

P.E 10 Warm Up, Skills & Drills, and Scrimmage Leadership Assignment

Group Members:

- 1.
- 2.
- 3.
- 4.
- 5.

Sport or Physical Activity Focus: _____

A. Dynamic Warm Up (no more than 15 minutes total)

I. Cardio (5 minutes)

- a. 3 activities incorporating movement patterns applicable to your Sport of choice
 - i. Elevated heart rate
 - ii. Sweating
 - iii. Range of intensity: 60,70, 80% effort/speed
 - iv. Consult and adapt SMART Training Manual on DWU and *Speed & Agility*
- b. Technique Cues for each set of movement patterns
- c. Organization – planning for direction of people, space and equipment

II. Dynamic Stretches (5 minutes)

- a. Dynamic stretches, progressing from toe to head, for each of:
 - i. Ankle (shins – tib. ant., calves, Achilles)
 - ii. Knee (quad, hamstring, calves)
 - iii. Thighs and hips (quad, hamstring, hip flexors, glutes, adductors, abductors)
 - iv. Core (hips to pits - 360)
 - v. Shoulder girdle and arms (chest, shoulders, upper back, upper arms)
 - vi. Neck
- b. Consult and adapt SMART Training Manual on DWU and *Dynamic Balance*
- c. Technique Cues for each movement and stretch
- d. Organization – planning for direction of people, space and equipment

III. Activation of Neuro-muscular Strength (5 minutes)

- a. Strength exercises activating linked strength between and across body segments
 - i. ankle,
 - ii. legs & hips to core,
 - iii. core to shoulder girdle and arms
- b. Consult and adapt SMART Training Manual on DWU and *Activation* and *Lift Prep* from each
- c. Technique Cues for each activating body position/exercise
- d. Organization – planning for direction of people, space and equipment

DWU Activities	Technique Cues	Organization	Student Leader	Score
Cardio (NRG systems)				
1.				
2.				
3.				
Dynamic Stretches				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
Neuro-muscular Activ.				
1.				
2.				
3.				

B. Skills & Drills (15 minutes)

Skill Instruction and Drills to bring all participants up to a threshold level of skill proficiency in the basic skills required to participate in and enjoy a sport.

1. Leader Introduction to the *basic athletic positions* required for performing each skill (e.g. feet shoulder width, knees bent, hip hinge, chest proud)
2. Leader Introduction and Demo (instruction) of *movement mechanics and technique* of each skill
3. Student *practice* of movement mechanics and technique of each skill using a simple, participant centred/discovery method (trial and error), with informal feedback to students by instructors
note: organization of people, space and equipment still required
4. 2 drills designed to practice , improve and refine each basic skills and team play concepts, with informal feedback to students by instructors
5. ** For all of the above:
 - a. Technique Cues
 - b. Organization – planning for direction of people, space and equipment
 - i. set up needed equipment and store away all unneeded equipment as you transition to each new activity
 - ii. organize class into groups of even numbers based on sport and available practice area (try to distribute skilled players evenly between groups)
 - iii. circulate, provide guidance and feedback to keep students on task and performing skill/ drill as required

Skills & Drill Activities	Technique Cues	Organization	Student Leader	Score
Athletic Body Positions				
1.				
2.				
Skill/Team Play Concept #1				
1. Demo/instruction of Skill or Team Play Concept:				
2. Discovery Practice with feedback				
3. Drills				
a.				
b.				
Skill/Team Play Concept #2				
1. Demo/instruction of Skill or Team Play Concept				
2. Discovery Practice with feedback				
3. Drills				
a.				
b.				

C. Scrimmage (15 minutes)

1. set up needed equipment and store away all unneeded equipment
2. organize class into teams of even numbers based on sport and available playing area (try to distribute skilled players evenly between teams)
3. assign pinnies
4. Write out basic rules of the game in point form, explain to all students and check for understanding
5. Explain any scoring, rules, or information specific to location (e.g. boundaries, etc...)
6. Start, officiate (take turns), and coordinate games/shifts/etc...
 - a. Coordinate Teams and Play
 - b. Name of Officials selected from your Group:
 - c. Write out the responsibilities of the official(s):
 - d. Enforce the rules and spirit of the game in a friendly but firm manner

Scrimmage Activities	Organization	Reference Info	Student Leader	Score
1. set up equip., store unneeded equipment				
2. organize teams				
3. assign pinnies				
4. Explain Rules of the Game				
5. Outline Location specifics				
6. Coordination of Teams Play (subs, shifts, rotation, etc)				
7. Officiating		Responsibilities:		

D. Final Whistle, Equipment Takedown & Storage, & De-Brief

(15 minutes)

1. 10 minutes before the bell
2. Leaders will coordinate and assist class with equipment take down and storage (10 minutes)
3. 5 minute debrief with teacher, with the aid of self & peer evaluations

Final Activities	Organization	Reference Info	Student Leader	Score
1. Final Whistle and Instructions				
2. Coordination of Takedown and storage equip.				
3. Muster Students for Debrief				
4. Participate and Self Eval. in debrief				