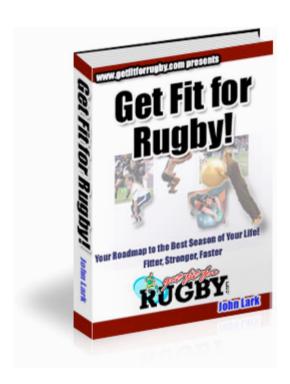
CHILDREN'S ACTIVITY LEVELS for RUGBY

A Four Week Programme



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Section One

Overview

CHILDREN'S ACTIVITY LEVELS for RUGBY

Rugby is a tough sport that even at midi level requires a good level of fitness, so that the game can be played with fun and safety in mind.

The current recommendations for any child in Scotland are that they should achieve at least 1 hour of moderate activity each day.

(Ref – www.scotland.gov.uk/Publications/2003/02/16324 "Let's Make Scotland More Active; A Strategy for Physical Activity", 2003).

Dalziel Rugby Club currently offer opportunities for young people to play rugby only once or twice a week and it is apparent that as the children progress through the various levels of rugby through mini, midi and under 18 stages, that there are many of the players are not sufficiently fit to perform rugby at a level that is optimises their full potential.

Although schools have a part to play, the current Scottish government recommendations for the curriculum state that children are only required to take part in at least two hours of quality physical education classes a week. Many schools find this target difficult to achieve and indeed many fail to do so.

It is clear that between rugby training and school activities, there is a gap in the amount of physical activity that many children are getting.

What can be done?

As parents/guardians we have to ensure that our children are given sufficient opportunities and motivation to participate in a variety of activities. Many children may only need a moderate amount of cajoling to undertake some level of moderate activity.

Attached to this pack are some simple ideas and exercises to commence a programme, but the essential tasks fall down upon the parent/guardian and, in particular, the motivation of the young rugby player to want to be the best player they can be.

The **four week programme** can be commenced at any time. Once completed small progressions should be made. Further advice will be given by the relevant Squad Managers.

Remember, it is not just rugby training, but all forms of activity that are to be encouraged.

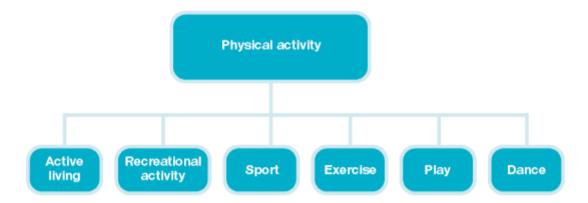
What is physical activity?

Broad Areas

- 1. Cardiovascular fitness (our heart, lungs and circulatory systems),
- 2. Muscle strength and muscular endurance,
- 3. Flexibility and
- 4. Body composition (percentage of body fat).

There are also skill-related areas of fitness –

power, speed, agility, co-ordination, balance and reaction time. These are not vital for good health but are important for sports performance.



There are many types of physical activity: **exercise**, **sport**, **play**, **dance** and active living such as **walking**, **housework** and **gardening**.

How much physical activity is enough?

Physical activity does not need to be strenuous to have significant effects on people's health, general wellbeing and productivity.

 Children should accumulate (build up) at least one hour of moderate activity on most days of the week.

('Moderate activity' is using about five to seven calories a minute - the equivalent of brisk walking.)

(Ref – www.scotland.gov.uk/Publications/2003/02/16324 "Let's Make Scotland More Active; A Strategy for Physical Activity", 2003).

SECTION TWO

Exercise Details

EXERCISE DETAILS

CARDIOVASCULAR FITNESS

Five to seven times a week:-

- rugby x 1/2 hours a week Thursday night and Sunday/ Saturday morning,
- b) PE classes x 1/2 hours a week,
- c) Other sports football, athletics, martial arts, swimming
- d) Uniformed youth organisations Scouts, BB's
- e) Walking to and from school,
- f) Walking family pet,
- g) Cycling, skipping, hula hoops
- h) Nintendo Wii Fit,
- i) General housework,
- j) Gardening.

Ensure that your heart rate has increased for at least 20-30mins throughout. (Preferably a longer period is expected for rugby).

2. MUSCULAR STRENGTH and MUSCULAR ENDURANCE

Five to seven times a week:-

a) own body weight exercises such as press ups; sit ups; sit ups with twist; squat thrusts; single leg lunges; squats; shoulder presses and calf raises.

Do as many of these as possible in 30 seconds.

AND/OR

b) free or fixed weight training exercises such as bench press; clean; clean and press; squat; bicep curl; tricep extension; leg extension; hamstring curl; calf raise; lat pull down; pec flye; shoulder press.

Do 12 to 15 repetitions and 3 to 6 sets of repetitions.

Children should only undertake these exercises with trained adult supervision.

Children should only attempt strength and muscular training programmes using their own body weight, or when the older child is using free or fixed weights, they should do so in a manner that does not unduly overload the muscle group being worked.

3. FLEXIBILTY

Five to seven times a week:-

- a) hamstring stretches,
- b) lower back stretches
- c) quad stretches
- d) ankle rotations

Hold these stretches for at least 8-12 seconds. There are many types available. (Ref - http://howtostretch.com/)

4. BODY COMPOSITION

A child's body composition is partly to do with their parentage, but a child's percentage body fat can be carefully controlled by a healthy diet. There is much information concerning this available from a variety of sources. (Ref - www.healthscotland.com/uploads/.../10536- Healthy W20)

5. SKILL RELATED FITNESS

POWER/SPEED/ CO-ORDINATION/ BALANCE/ AGILITY/REACTION TIME

These components of fitness will be dealt with during rugby training sessions.

SECTION THREE

FITNESS ACTIVITY LEVEL CHARTS

- a) All activities
- b) Muscular strength and muscular endurance
- c) Signature sheets for parent/guardian and Dalziel RFC Squad Manager

Complete the boxes when you have achieved the appropriate activity for that day.

WEEK ONE

	Type of activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Complete the boxes when you have achieved the appropriate activity for that day.

WEEK TWO

	Type of activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Complete the boxes when you have achieved the appropriate activity for that day.

WEEK THREE

	Type of activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Complete the boxes when you have achieved the appropriate activity for that day.

WEEK FOUR

	Type of activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

MUSCULAR STRENGTH AND MUSCULAR ENDURANCE

Complete the boxes when you have achieved the appropriate activity for that day .Do each exercise for 30 seconds.

WEEK ONE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sit ups							
Sit ups, With twist							
Press ups							
Squat thrusts							
Squats							
Lunges							
Calf raises							
Shoulder presses							

MUSCULAR STRENGTH AND MUSCULAR ENDURANCE

Complete the boxes when you have achieved the appropriate activity for that day. Do each exercise for 30 seconds.

WEEK TWO

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sit ups							
Sit ups, With twist							
Press							
ups							
Squat							
thrusts							
Squats							
Lunges							
Calf							
raises							
Shoulder							
presses							

MUSCULAR STRENGTH AND MUSCULAR ENDURANCE

Complete the boxes when you have achieved the appropriate activity for that day. Do each exercise for 30 seconds.

WEEK THREE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sit ups							
Sit ups, With twist							
Press							
ups							
Squat							
thrusts							
Squats							
Lunges							
Calf							
raises							
Shoulder							
presses							

MUSCULAR STRENGTH AND MUSCULAR ENDURANCE

Complete the boxes when you have achieved the appropriate activity for that day. Do each exercise for 30 seconds.

WEEK FOUR

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Sit ups							
Sit ups, With twist							
Press ups							
Squat thrusts							
Squats							
Lunges							
Calf raises							
Shoulder presses							

Name	
Sian the boxes w	hen you have achieved the appropriate level of activity for that day.

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Squad Manager's				

Points to Note

signature

- 1. A parent or guardian should sign the space when their child has successfully undertaken the appropriate activity.
- 2. Remember that you are aiming for at least 5 activity sessions of moderate to high intensity over any given week.
- 3. Ensure that the Dalziel RFC Squad Manager has also signed this off at the end of each week.