



Weightlifting for SGOs

SECONDARY

What's unique about Weightlifting

More young people than ever before want to lift in the gym! Weightlifting is often referred to as 'Olympic weightlifting', as it features in the Olympic Games. The sport of weightlifting includes two barbell lifts, the snatch and the clean and jerk. Learning to weightlift involves practicing a wide range of movements that have many benefits on overall physical and mental wellbeing.

With this resource, young people who are least active will learn to create their first workout. The risk of using weights has been removed and supervising staff don't need any prior experience of the gym. The result is a workout that young people personalise for themselves, that involves playing with movement, encouraging others, and noticing their own successes. Developing and maintaining muscle and bone strength is essential to long term health and wellbeing. The movement themes featured have been carefully chosen to help young people progressively develop stronger bodies and be able to perform everyday activities more easily!

What is the intent of your format



Engage new/target groups of young people (tackling inequalities)



Improve health and wellbeing (i.e. 60 active minutes)



Develop leadership, character, life skills

Going to the gym appeals widely and cuts across social divides. The intent is for the least active young people to have a positive first experience of weightlifting based movement. Young people personalise their workouts to suit their energy and mood on any given day. They're encouraged to notice and reflect on small but significant signs of progress and changes in their experience. The movements are relevant and achievable to develop strength. As confidence grows, difficulty is increased by attempting incrementally more complex movements or repetitions. Young people develop an approach they can take forward in their life-long relationship with movement.

Target group benefits



Targeted groups of young people

This resource supports young people to have a positive experience of getting stronger and achieving their goals. It enables them to 'check in' on their current state of energy and consider what they want to achieve and how they win a workout in their own way. Their experience is revisited after the workout with a movement 'check out'. This process is ideally suited for targeted young people that may be struggling to engage with physical activity, by giving them opportunity to design their own journey and notice positive changes along the way.

It's just not weightlifting if you...

1

don't feel stronger after a period of practice.

2

aren't paying attention to your technique.

3

don't give encouragement to everyone taking part, no matter what team they're on.





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How to run inter-competition: 'Spring, Strength & Stamina Challenge'



How to set up

- The 'Spring, Strength & Stamina Challenge' requires students to work in pairs to demonstrate the qualities of an Olympic Weightlifter - Spring, Strength and Stamina!
 - The challenge is set over three workout stations. At each station, there are points up for grabs. A pair's score for all three stations are added together to calculate the team's total score. The pair with the highest total wins.
- 1 Station 1: Spring - Long Jump. A pair combines their best long jump scores. A simple equation is used to create a relative score for an individual based on their height.
 - 2 Station 2: Strength - Tug of War. A pair competes in tug of war, a movement that requires full body strength but is inclusive for all sizes.
 - 3 Station 3: Stamina - 15 minute AMRAP. A pair shares a 15 minute workout to complete as many rounds as possible (AMRAP) in the allotted time.
- Just like competitive Olympic weightlifting (which uses weight categories), the challenges have been carefully selected so children of different sizes can compete against one another fairly.



Age group

KS3 = 11-14 years old
KS4 = 14-16 years old



Gender

Mixed, male or female pairs



Participant numbers

- A standard format is 4 pairs (8 students) competing against one another at any one time. The challenge can be tailored to the number of participants or space available, by altering the number of pairs, or running heats. For example, one heat = 8 participants, two heats = 16 participants. In this example, there would be one overall winner per heat.



Target audience

In weightlifting, every young person can experience success and will notice their progression from less complex to more complex movements as their strength develops. The culture of strength sport is about personal goals, camaraderie, and encouragement for all competitors, no matter whose team they're on. Everyone can have a positive experience of competing, regardless if they're the overall winner on the day, or not. These factors make it ideal for young people who may consider themselves 'not sporty'.



Benefits for YP

Through weightlifting young people will:

- Have fun and enjoy themselves
- Learn the importance of practice and preparation
- Learn how to set realistic goals and work towards achieving them
- Become more determined and demonstrate resilience
- Experience being part of a team
- Aspire to improve and challenge themselves.



Roles for YP

Running a competition provides leadership opportunities for young people. Young volunteers can support with planning, organising and officiating:

- Planning the Pairs Workout
- Marking out lanes
- Rep counting
- Checking movement standards
- Time keeping
- Recording scores
- Providing support and encouragement.



Progression

- As students become more competent and confident, load may be introduced under the guidance of appropriately qualified staff.





Weightlifting for SGOs

SECONDARY

Additional support

Weightlifting is a fully inclusive sport. To support you adapt your practice check out the SEND Inclusion Toolkit co-created by YST and the National Disability Sports Organisations (NDSOs) who are the leading experts within inclusive sport. They provide, advice support and opportunities for people of all ages with specific impairments. The toolkit provides you with an introduction to each Special Educational Need and Disability, key top tips for creating an inclusive environment and signposting to further training and development opportunities within each National Disability Sport Organisation. It should help you adapt any practice in addition to our suggestions to make it inclusive for all.

NGB regional contacts

If you would like more support with weightlifting, then please reach out to our Sports Development Manager. They can tell you more about national and local weightlifting opportunities.

- Email: enquiries@britishweightlifting.org
- Web: britishweightlifting.org
- Social media: [instagram.com/britishwl](https://www.instagram.com/britishwl)

Personal development

Courses

British Weight Lifting provides recognised training courses and workshops

- Coaching Olympic Weightlifting
- Functional Fitness
- Personal Training
- Kettlebells
- CPD in Essentials of Youth Weightlifting, Programming, Competitions, and Technique
- Improve your Technique Masterclasses

Course information can be found at britishweightlifting.org

Email: courses@britishweightlifting.org

Where to participate next?

There are lots of clubs affiliated with British Weight Lifting, you can find them at britishweightlifting.org

Weightlifting isn't the only strength sport available! Young people might also be interested in functional fitness or powerlifting. To train in these activities, look out for a gym that's reputable, for example where:

- the coach is qualified and DBS checked
- the gym has a safeguarding policy
- the gym is affiliated with a governing organisation.

The Academy Programme

- The Academy Programme is a Community Interest Company dedicated to tackling the decline in youth physical activity and wellbeing.
- Through partnerships with schools and colleges, they introduce young people to functional fitness, competition, and mentorship.
- Their programmes provide opportunities to build strength, both physically and personally, whilst gaining qualifications and developing life skills for the future.

Please visit:

Web: www.theacademyprogramme.org

Social media: [instagram.com/the.academy.programme](https://www.instagram.com/the.academy.programme)

Where to compete next?

You can discover weightlifting events taking place across the country at britishweightlifting.org

British Weight Lifting offers competitive opportunities through its Talent Pathway.

E-mail: enquiries@britishweightlifting.org.





Why weightlifting for your school?

Weightlifting is a sport for all shapes and sizes - your shape or size doesn't put you at any disadvantage in taking part or being successful. The format is:

- Low cost - your school doesn't need to buy expensive equipment, and will likely only need to buy some wooden/ plastic barbells.
- Accessible to staff - the risk of using weights has been removed, so supervising staff don't need any prior training or experience of the gym.

Weightlifting is often referred to as Olympic weightlifting, as it features in the Olympic Games. The sport of weightlifting includes two barbell lifts, the snatch and the clean and jerk. Learning to weightlift involves practicing a wide range of movements that have many benefits on overall physical and mental wellbeing. These can be practised at school, and can start young people on a positive journey of feeling more confident, building strength and developing the life-long skill of being comfortable working out in a gym once they leave school. Many of the same movements used in weightlifting are also used in other strength sports and activities too, such as functional fitness and powerlifting. This creates a lot of options for young people to pursue a variety of strength activities either recreationally or competitively. This resource is an effective means for schools to help young people achieve the UK's Physical Activity Guidelines which recommend for children and young people to do activities that develop movement skills, and muscle and bone strength.

Is weightlifting safe?

British Weight Lifting recommends that the initial focus for young people should be on skill mastery and technique development, rather than weight lifted. Feedback from young people has shown us that they want to progress to completing the movements with weights. Staff wanting to add load to the movements should hold a relevant qualification. It's recognised by global health authorities and leading strength and conditioning and sport science associations that weightlifting as a form of resistance training, is beneficial to young people when delivered, programmed and monitored by a qualified professional.

How to use activities in curriculum time

At present, there are no lesson plans or supporting information outside of this resource. However, a lesson could be created by using the workout cards as a template. The resource encourages movement experimentation, not movement perfection! Aim to adapt and change various elements of the workout to keep it fresh (using the movement menu and standards cards to help you), engaging and with increased challenge. At the end of term, why not deliver a Pairs AMRAP intra-school competition to consolidate all skills developed. Development is currently ongoing by the sport, with further resources due soon.

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Becoming a British Weight Lifting Partner School

Affiliate your school to receive guidance and exclusive course discounts.

Courses

British Weight Lifting provides a comprehensive range of recognised training courses and workshops

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- the coach is qualified and DBS checked
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Where to compete next?

British Weight Lifting clubs often host formal and informal competitions for young people. The pinnacle event for young people is the England Age Group Championships held annually. It caters for the following age group categories: U10, U12, U15, U17, U20, and U23. You can find out more about qualification and entries at britishweightlifting.org.





Weightlifting for Schools

SECONDARY

How to run intra-competition: 'Pairs AMRAP'



How to set up

- In the 'Pairs AMRAP' students work as a team to complete as many rounds as possible in the allotted time. This competitive workout provides challenge, excitement and novelty for students.
- Workouts are completed in pairs and are scaled to suit the needs of students taking part. This means that all students can be fully included in competition compared to other sports.
- In the workout, each pair will take on a range of movements that provide different challenges and vary in complexity.
- The culture of strength sport is about achieving small incremental improvements to lead to the achievement of personal goals, camaraderie, and encouragement for all competitors, no matter whose team they're on. Every young person can experience success and will notice their progression as they take part more frequently and their strength develops.
- Competitive workouts are delivered with minimal equipment.



Age group

KS3 = 11-14 years old
KS4 = 14-16 years old



Gender

Mixed, male or female pairs



Participant numbers

Competition can be tailored to the number of participants, size of the space, and equipment available by altering the number of lanes, or running additional heats. For example, a standard format is 6 lanes and 2 pairs per lane. One heat = 12 participants, 2 heats = 24 participants. In this example, there would be one overall winner per heat.



Target audience

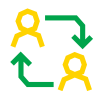
Everyone can have a positive experience of competing, regardless if they're the overall winner on the day, or not. These factors make it ideal for young people who may consider themselves 'not sporty'.



Benefits for YP

Through weightlifting young people will:

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Roles for YP

Running a competition provides leadership opportunities for young people. Young volunteers can support with planning, organising and officiating:

- Planning the Pairs Workout
- Time keeping
- Marking out lanes
- Recording scores
- Rep counting
- Providing support and encouragement.
- Checking movement standards



Progression

- As students become more competent and confident, load may be introduced under the guidance of appropriately qualified staff.





Starting and Ending each workout

SECONDARY

How to use

Complete this individually, in pairs, in groups or with a member of staff before and after every workout, to help you reflect on your experience.

Workout check-in (before your workout)

How's your energy today?

1 2 3 4 5

not a lot of energy a lot of energy

What do you want from today's workout?

Here are some examples:

- Have fun
- Improve health and fitness
- Spend time with friends
- Feel good/ enjoyment
- Improve body image
- To develop skills
- Stop me from feeling bored
- Improve performance
- Release stress
- Escape worries
- Work towards and achieve goals
- Compete against others

Create your workout phrase for today

How do you 'win' your workout today?

Workout check-out (after your workout)

How's your energy today?

1 2 3 4 5

not a lot of energy a lot of energy

Today, I'm most proud of myself for...

One way I won my workout is...

One of my workout partners did well because...





Workout 1: Clean

SECONDARY



How to play

- Choose to complete on your own, in pairs or as a group.
- Complete the Workout Check-In.
- Use the pictures and prompts to practice and explore each movement. You can complete them in any order you wish.
- Decide your goals for each movement:
 - How many reps? <5 5 8 10 12 15
 - How many sets? 1 2 3 4 5
 - How much rest?
 - You go, I go (YGIG)
 - Rest together
 - Rest for a selected time.
- Put the music on, and complete your workout!
- Complete the Workout Check-Out.

Safety

- Ensure there is enough space to move safely.

Equipment required

- 1 x box or bench per team
- 1 x lightweight bar or PVC pipe per person
- Pen & paper
- Music playlist and speaker
- Clock

Space required

- 2m

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- Less reps or sets
- More rest time

How to make it harder

- More reps or sets
- Less rest time

Scarecrow Clean

- Stay upright
- Drop under and slide feet into squat position
- Land hips and heels down
- Bar rests on front of shoulders

Bench Drop Land

- Land soft
- Stick squat position
- Push knees out wide

Push Up on Box or Bench

- Body straight and hips in line
- SLOWLY touch your chest down to the box
- Keep your shoulders back and down

Split Squat Hold

- Split your feet so you have 90 degrees at the knees
- Front foot stays flat
- Stay upright
- Hold for the designated time
- Alternate legs

Spirit of the Games



- Today, I am most proud of myself for...



- One way I won my workout is...



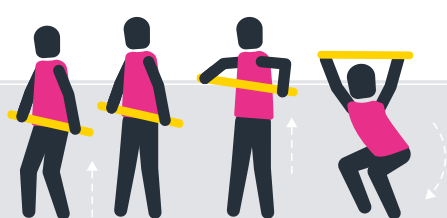
- One of my workout partners did well because...



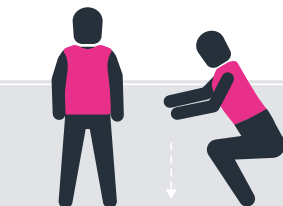


Workout 2: Snatch

SECONDARY



Hip Snatch



Deep Squat with Arm Swing



Balance with Cone Push



Romanian Dead Lift (RDL)

How to make it easier

- Less reps or sets
- More rest time

How to make it harder

- More reps or sets
- Less rest time

Hip Snatch

- Jump to send the bar up, keeping it close
- Drop under and slide feet into squat position
- Land hips and heels down and press bar overhead

Balance with Cone Push

- Sit back and down on your standing leg
- Reach forwards with the toes of your other leg & try to push the cone far away
- Alternate legs

Deep Squat with Arm Swing

- Heels down & hips back & down
- Swing arms forwards as your squat (to balance)
- Try to get hips below knees

Romanian Dead Lift (RDL)

- Lean forward and send hips backwards
- Only a little bend at the knees
- Keep the bar touching your legs throughout
- Back flat

How to play

- Choose to complete on your own, in pairs or as a group.
- Complete the Workout Check-In.
- Use the pictures and prompts to practice and explore each movement. You can complete them in any order you wish.
- Decide your goals for each movement:
 - How many reps? <5 5 8 10 12 15
 - How many sets? 1 2 3 4 5
 - How much rest?
 - You go, I go (YGIG)
 - Rest together
 - Rest for a selected time.
- Put the music on, and complete your workout!
- Complete the Workout Check-Out.

Safety

- Ensure there is enough space to move safely.

Equipment required

- 1 x lightweight bar or PVC pipe per person
- 1 cone per person
- Pen & paper
- Music playlist and speaker
- Clock

Space required

- 2m.

Estimated set-up time

- 5 minutes.

Difficulty level



Spirit of the Games



- Today, I am most proud of myself for...



- One way I won my workout is...



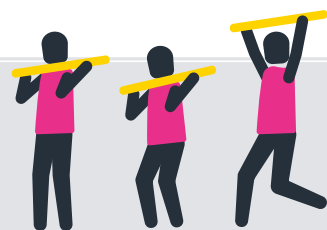
- One of my workout partners did well because...





Workout 3: Jerk

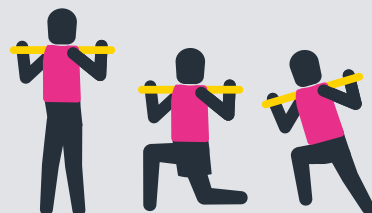
SECONDARY



Split Jerk



Push Up Hold with Shoulder Touch



Multi Directional Lunge



Standing Long Jump Single Leg Landing

How to play

- Choose to complete on your own, in pairs or as a group.
- Complete the Workout Check-In.
- Use the pictures and prompts to practice and explore each movement. You can complete them in any order you wish.
- Decide your goals for each movement:
 - How many reps? <5 5 8 10 12 15
 - How many sets? 1 2 3 4 5
 - How much rest?
 - You go, I go (YGIG)
 - Rest together
 - Rest for a selected time.
- Put the music on, and complete your workout!
- Complete the Workout Check-Out.

Safety

- Ensure there is enough space to move safely.

Equipment required

- 1 x lightweight bar or PVC pipe per person
- Pen & paper
- Music playlist and speaker
- Clock

Space required

- 2m.

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- Less reps or sets
- More rest time

Split Jerk

- Hips and heels down
- Stay upright
- Drive tall
- Drop under and split the feet

Multi Directional Lunge

- Take a big step in any direction
- Stance foot stays flat
- Stay upright
- Try to get low to get your hips below knees
- Alternate legs

Spirit of the Games

- Today, I am most proud of myself for...

- One way I won my workout is...

- One of my workout partners did well because...





Create Your Own Workout

SECONDARY

1

Movement: _____

Sets: _____

Reps: _____

Rest: _____

Equipment: _____

2

Movement: _____

Sets: _____

Reps: _____

Rest: _____

Equipment: _____

3

Movement: _____

Sets: _____

Reps: _____

Rest: _____

Equipment: _____

4

Movement: _____

Sets: _____

Reps: _____

Rest: _____

Equipment: _____

How to play

- Choose to complete on your own, in pairs or as a group.
- Complete the Workout Check-In.
- Use the Movement Menu to pick the movements you want to include in your workout.
- Decide your goals for each movement:
 - How many reps? <5 5 8 10 12 15
 - How many sets? 1 2 3 4 5
 - How much rest?
 - You go, I go (YGIG)
 - Rest together
 - Rest for a selected time.
- Put the music on, and complete your workout!
- Complete the Workout Check-Out.

Safety

- Ensure there is enough space to move safely.

Equipment required

- Variable depending on movements selected



Pen & paper



Music playlist and speaker



Clock

Space required

- 2m.

Estimated set-up time

- 5 minutes.

Difficulty level



How to make it easier

- Less reps or sets
- More rest time

How to make it harder

- More reps or sets
- Less rest time

Spirit of the Games



- Today, I am most proud of myself for...



- One way I won my workout is...



- One of my workout partners did well because...





Pairs AMRAP

SECONDARY

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How to play

Plan

- Students compete in pairs
- Use the example workout provided OR design your own workout. This means you can swap in any movements from the Movement Menu to suit your participants needs.
- The Zones represent different levels of difficulty, where Zone 1 has the least difficult movements and Zone 3 the most difficult. Completion of Zone 3 is optional.
- Share the workout with the participants and referees. Brief the referees on the movement standards.

Set up

- Mark out competition lanes, zones (Z), and equipment.
- Measure out the required distances.
- Assign one pair and one referee to each lane.

Rules

- All pairs (teams) complete the same workout, in the same order.
- Each lane referee times the workout, counts the reps and checks the movement standards; only valid reps count.
- Only one person from the pair can work at a time.
- The team can split the reps between them at their discretion to best suit their team's capacity.
- When all reps are completed, the pair can move on to the next movement
- Teams must complete all movements in their current zone to move onto the next zone.
- A zone can be used for multiple movements. E.g. a station with a box could be used for squats and press ups.
- Select a time cap to complete the workout.

Scoring

- For rounds – the pair that completes the most rounds/reps in the allotted time is the winner.

Tips

- Make transitions clear by using a buzzer or call out when it's time to shift into Zone 3
- Encourage strategy so teams can pace themselves or push early.
- Hype the AMRAP finish, get everyone counting reps out loud in the final minutes.

Safety

- Ensure there is enough space to move safely.

Space required

- Sportshall or field

Estimated set-up time

- 5 minutes

Equipment required

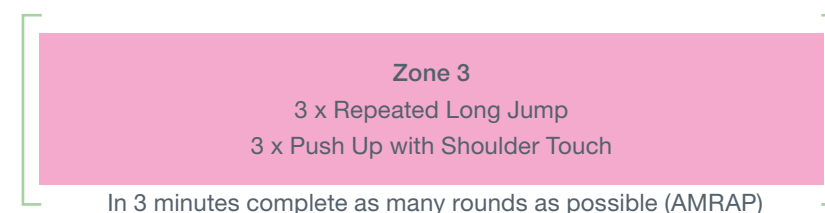
-  1 x lightweight bar or PVC pipe per person per team, 1 x Bench per team
-  Pen, paper, and stopwatches for each referee
-  Cones / markers
-  Measuring tape
-  Music playlist and speaker
-  Clock and white board

Workout

11 or 15 minute AMRAP (example)



Rest 1 minute whilst moving to Zone 3 (optional Zone)



Total Time: This can be either an 11 or 15 Minute workout.

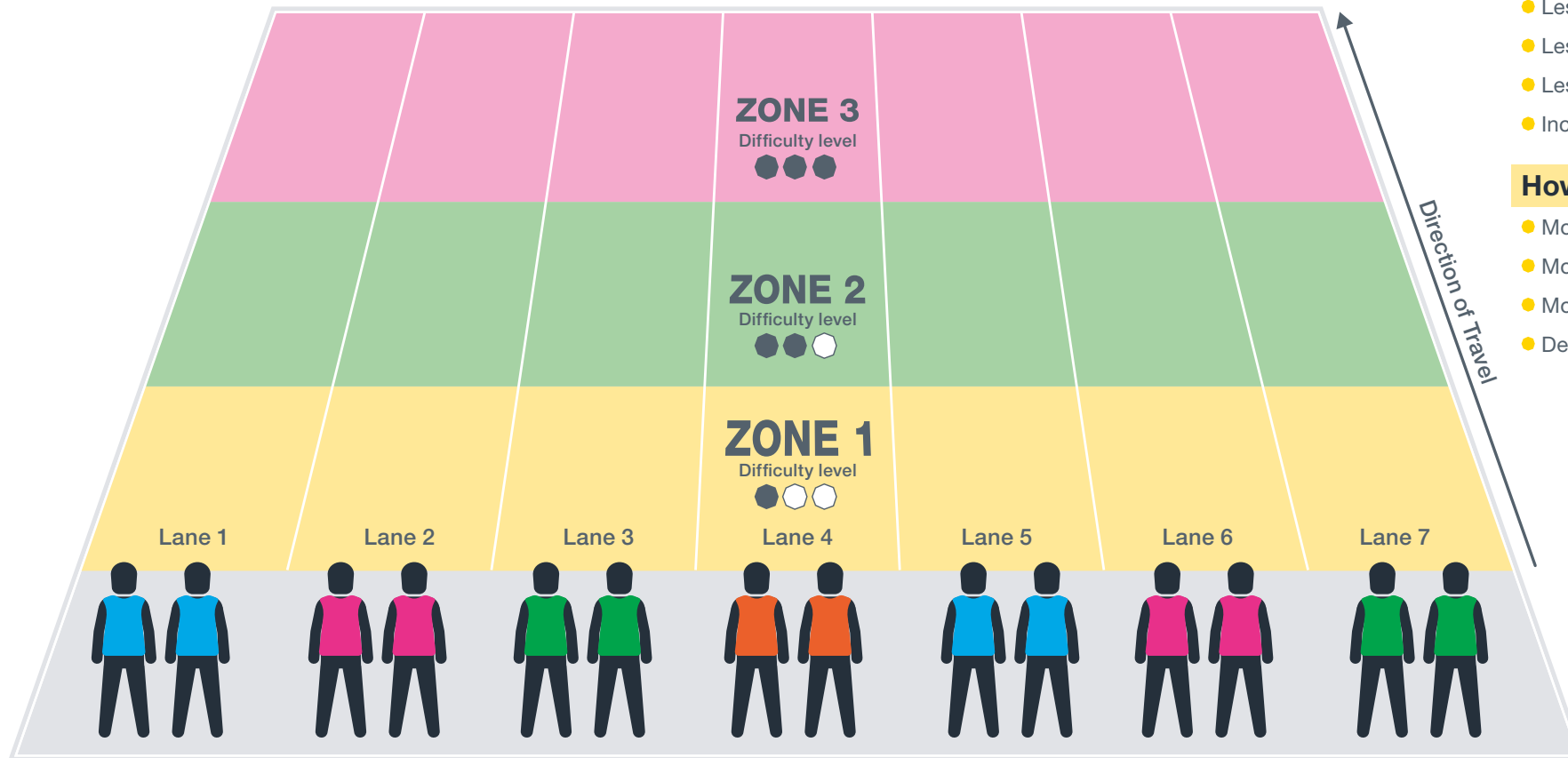




Pairs AMRAP

SECONDARY

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How to make it easier

- Less difficult movements
- Less movements or zones
- Less reps
- Increase time cap

How to make it harder

- More difficult movements
- More movements or zones
- More reps
- Decrease time cap

Spirit of the Games



- Today, I am most proud of myself for...



- One way I won my workout is...



- One of my workout partners did well because...





Spring, Strength & Stamina Challenge

SECONDARY

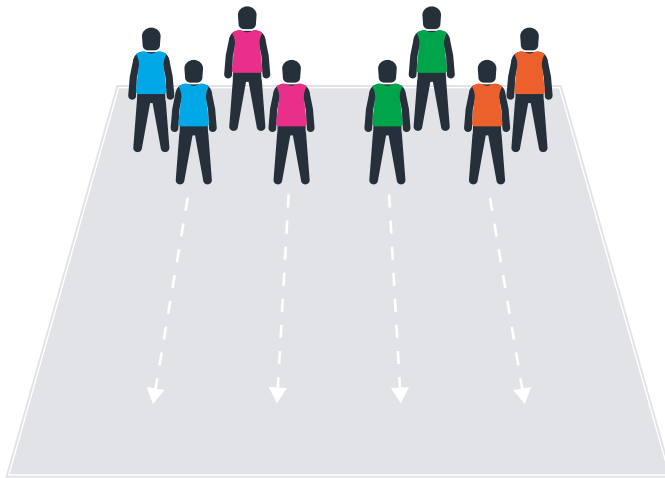
Page 1 of 5

How to play

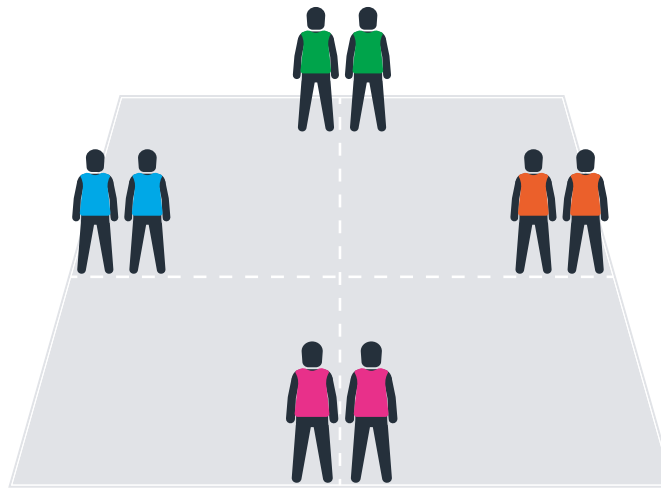
- Students compete in pairs to complete this challenge.
- Together, the pairs take on three stations: Spring, Strength and Stamina. These represent the qualities needed to succeed in Olympic Weightlifting and functional fitness!

- At each station, the pair can win points. The pair's score for all three stations are added together to calculate the total team score they've achieved.
- The pair with the highest team total wins.
- In the event of a tie between teams, the team that placed highest in the Stamina station, wins.

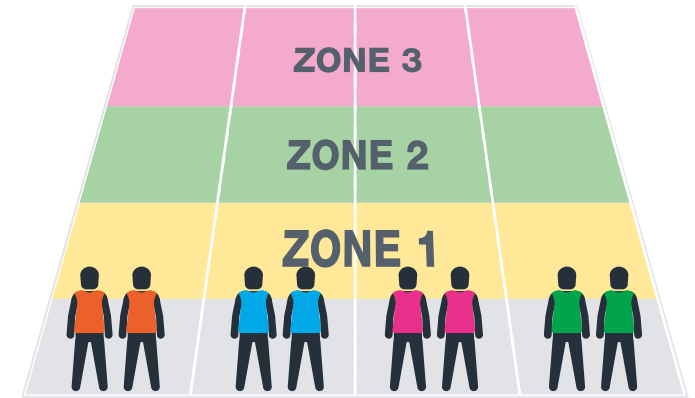
Station 1 SPRING Long Jump



Station 2 STRENGTH Tug of War



Station 3 STAMINA AMRAP



Spirit of the Games



- Today, I am most proud of myself for...



- One way I won my workout is...



- One of my workout partners did well because...





Spring, Strength & Stamina Challenge

SECONDARY

Page 2 of 5

Station 1: Spring

Plan

- Students compete in pairs.
- You will need to measure and record the students height.
- Each student has 3 attempts to complete a long jump.

Set up

- Mark an area to measure height, or ask for it in advance of the event.
- Mark an area for the long jump take off and landing area.
- Ensure there is a reliable method to measure the distance of each jump.
- Have the height to jump ratio score table available for scoring.

Rules

- Each student has 3 attempts to jump as far as possible.
- The jump must be completed from a standing position.
- Stepping over the take off line disqualifies the attempt.

Scoring

- The best jump out of the 3 attempts is recorded.
- Use the student height to jump ratio scoring table to determine the student's score.
- Combine individual scores to record a team's total for the Spring Station.

Tips

- Ensure the landing area is safe and clearly marked.
- Remind students to focus on their technique for maximum distance.
- Be consistent with measuring each jump and accurately recording the results.

Safety

- Ensure there is enough space to move safely.

Space required

- Sportshall or field.

Estimated set-up time

- 10 minutes.

Equipment required



Calculator



Pen, paper, and stopwatches for each referee



Cones / markers



Measuring tape



Music playlist and speaker



Clock and white board

Long Jump

Jump to Height Ratio

By using a jump-to-height ratio, you can fairly compare student's of different sizes.

Divide the student jump distance by their standing height to give you a ratio (round up to two decimal places). The ratio then matches to a score below, with different scoring for girls and boys.

E.g. A female student with 120cm jump and 140cm height
 $= 120/140 = 0.86$ jump to height ratio = 4 score

Girls Jump to height Ratio	Boys Jump to height Ratio	Score
Less than 0.60	Less than 0.70	1
0.60 – 0.72	0.70 – 0.87	2
0.73 – 0.85	0.88 – 1.05	3
0.86 – 0.99	1.06 – 1.24	4
1.00 or above	1.25 or above	5





Spring, Strength & Stamina Challenge

SECONDARY

Page 3 of 5

Station 2: Strength

Plan

- Students compete in pairs
- Four pairs compete in a single tug of war match.
- The first team to pull the central marker into their zone wins. All teams compete at once and if no team wins in a set time, the closest team wins.

Set up

- Use a 4 way rope (or tied ropes) in an “X” or “+” shape with a central marker.
- Mark equal zones for each team around the marker.
- Teams of 2 players each are spaced evenly around the centre.
- Ensure clear start lines for all teams.

Rules

- Teams begin by gripping the rope behind their start line.
- On the whistle, teams pull the marker into their zone.
- The first team to do so wins.
- No wrapping the rope around bodies, no sitting or excessive leaning.
- Players must stay on their feet, and the rope must not be let go during the match.
- The referee can stop the match for safety or rule violations.

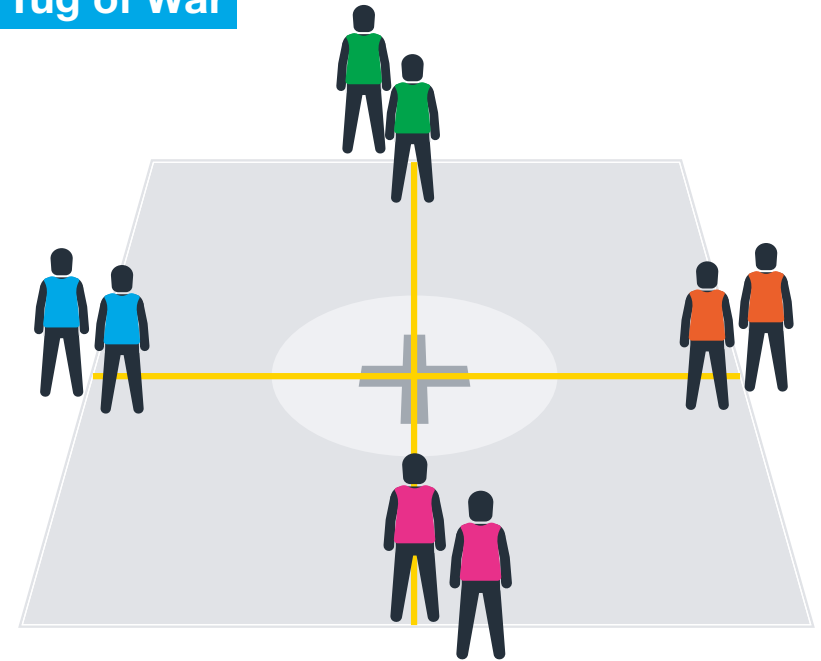
Scoring

- The winning team gets 5 points; the other teams get 0 points.
- Alternatively if time allows, rotate teams to different start positions to ensure everyone has a chance to compete and complete a number of matches.
- The teams score for the Strength station is their total points across all the matches (e.g. 2 wins = 10 points).

Tips

- Pre mark zones and ensure they're evenly spaced.
- Use a whistle to start and stop the game.
- Emphasise safety and teamwork, and encourage good sportsmanship.
- Keep the match exciting by rotating teams for multiple chances to win.

Tug of War



Safety

- Ensure there is enough space to move safely.

Space required

- Sportshall or field.

Estimated set-up time

- 5 minutes.

Equipment required

-  Rope, string / ribbon
-  Pen, paper, and stopwatches for each referee
-  Cones / markers
-  Measuring tape
-  Bibs
-  Music playlist and speaker
-  Clock and white board





Spring, Strength & Stamina Challenge

SECONDARY

Page 4 of 5

Station 3: Stamina

Plan

- Students compete in pairs.
- Use the 15 minute AMRAP workout provided or create your own to suit your needs.
- The Zones represent different levels of difficulty, where Zone 1 has the least difficult movements and Zone 3 the most difficult.
- Share the workout with the participants and referees. Brief the referees on the movement standards.

Set up

- Mark out competition lanes, zones (Z), and equipment.
- Measure out the required distances.
- Assign one pair and one referee to each lane.

Rules

- All pairs (teams) complete the same workout, in the same order.
- Each lane referee times the workout, counts the reps and checks the movement standards; only valid reps count.
- Only one person from the pair can work at a time.
- The team can split the reps between them at their discretion to best suit their team's capacity.
- When all reps are completed, the pair can move on to the next movement
- Teams must complete all movements in their current zone to move onto the next zone.
- A zone can be used for multiple movements. E.g. a station with a box could be used for squats and press ups.
- There is a 15 minute time cap to complete the workout.

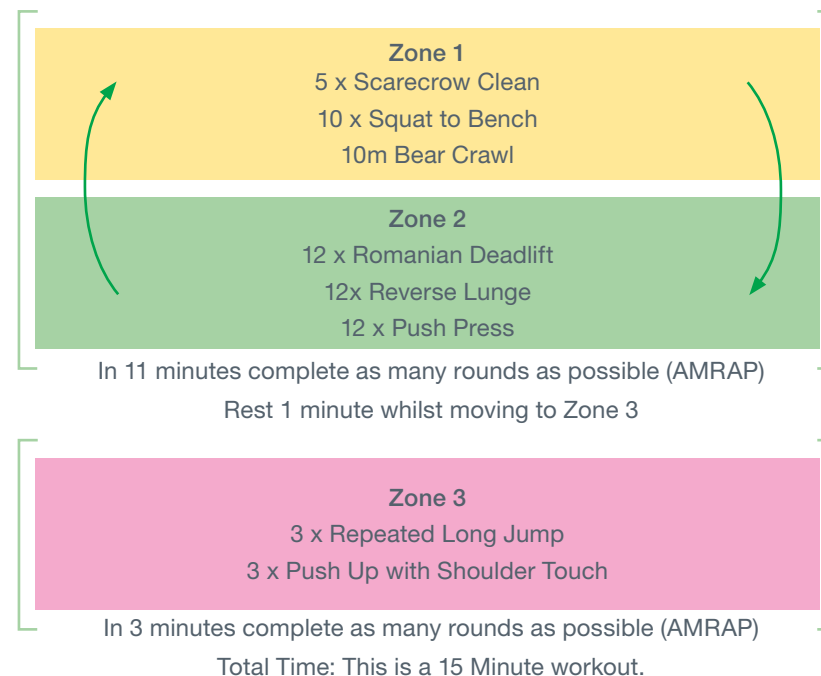
Scoring

- The pair that completes the most amount of rounds/reps in the allotted time wins.
- The winning team is awarded 10 points, the team with the next highest total is awarded 9 points, and the next place 8 points, and so on for all teams.
- This score is then the teams score for the Stamina station.
- Every team can achieve points for this station.

Tips

- Make transitions clear by using a buzzer or call out when it's time to shift into Zone 3
- Encourage strategy so teams can pace themselves or push early.
- Hype the AMRAP finish, get everyone counting reps out loud in the final minutes.

15 minute AMRAP



Safety

- Ensure there is enough space to move safely.

Space required

- Sportshall or field

Estimated set-up time

- 5 minutes

Equipment required

- 1 x lightweight bar or PVC pipe per person per team
- 1 x bench per team
- Pen, paper, and stopwatches for each referee
- Cones / markers
- Measuring tape
- Music playlist and speaker
- Clock and white board

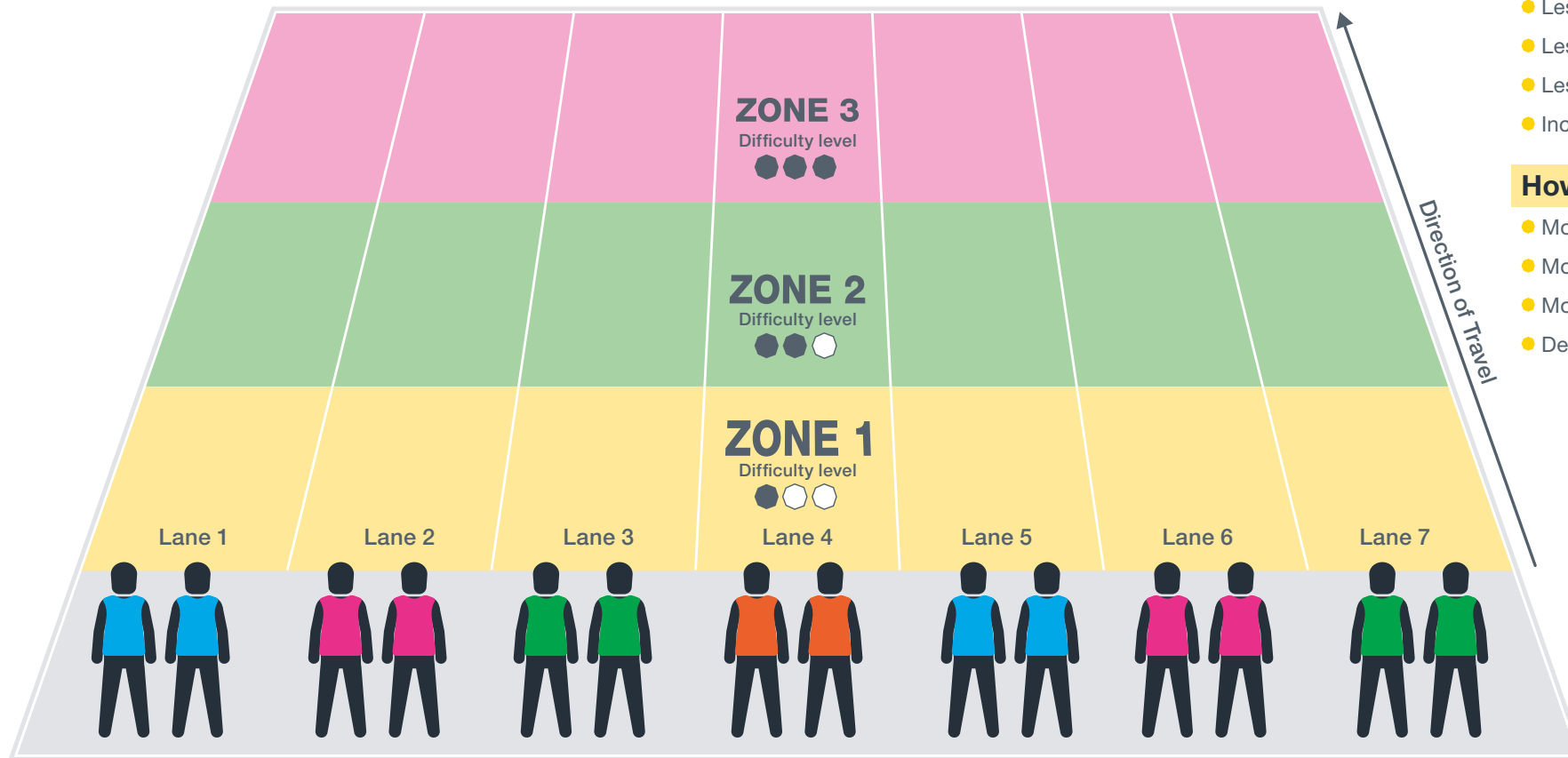




Spring, Strength & Stamina Challenge

SECONDARY

Page 5 of 5



How to make it easier

- Less difficult movements
- Less movements or zones
- Less reps
- Increase time cap

How to make it harder

- More difficult movements
- More movements or zones
- More reps
- Decrease time cap

Spirit of the Games



- Today, I am most proud of myself for...



- One way I won my workout is...



- One of my workout partners did well because...





Movement Menu

SECONDARY

Olympic Lifting Skills

Push press	Power jerk	Split jerk
Scarecrow clean	Hip clean	Hang clean
Snatch balance	Hip snatch	Hang snatch

SCAN HERE TO SEE THE PRACTICE IN ACTION



Single Leg

Single leg balance & knee touch	Single leg balance with cone push	Multi-directional hop and stick
Split squat Hold	Reverse lunge	Multi-directional lunge

SCAN HERE TO SEE THE PRACTICE IN ACTION



Double Leg

Squat to bench	Deep squat with arm swing	Deep squat hands overhead
Squat hold	Deep squat	Drop into squat

SCAN HERE TO SEE THE PRACTICE IN ACTION



Hinging

Isometric glute bridge hold	Glute bridge	Single leg glute bridge
3 point dowel hinge	Dowel hinge/ RDL	Single leg dowel hinge/ RDL

SCAN HERE TO SEE THE PRACTICE IN ACTION



Spring

Bench drop landing	Counter-movement Jump	Pogo jumps
Standing long jump	Repeated long jumps	Single leg standing long jump

SCAN HERE TO SEE THE PRACTICE IN ACTION



Push & Pull

Box push up	Hand release push up	Push up
Double arm band row	Single arm band row	Single arm, single leg band row

SCAN HERE TO SEE THE PRACTICE IN ACTION



Core

Push up hold hands on box	Plank hold	Push up hold with shoulder touch
Bear crawl	Side Plank Hold	Side plank with leg lift

SCAN HERE TO SEE THE PRACTICE IN ACTION



BRITISH
WEIGHT
LIFTING



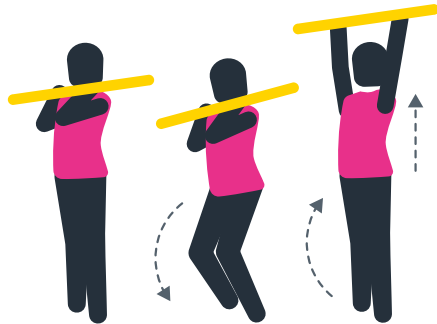


Olympic Lifting – Movement Standards

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TO SEE THE
PRACTICE IN
ACTION



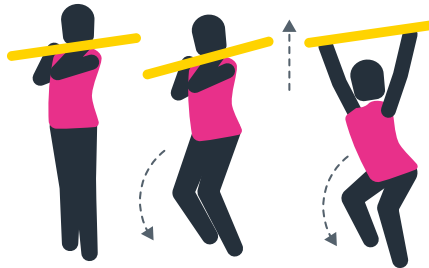
Push Press



Tips

- Hips and heels down
- Stay upright
- Drive tall and push upwards

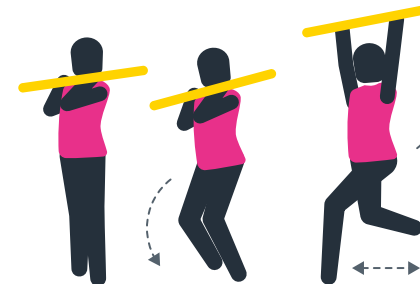
Power Jerk



Tips

- Hips and heels down
- Stay upright
- Drive tall
- Drop under & stamp

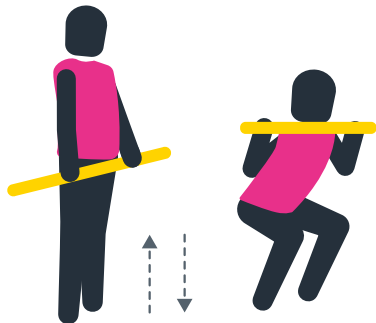
Split Jerk



Tips

- Hips and heels down
- Stay upright
- Drive tall
- Drop under and split the feet

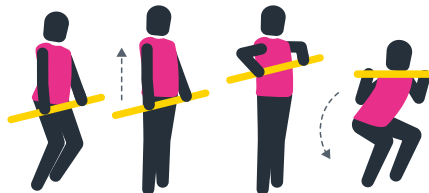
Scarecrow Clean



Tips

- Stay upright
- Drop under and slide feet into squat position
- Land hips and heels down
- Bar rests on front of shoulders

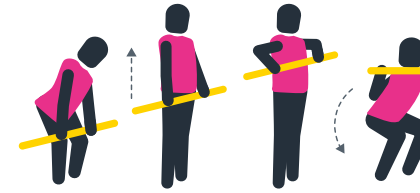
Hip Clean



Tips

- From the hips
- Jump to send the bar up, keeping it close
- Drop under and slide feet into squat position
- Land hips and heels down
- Bar rests on front of shoulders

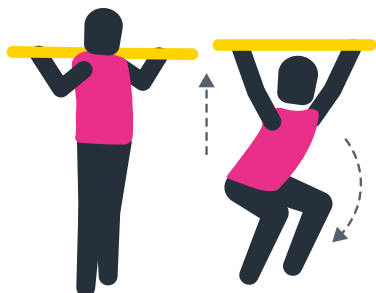
Hang Clean



Tips

- From an RDL position, jump to send the bar up, keeping it close
- Drop under and slide feet into squat position
- Land hips and heels down
- Bar rests on front of shoulders

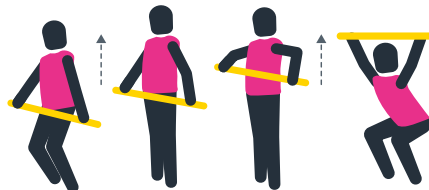
Snatch Balance



Tips

- Stay upright
- Drop under and slide feet into squat position
- Land hips and heels down and press bar overhead

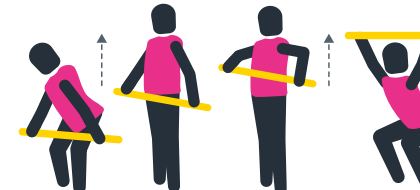
Hip Snatch



Tips

- From the hips
- Jump to send the bar up, keeping it close
- Drop under and slide feet into squat position
- Land hips and heels down and press bar overhead

Hang Snatch



Tips

- From an RDL position, jump to send the bar up, keeping it close
- Drop under and slide feet into squat position
- Land hips and heels down and press bar overhead

Equipment required

- 1 x lightweight bar or PVC pipe per person



Single Leg – Movement Standards

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



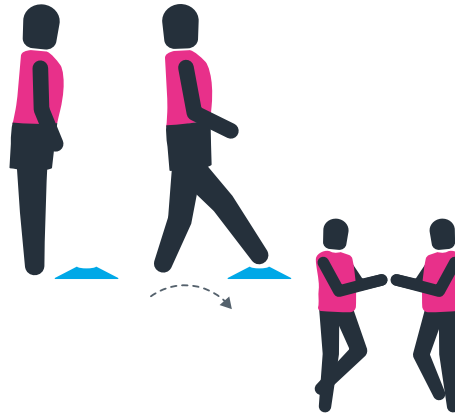
Balance & Knee Touch



Tips

- Touch your knee
- Try not to let the other foot touch the floor
- Alternate legs

Balance with Cone Push



Tips

- Sit back and down on your standing leg
- Reach forwards with the toes of your other leg & try to push the cone far away
- Alternate legs

Partner option

Can you stay balanced on one leg whilst trying to tap your partners hands?

Multi-Directional hop and stick



Tips

- Hop and land stable on one leg
- Sit back and down on your standing leg
- Hop further or higher if you are stable
- Alternate legs

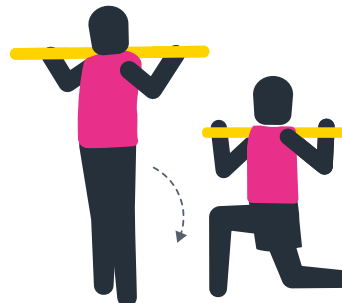
Split Squat Hold



Tips

- Split your feet so you have 90 degrees at the knees
- Front foot stays flat
- Stay upright
- Hold for the designated time
- Alternate legs

Reverse Lunge



Tips

- Take a big step backwards so you have 90 degrees at the knees
- Front foot stays flat
- Stay upright
- Try to get the back knee just off the floor
- Come back to the starting position and alternate legs

Multi-Directional Lunge



Tips

- Take a big step in any direction
- Stance foot stays flat
- Stay upright
- Try to get low to get your hips below knees
- Alternate legs

Equipment required

- 1 x lightweight bar or PVC pipe per person
- 1 x cone per person

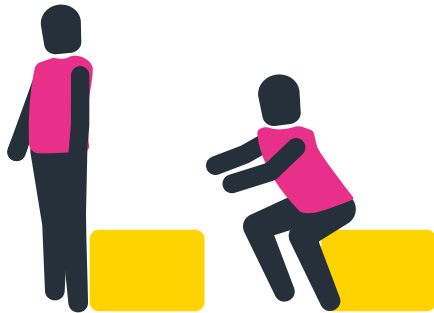


Double Leg – Movement Standards

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



Squat to Bench



Tips

- Heels down & hips back and down
- Arms forwards (to balance)
- Sit then stand

Deep Squat with Arm Swing



Tips

- Heels down & hips back & down
- Swing arms forwards as your squat (to balance)
- Try to get hips below knees

Partner option
Use your partner to lean back and help you balance

Deep Squat with Hands Overhead



Tips

- Heels down & hips back & down
- Try to get hips below knees
- Keep your arms up above your head

Partner option
Can you let go of one arm?

Squat Hold



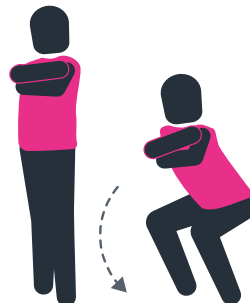
(Decide how many seconds to hold this for)



Tips

- Heels down & hips back and down
- Arms forwards (to balance)
- Hold the position

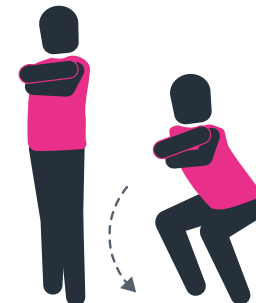
Deep Squat



Tips

- Heels down & hips back & down
- Try to get hips below knees

Drop Into Squat



Tips

- Drop down and slide feet wider into squat position
- Heels down & hips back & down
- Try to get hips below knees

Equipment required

1 x box or bench



Hinging – Movement Standards

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



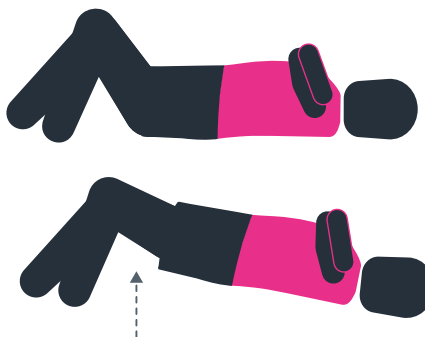
Isometric Glute Bridge Hold



Tips

- Push heels into floor
- Drive hips up and hold

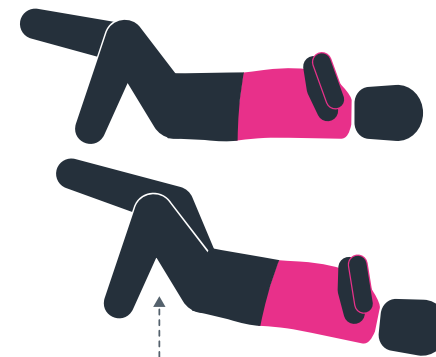
Glute Bridge



Tips

- Push heels into floor
- Drive hips up and down

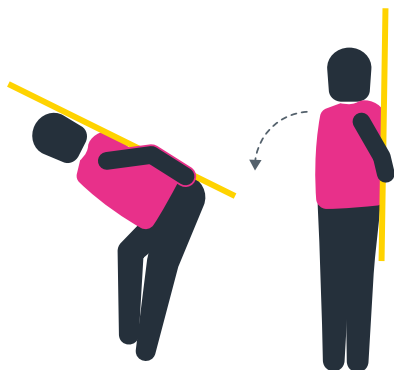
Single Leg Glute Bridge



Tips

- Push heel into floor
- Drive hips up and down
- Keep hips level

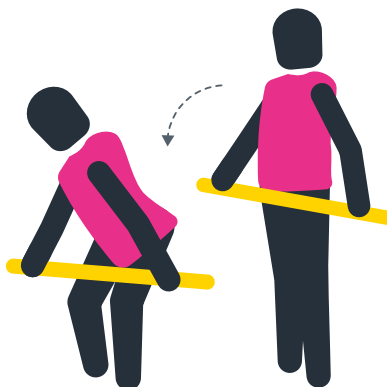
3-Point Dowel Hinge



Tips

- Head, upper back and bum touching the dowel/pipe-keep them touching throughout!
- Lean forward and hips backwards
- Only a little bend at the knees
- Back flat

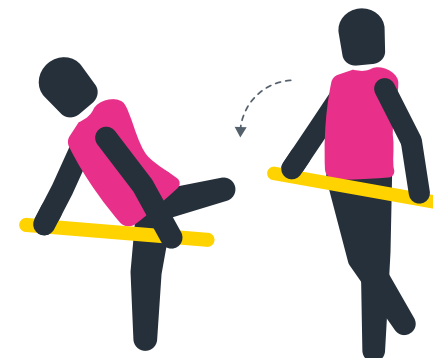
Romanian Deadlift (RDL)



Tips

- Lean forward and send hips backwards
- Only a little bend at the knees
- Keep the bar touching your legs throughout
- Back flat

Single Leg Romanian Deadlift (RDL)



Tips

- Lean forward and send hips backwards
- Only a little bend at the knees
- Keep the bar touching your legs throughout
- Back flat
- Keep hips pointing forwards

Equipment required

- 1 x lightweight bar or PVC pipe per person

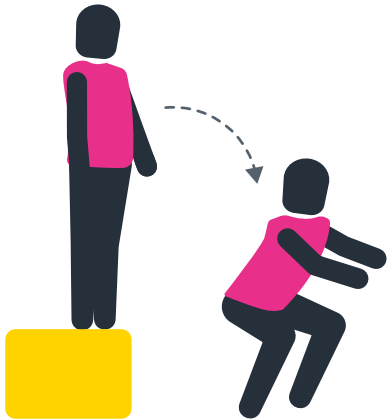


Spring – Movement Standards

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TO SEE THE
PRACTICE IN
ACTION



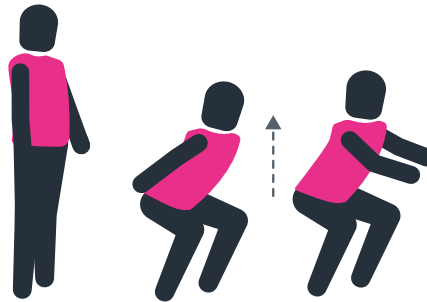
Bench Drop Land



Tips

- Land soft
- Stick squat position
- Push knees out wide

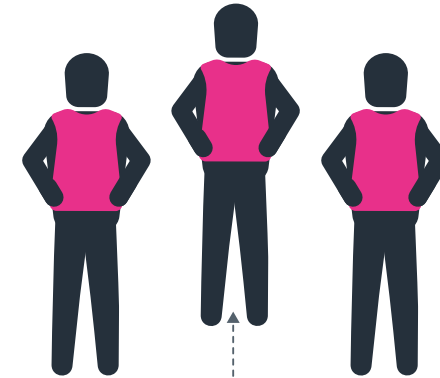
Counter-Movement Jump



Tips

- Dip, drive and jump
- Land soft
- Stick squat position
- Push knees out wide

Pogo Jumps



Tips

- Rebound quickly off the floor, jumping as high as you can
- Try not to let your knees or hips bend much when you land to be quick

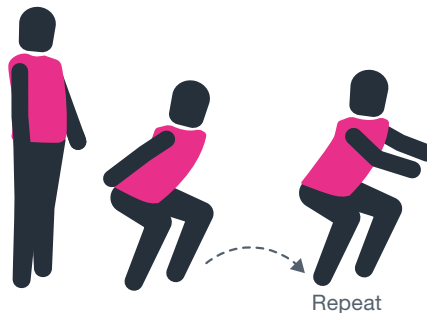
Standing Long Jump



Tips

- Dip, drive and jump
- Land soft and balance with hands
- Push knees out wide

Repeated Long Jumps



Tips

- Dip, drive and jump
- Push knees out wide
- Land soft and rebound into another jump
- Keep going!

Standing Long Jump Single Leg Landing



Tips

- Dip, drive and jump
- Land soft on one leg
- Push knee out wide
- Try to alternate landing legs

Equipment required

- 1 x box or bench

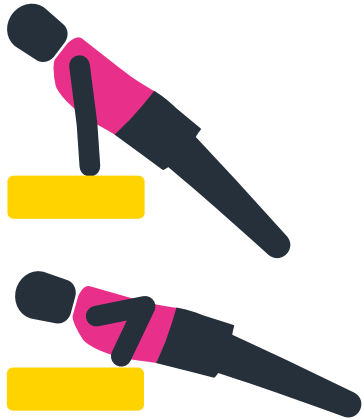


Push & Pull – Movement Standards

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



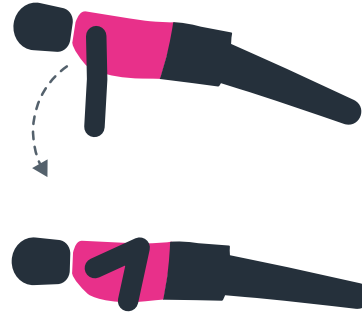
Push Up On Box Or Bench



Tips

- Body straight and hips in line
- SLOWLY touch your chest down to the box
- Keep your shoulders back and down

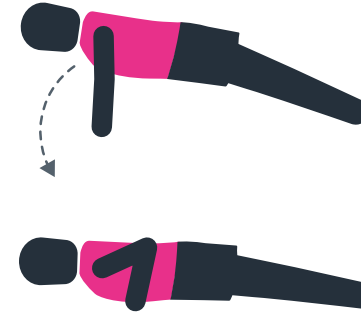
Hand Release Push Up



Tips

- Body straight and hips in line
- Keep your shoulders back and down
- SLOWLY touch your chest down to the floor
- At the bottom, move your hands away from the floor
- Put your hands back to the floor and push, keeping your back flat like a table top

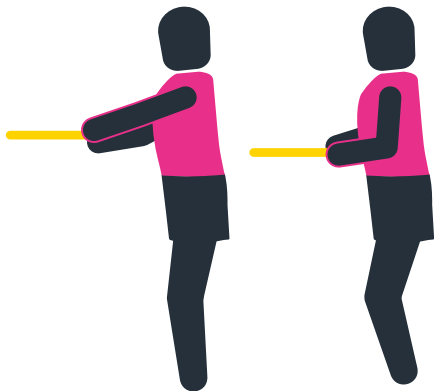
Push Up



Tips

- Body straight and hips in line
- SLOWLY touch your chest down to the floor
- Keep your shoulders back and down
- Push up explosive

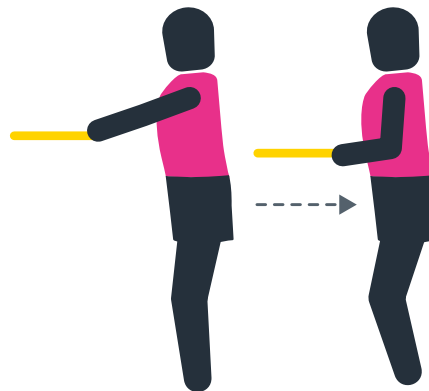
Double Arm Band Row



Tips

- Pull the band to your chest with two hands
- Keep your shoulders back and down
- Slowly straighten arms as the band moves away

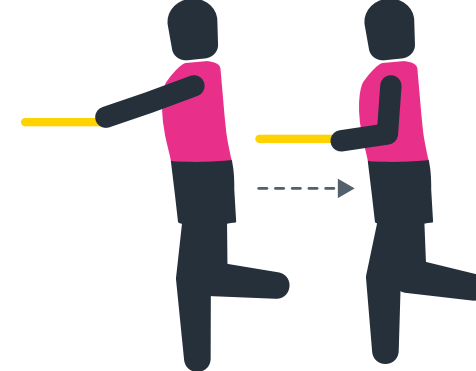
Single Arm Band Row



Tips

- Pull the band to your chest with one hand
- Keep your shoulders back and down
- Slowly straighten arm as the band moves away
- Keep shoulders facing forward

Single Arm And Single Leg Band Row



Tips

- Pull the band to your chest balancing on the opposite leg
- Keep your shoulders back and down
- Slowly straighten arms as the band moves away
- Keep shoulders and hips facing forward

Equipment required

- Box or bench
- Bands

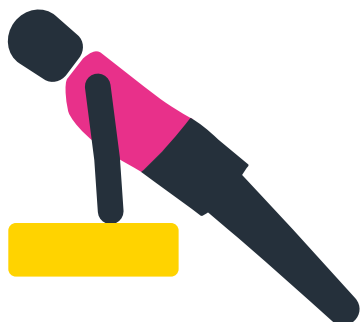


Core – Movement Standards

SCAN HERE
TO SEE THE
PRACTICE IN
ACTION



Push Up Hold Hands On Box or Bench



Tips

- Body tight and straight
- Shoulders back and down
- Head inline with body

Plank Hold



Tips

- Body straight
- Hips in line
- Stay tight



Partner option

Can you hold your push up while your partner picks up your feet?

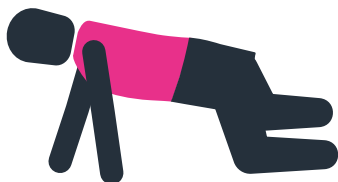
Push Up Hold With Shoulder Touch



Tips

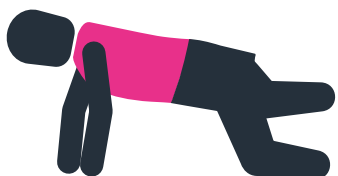
- Body straight and hips in line
- SLOWLY touch one hand to the other shoulder
- Don't let your body move or twist
- Alternate hands / shoulders

Bear Crawl

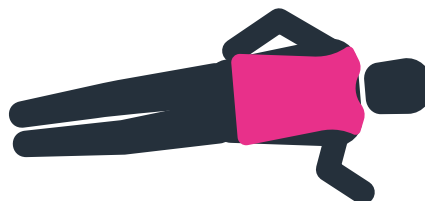


Tips

- Move around keeping shoulders back and down and knees close to the floor
- Try keeping hips still



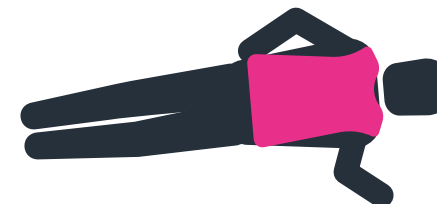
Side Plank Hold



Tips

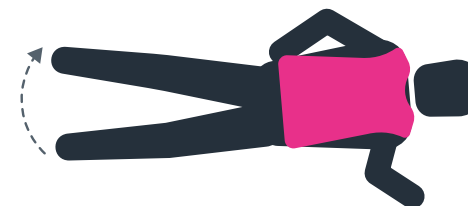
- Keep hips facing forward
- Straight line from head to feet

Side Plank With Leg Lift



Tips

- Keep hips facing forward
- Straight line from head to feet
- Lift top leg



Equipment required

Box or bench