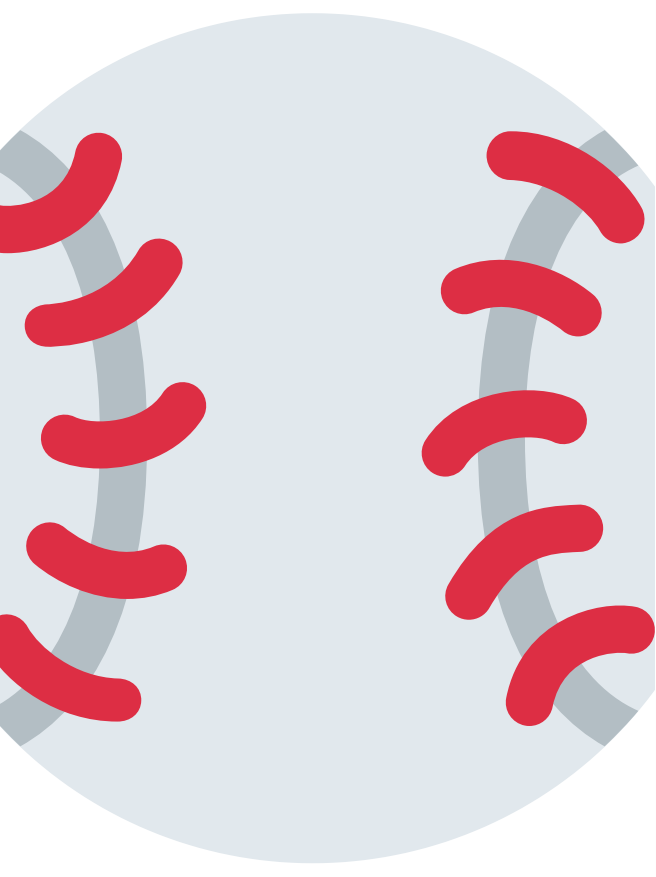




Get Active With True North (Ages 8-14)

Warm Up: **Dynamic Warmup**

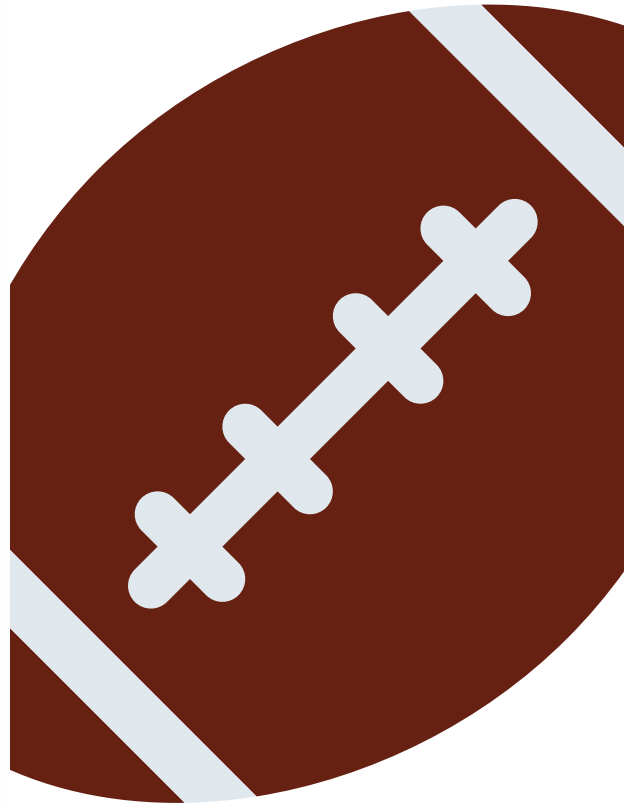
Description: Perform these dynamic stretches until you feel warmed up (shouldn't need to do more than 3 sets).



Leg Swings (10 reps per leg): One at a time swing your leg forwards then backwards and repeat. You may need to lean on a wall for balance. Then move to side to side leg swings (lean forward and place your palms or forearms on a wall) and one at a time swing your leg side to side.

High Knees on the Spot (20 seconds): Start with your palms facing the floor at waist height, one at a time bring your knee up towards your chest and have it touch your hand. Continue alternating legs until the time is up.


Butt Kicks on the Spot (20 Seconds): Start with your hands behind your back with your palms facing away from you. One at a time kick your leg backwards until it hits your hand. Continue alternating legs until time is up.




Activity: **Speed Square**

Equipment: A driveway or an open space. Tape, cones, chalk or something you can mark out a square on the ground with.

Setup: Draw, mark or outline a square on the ground, each corner should be roughly 5-yards apart

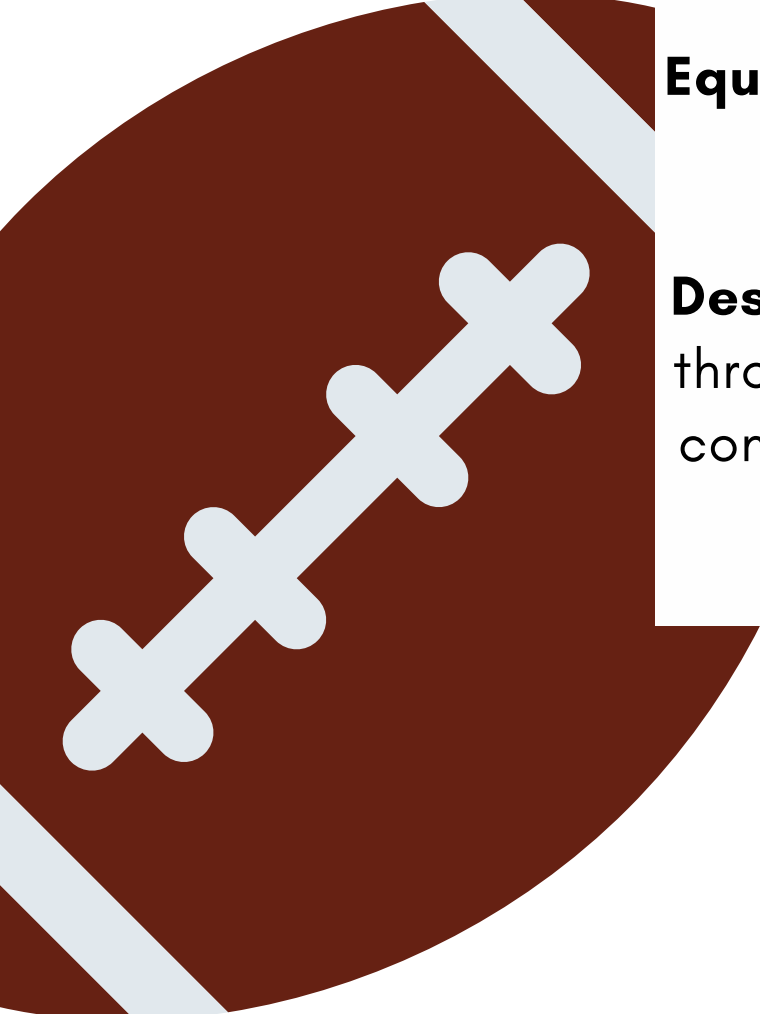


Description: The drill starts at the top left corner of the square. Have your child quickly backpedal to the bottom left corner of the square. When you reach the corner they must then sprint diagonally to the top right corner of the square. Once they reach the top right corner of the square they must backpedal to the bottom right corner of the square. To finish they must now sprint diagonally to the top left corner of the square. Repeat 3 to 5 times then rest. To help engage your child in this drill time how fast they are able to complete the square or you can even compete against them.



Cool Down: **Bucket Ball**

Equipment: A ball and something that has a flat surface a ball can be bounced off of (i.e, a bucket, a stool, an upside down garbage bin, etc).



Description: Players play 1 on 1 and play from opposite sides of the bucket. You must throw the ball on top of the bucket and make it land on the opposite side. After every completed throw, you take a step back until one player makes it and the other misses from the same distance away from the bucket.

