



Move4Life



Session 5 Muscular Strength Decision Making



The Commonwealth

WELCOME TO SESSION 5 OF THE MOVE4LIFE SERIES

This session will focus on **muscular strength** and the life-skill of **decision making**. Muscular fitness is an important aspect of fitness for sport and for general health. Being able to make good decisions in life can lead to positive futures just as making a good decision when playing sport can contribute to your success. Move4Life sessions link with several personal development dimensions and contribute to the Sustainable Development Goals. In this session we have chosen to link to the physical and cognitive dimensions and SDG16 – Peace, Justice and Strong Institutions.



Physical Dimension



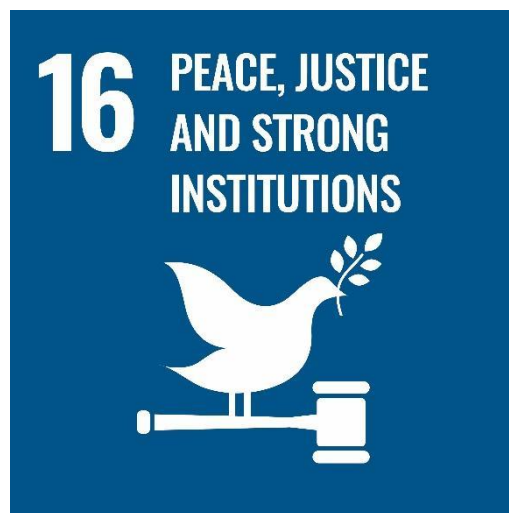
Cognitive Dimension

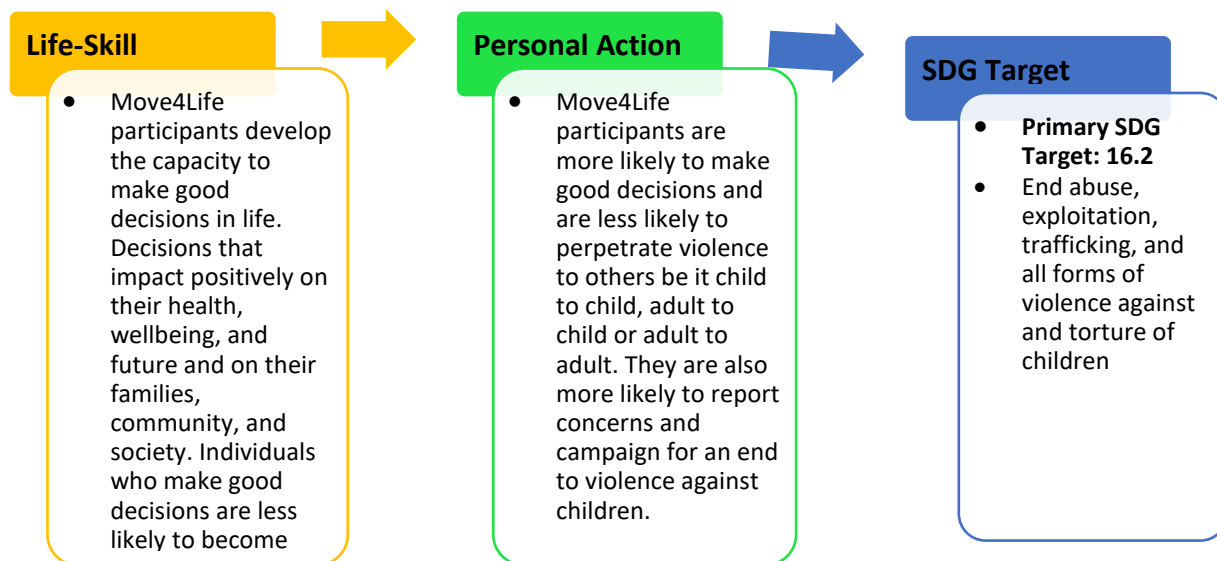


Emotional Dimension



Social Dimension





Click here [Move4Life and the Sustainable Development Goals](#) for further information on Move4Life and the Sustainable Development Goals:

Move4Life is a proud supporter of the International Safeguards for Children in Sport and believes it is important that all children taking part in physical education, sport, and physical activity should be safeguarded from harm. Children should be able to take part in safe and inclusive activities whether at home, at the sports field, or online.

Click here [Move4Life Safeguarding Advice](#) for further advice on Move4Life and Safeguarding.



SESSION OUTCOMES

By the end of the session, participants will be able to:

- (i) Demonstrate different types of exercises that build muscular strength.
- (ii) Measure their strength using a simple test.
- (iii) Make good decisions when selecting exercises.
- (iv) Describe situations where it is important to make a good decision.

KEY MESSAGES

MOVEMENT SKILLS

- Muscular Strength refers to the amount of force a muscle can produce in a single effort.
- Muscular Power refers to the ability to exert a maximal force in as short a time as possible, as in sprinting, jumping, and throwing. Power is proportional to the speed at which you can apply your muscular strength.
- Muscular Endurance is the ability of a muscle or group of muscles to sustain repeated contractions against a resistance for an extended period.
- Muscular Strength, Muscular Power and Muscular Endurance are the components of muscular fitness.
- Muscular Fitness can be developed in a gym using weights, machines and other equipment or can be developed using body weight such as push-ups, pull-ups, and sit-ups and through plyometrics.

LIFE SKILLS

- Decision-making is the process of identifying and choosing alternatives based on the values, preferences, and beliefs of the decision-maker.
- Children and young people can develop their decision-making skills through sports activities.
- Making good decisions can positively impact on the lives of children and young people whereas poor choices may have negative consequences.

At Home Activity

HEALTH & SAFETY

- If you have a home gym or fitness equipment, ensure it is well maintained and is safe to use.
- If you do not have a gym or fitness equipment you can exercise effectively and improve muscular fitness through exercise that uses your bodyweight.
- A parent/guardian or caregiver should observe your exercise regime to help ensure a safety.

SAFEGUARDING

Safeguarding refers to actions we take to ensure that all participants are safe from harm when involved in sport and physical activity. It means in Move4Life we must proactively do everything possible to minimise risk and prevent the abuse, harassment or exploitation of children and young people.

Everyone has a role to play in safeguarding the facilitator (teacher, coach, or activator), parents and guardians and participants themselves.

The following are some safeguarding tips for participants practicing Move4Life sessions at home:

- It is not acceptable to be ridiculed, bullied, or abused whilst practicing at home. If you feel this is happening to you, talk to a parent, guardian, or a trusted adult about what you are experiencing and how it makes you feel.
- When you are spending time at home you may be keeping up with your friends on social media. Be aware that there are dangers online. That people you do not know may not be who they say they are. Only connect to people online that you know in real life.
- If you are being bullied or abused online, it is not okay. Tell your parents, guardian, or a trusted adult about it.
- Never share personal information with people you do not know in real life, especially not your name, address, school, clubs you attend, photographs. Alert your parents or a trusted adult if someone is asking you for such information.
- If you feel uncomfortable about communications from anyone online, including your teacher or coach or another participant, tell your parents or a trusted adult
- Avoid meeting up with or being alone again with any person who makes you feel uncomfortable or has tried to harm you either in person or online.

For further advice on keeping yourself safe whilst participating in the Move4Life sessions at home and whilst you are online [click here](#).

OPENING REFLECTIONS

On your own or with a family member take five minutes before starting your session to reflect on muscular fitness exercises that can be practiced at home in a small safe space. The aim of this session is to develop muscular strength and to focus on making good decisions. Think about some of the decisions you have made in the last two days. What decisions were you happy with and what decisions would you change?



WARM UP

TIME

5 Minutes



EQUIPMENT

No equipment needed.

SET UP

Mark out small practice spaces at home suitable for the activity and the number of participants.

Raise your heart rate through 3-4 minutes of jogging (around the garden or on the sport) or exercises like jumping jacks or on a stationary bicycle.

For demonstration [click here](#)

MAIN PART

MUSCULAR STRENGTH CHALLENGE

In this session we perform the challenge first as we need to be rested before performing these two strength tests. The tests form part of the Eurofit Physical Fitness Test Battery which is a set of nine physical fitness tests covering flexibility, speed, endurance, and strength.

The videos show you how to set up each test and measure your performance. Keep a record of your test result in your diary and see if you can improve your score over time.

STANDING BROAD JUMP

This test measures leg strength or more specifically the muscular power of your legs. You will need to mark a starting line and the position of your nearest heel to the start line. Use a tape measure to measure the distance you jumped.

SIT-UPS IN 30 SECONDS

This test measures abdominal strength or more specifically the muscular endurance of your abdominal muscles. Use a stopwatch or even better the timer on your smart phone's clock app. See how many complete sit-ups you can do in 30 seconds.

MUSCULAR STRENGTH EXERCISES

Plank

Support your body on your forearms and toes while holding your body in a straight line from your shoulders to your ankles. You can make it easier by resting on your knees, or harder by extending your arms. Starting point from which, you can build over time = 20 seconds hold, repeat 10 times.

Sit-Ups

Lie down on your back. Bend your legs and place feet firmly on the ground to stabilize your lower body. Cross your hands to opposite shoulders or place them behind your ears, without pulling on your neck. Curl your upper body all the way up toward your knees. Exhale as you lift. Slowly, lower yourself down, returning to your starting point. Inhale as you lower. Starting point from which, you can build over time = 15 repetitions hold, repeat 6 times.

Dead Bug

Lie on your back with your arms extended straight up towards the ceiling, and your legs raised with your knees bent at 90°. Lower your right arm and left leg at the same time until they are hovering just above the floor, then return to the starting position. Then do the same with the opposite limbs. 30 seconds hold repeat 6 times.

Press-Ups

Begin with your chest and stomach flat on the floor. Your legs should be straight out behind you with toes on the ground and your palms should be at chest level with the arms. Exhale as you push from your hands and feet, bringing your torso, chest, and thighs off the ground. Pause for a second in the plank position keeping your core engaged. Inhale as you slowly lower back to your starting position. To make the exercise easier cross your ankles and perform a kneeling squat. To make the exercise harder move your hands in towards or out from or centre or raise your feet on a box or bench. 10 repetitions hold, repeat 6 times.

The Boat

Sit on the floor with your knees bent. Lean back slightly, keeping your back straight, and hold your arms out in front of you as you raise your feet off the ground with your legs together. If you can, extend your legs so they are straight to form a V shape. You can also raise your arms and spread your legs to make the exercise harder. 30 seconds hold repeat 6 times.

The Squat

Start with your feet shoulder-width apart, toes slightly turned out. Pull in your lower abdominals and keep your eyes forward. Slowly bend at the knees and drop your hips to lower your body. Keep your heels flat on the floor. Do not drop further than thighs parallel with the floor. At the bottom of the exercise pause for a moment and strongly push back up to the starting position. To balance your weight, hold your arms out in front of you at shoulder height. Keep your back as straight as possible throughout the lift to avoid strain or injury.

Hold a ball or a weight out in front of you to make the exercise more demanding. To make the exercise easier only go to a $\frac{3}{4}$ squat position. 10 repetitions repeat 6 times.

For a demonstration of these exercises [click here](#)

COOL DOWN

TIME: 5 MINUTES

Participants jog slowly around the practice space or field, jogging facing forwards, jogging backwards (check first that there are no hazards behind you), then jogging sideways looking in and then jogging sideways looking out, then gently skipping and then back to easy jogging.

CLOSING REFLECTIONS

ON YOUR OWN

Why not keep a Move4Life diary of your session? Write down what you did and how you felt about the different activities in the session. Do you know which exercises or tests involved muscular endurance or muscular power? Can you think of other muscular strength exercises? Choose one that you might swap for one of the six exercises in the activity. Make a list of good decisions and bad decisions that young people of your age make? Reflect on the consequences of making good or bad decisions? Reflect on the importance of being able to make good decisions in life.



ADAPTATIONS

Exercises can be made less or more difficult in order that the exercise can be adapted to the individual's level of ability i.e. a simple press up can be made easier by the participant moving to a kneeling position or more difficult by moving the hands wider.

At the Sports Field

HEALTH & SAFETY

- The facilitator should check that the area selected to undertake exercise is free of any hazards such as items you could hurt yourself on if you were to trip or fall.
- Participants should raise their core temperature and heart rate prior to undertaking strengthening exercises.

SAFEGUARDING

Safeguarding refers to actions we take to ensure that all children and young people are safe from harm when involved in sport and physical activity. It means we must proactively do everything possible to minimise risk and prevent the abuse, harassment or exploitation of children and young people.

Move4Life wants all participants to be safe from harassment, abuse, or exploitation whether practicing at home or at the sports field.

Everyone has a role to play in safeguarding the facilitator (teacher, coach, or activator), parents and guardians and participants themselves.

The following are some safeguarding tips for facilitators delivering Move4Life sessions at the sports field:

- Facilitators (teachers, coaches, or activators) should never be alone at the sports field with children or young people. There should always be another adult present and where you are working with a mixed-sex group there should be an adult of both sex present. This is known as the rule of 2.
- Facilitators should have knowledge of and be able to recognise indicators of different forms of harassment, abuse, and exploitation. You should also know where and how to report concerns.
- Children and young people should never share changing accommodation and showers with adults. If there are no suitable changing and shower facilities, they should arrive and depart in their sports attire.
- Facilitators should never abuse or discriminate against children and young people attending Move4Life sessions and should conduct themselves in a manner that makes them a positive role model for all participants.

- Facilitators should make sure that children and young people are never left on their own at the sports field. They should arrive before the participants and ensure that all participants have departed safely before they depart the field.

For further advice on safeguarding children and other vulnerable groups participating in Move4Life sessions at the sports field [click here](#).

OPENING REFLECTIONS

The facilitator should introduce the activities for the session stressing the need to observe good hygiene practice and explaining that the aim of the session is to develop muscular strength and to focus on making good decisions. Ask participants to think about some decisions they have made in the last two days and whether they were good decisions or not.

WARM UP

Facilitator asks participants to run around the sports field for 3-4 minutes to raise their heart rate.

For a demonstration [click here](#)

MAIN PART

TIME

15 - 20 Minutes



EQUIPMENT

No equipment

SET UP

Mark out small practice spaces at home or on the sports field suitable for the activity and the number of participants.

MUSCULAR STRENGTH CHALLENGE

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CLOSING REFLECTIONS

Arrange participants in discussion groups of 3 or 4. Give a few minutes for the group to discuss each question. Nominate a team captain to report back. Ask one group to report back on each of the questions. Arranging participants in small groups gives everyone a chance to discuss the question. Asking each team to report back on one question means that all groups are represented but also saves time.

- Ask groups to consider which exercises or tests involve muscular endurance or muscular power?
- Ask group if they can come up with one other muscular strength exercise?
- Ask group if they were to swap their exercise with the six completed in the activity, which exercise would they drop and why?
- Ask groups to identify some good decisions and some bad decisions that young people of their age make?
- What are the real consequences of making good or bad decisions? Can each group provide examples?
- End by stressing the importance of being able to make good decisions in life.

Close the session, make any announcements, confirm time of next session, etc.

ADAPTATIONS

- Facilitators on the sports field should be aware of each participant's individual needs and adapt their communication style to ensure the inclusion of children for those with hearing or visual impairments or learning difficulties.
- Facilitators should know how to make each exercise less or more difficult in order that the exercise can be adapted to the individual's level of ability i.e. a simple press up can be made easier by the participant moving to a kneeling position or more difficult by moving the hands wider.