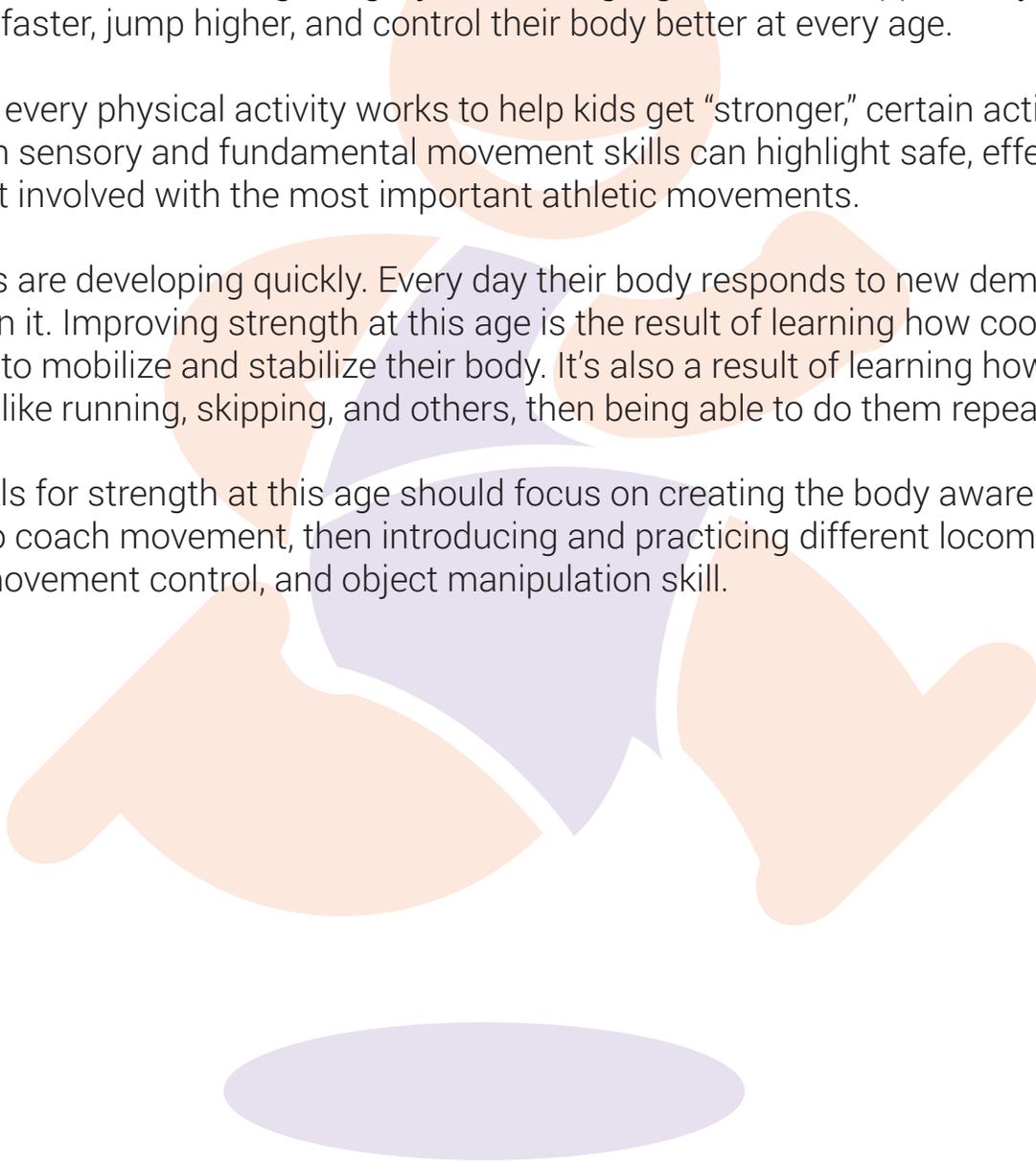
Introduction to Strength for 3-5-Year-Olds

Our focus in today's "Stay Active with SuperTots!" lesson is all about building strength. Strength sets the foundation for a young athlete's ability to perform their best while decreasing their likelihood for getting injured. Strong legs, core, and upper body muscles help athletes run faster, jump higher, and control their body better at every age.

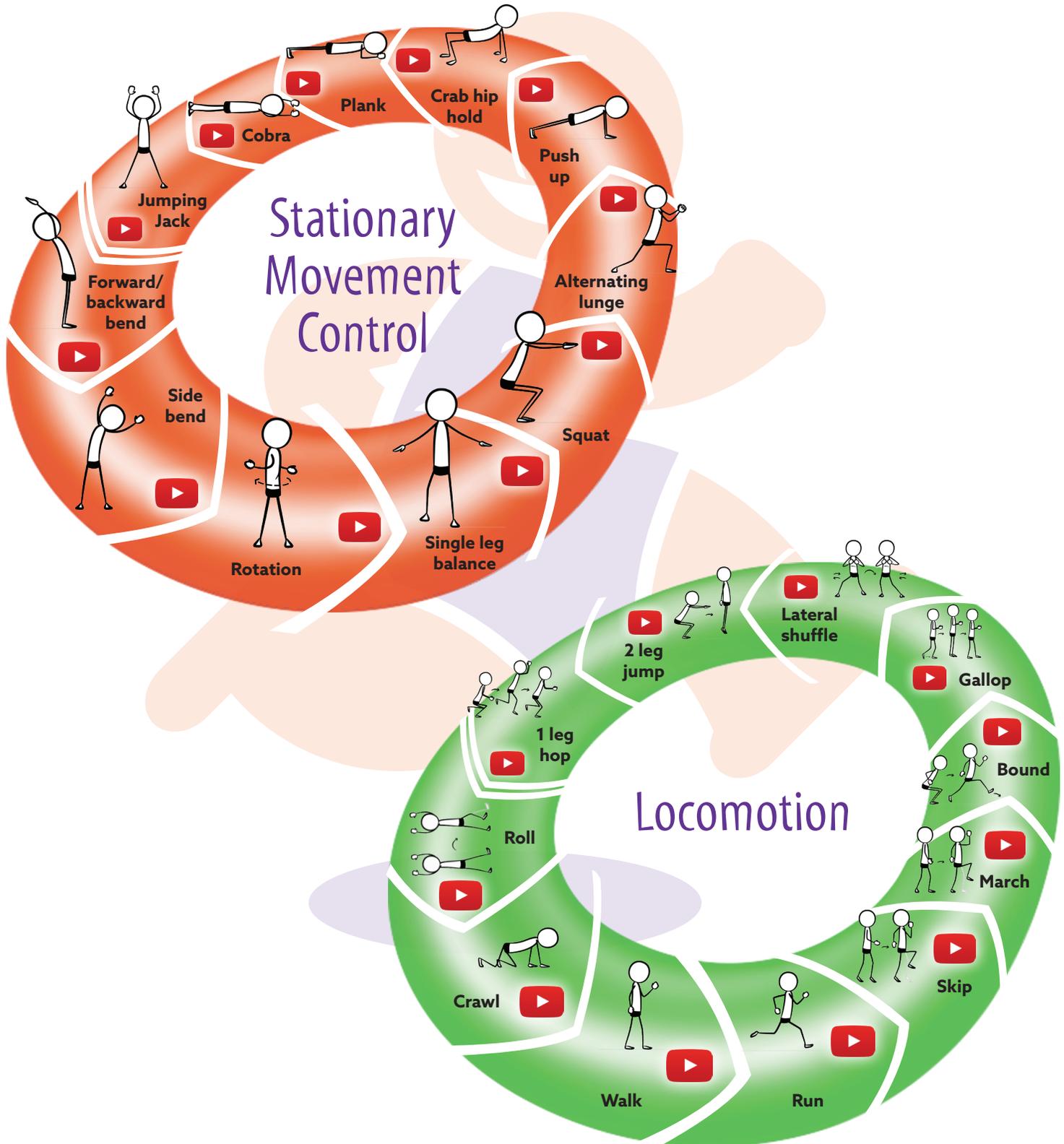
While nearly every physical activity works to help kids get "stronger," certain activities involved with sensory and fundamental movement skills can highlight safe, effective strength development involved with the most important athletic movements.

3-5-year-olds are developing quickly. Every day their body responds to new demands that are placed on it. Improving strength at this age is the result of learning how coordinate movements to mobilize and stabilize their body. It's also a result of learning how to do movements like running, skipping, and others, then being able to do them repeatedly.

Training goals for strength at this age should focus on creating the body awareness necessary to coach movement, then introducing and practicing different locomotion, stationary movement control, and object manipulation skill.



FUNDAMENTAL MOVEMENT SKILLS



Dynamic Warm Up (5 Minutes)

<p>Movement Words</p> <p>Begin by calling out movement-based words and have the children do that movement for about 10 seconds. These do not have to be specific skills; they can be abstract movement skills like “fly” or “slither”. Have fun and be creative! There are no “wrong” ways to move here! Kids can choose how they “interpret” the movement words. If they struggle, help prompt them, but there is no specific correct movement pattern here.</p>	<p>Here are some suggested movement words:</p> <ul style="list-style-type: none">• Boogie• Go Crazy• Spin• Hide• Shake• Reach
<p>Movement Sentences</p> <p>Once your child is able to respond to individual movement words, put 2-3 of these words together and have him transition from one movement to another for 10 seconds.</p>	<p>Here are some suggested movement sentences:</p> <ul style="list-style-type: none">• Boogie, Spin, Shake (repeat for 10 seconds)• Reach, Hide, Go Crazy (repeat for 10 seconds)• March, Jump, Crawl (repeat for 10 seconds)• Sneak, Hide, Fly (repeat for 10 seconds)
<p>Movement Variables</p> <p>Start by having children perform a fundamental movement skill for 5 seconds. After that, add an extra “movement variable” to that movement. Provide just enough instruction for children to understand how to perform the movement and what the added variable looks like.</p>	<p><u>Crawl</u> (5 seconds), Body Long (5 seconds), Body Short (5 seconds), Crawl (5 seconds)</p> <p><u>Jump</u> (5 seconds), Fast (5 seconds), Slow (5 seconds), Jump (5 seconds)</p> <p><u>Forward/back bends</u> (5 seconds), Body Wide (5 seconds), Body Narrow (5 seconds), Forward/Back Bends (5 seconds)</p> <p><u>Lateral shuffle</u> (5 seconds), Loud Feet (5 seconds), Soft Feet (5 seconds)</p>

Body Awareness Activity: Simon Says

Here we use Simon Says as a game to help kids recognize the parts of their body and what they do. Make sure to incorporate movements Simon doesn't say.

"Simon Says"

- Bend your knees
- Weight on your heels
- Weight on your toes
- Touch the ground
- Reach up in the sky
- Push up with hips high
- Push up with hips low
- Push up with hips even
- Touch your thighs with your elbows
- Touch your elbows to your ankles
- Roll your shoulders forward
- Roll your shoulders backward
- Push your hips forward
- Push your hips backward

***If you or your child needs a demonstration of the push-up movement, refer to the Fundamental Movement Skills Wheel in the lesson introduction.**

Skill Development Activity: Squat

Squatting is a natural movement important for sports and everyday activities. It also helps develop strength of the lower body. 3-5-year-olds need to learn that "squat" means to move their hips towards the ground by bending their knees. They should be able to do this on command without excessive fatigue.

Start by demonstrating the movement and having the athletes follow along.

- March in place (10 seconds)
- March forward (10 seconds)
- March in a circle (10 seconds)
- March with big arm swings (10 seconds)
- March with small arm swings (10 seconds)
- March with high knees (10 seconds)
- March with low knees (10 seconds)
- March in and out of cones (60 seconds)

Strength Activity #1: Tree Roots Tag

This is a great game for all ages to reinforce squat mechanics, particularly lowering their hips and keeping their heels on the ground.

Play 4 rounds of 30 seconds each

Strength Activity #2: Wall Pushes

Developing strength involves improving the sensory skill of proprioception. Proprioception tells muscles, tendons, and even joints what to do when it is met with a large force. This activity helps build the foundations of proprioception needed for strength.

Do the following:

- Push the wall with your hands (10 seconds)
- Push the wall with one hand (10 seconds)
- Other hand (10 seconds)
- Push your back into the wall (10 seconds)
- Push the side of your hip into the wall (10 seconds)
- Other hip (10 seconds)
- Push your bottom into the wall (10 seconds)
- Face away from the wall and push the back of your hands into the wall (10 seconds)

Strength Activity #3: Movement Circuit

These circuits highlight developing the strength and coordination to transition from one movement to the next.

Do the following circuit three times:

- [Push up and roll](#) 8 times
- [Crab roll](#) 5 each way
- [Squats](#) 10 times
- [Standing plank](#) 20 seconds

Today's Challenge: Can You???

Try this when a commercial comes on TV:

- Stand up, sit down, stand up
- Reach up to the sky, reach down to your toes, reach up to the sky
- Hop on your right foot 10 times
- Hop on your left foot 10 times

Thank you for playing today! Next week, our lesson is all about developing coordination. Until then, let's stay active, eat healthy, and sleep well so we can succeed in sports and in life!