



Physical Literacy Movement Preparation

Suggested Learning Progressions

This movement preparation is intended for use as a warm up. It should be done each class at the start to both prepare the body and work on Physical Literacy movement skills. Each week through the session new skills are learned (competence built) and previous skills are practiced (confidence gained). This progression is based on an 8 week program. For longer programs the full warm up is done at the start of each class.

Have participants line up in groups of 2-5 (depending on the number of people and the size of the room). The first person in each group goes. Each successive person in each group goes after the person in front has travelled about 3-5 meters so there is space between each participant. When participant reaches the end of the room or ladder, they loop back around the outside of the room and back to their group line up.

<p>Week 1:</p> <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Dynamics: All • Accelerations: All 	<p>Notes:</p>
<p>Week 2:</p> <p><u>Run:</u></p> <ul style="list-style-type: none"> • Dynamics • Accelerations <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Ladders: a) b) and c) • Weaving Pylons: All 	
<p>Week 3:</p> <p><u>Run:</u></p> <ul style="list-style-type: none"> • Dynamics • Accelerations • Ladders: a) b) c) <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Ladders: d) e) <p><u>Run:</u></p> <ul style="list-style-type: none"> • Weaving pylons <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Mini Core: a) b) c) 	



Week 4:	Notes
<p><u>Run:</u></p> <ul style="list-style-type: none"> • Dynamics • Accelerations • Ladders: a) b) c) d) e) <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Ladders: f) g) h) <p><u>Run:</u></p> <ul style="list-style-type: none"> • Weaving pylons • Mini Core: a) b) c) <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Mini Core: d) e) 	
<p>Week 5:</p> <p><u>Run:</u></p> <ul style="list-style-type: none"> • Dynamics • Accelerations • Ladders: a) b) c) d) e) f) g) h) <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Ladders: i) j) <p><u>Run:</u></p> <ul style="list-style-type: none"> • Weaving pylons • Mini Core: a) b) c) d) e) <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Mini Core: f) 	
<p>Week 6:</p> <p><u>Run:</u></p> <ul style="list-style-type: none"> • Dynamics • Accelerations • Ladders • Weaving pylons • Mini Core: a) b) c) d) e) f) <p><u>Teach:</u></p> <ul style="list-style-type: none"> • Mini Core: g) h) 	



Week 7: <u>Run:</u> <ul style="list-style-type: none">• Dynamics• Accelerations• Ladders• Weaving pylons• Mini Core: a) b) c) d) e) f) g) h) <u>Teach:</u> <ul style="list-style-type: none">• Mini Core: i)	Notes
Week 8 and on: Full Warm up Run Through <u>Run:</u> <ul style="list-style-type: none">• Dynamics• Accelerations• Ladders• Weaving pylons• Mini Core	