**JungleFit**

**Record of Development**

**Child Name.................................................**

**About JungleFit...**

Peak Active Sport and CrossFit Buxton have teamed up to bring you a new programme aimed at children from the age of 7-11. Our new kids fitness programme is all about having fun but developing the key components of fitness, which are –

Cardio

Stamina

Strength

Flexibility

Power

Speed

Coordination

Agility

Balance

Accuracy

Most of these key fitness components we use every day when playing sport, no matter what sport that is. Our new programme will focus on specifically developing these components leading to a healthier lifestyle.

**About the programme...**

Each session we will focus on a variety of different fitness components and during the course of each 6 week block, we aim to develop each area through a variation of activities, skills and games.

Here is the plan for our very first block –

Week 1 –

|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | Skills | WOD | Game |
| Follow the leader run/moves &  20 Jumping Jacks | New:  Puzzle Squat &  Broad Jumps | 8 Min AMRAP:  20 M Run  10 Squats  5 Broad Jumps | Toilet Tag |

WOD Score................................. Comments................................

Key – AMRAP (as many rounds/repetitions as possible) M (metres)

Week 2 –

|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | Skills | WOD | Game |
| Basic Animal Walks:  Crabwalk  Bear Crawl  Alligator Walk | Review:  Puzzle Squat  New:  Push Up | 5 RFT:  5 Push Ups  20 M Walk/Crawl  5 Squats | Crab Soccer |

WOD Time................................. Comments.................................

Key – RFT (rounds for time) M (metres)

Week 3 –

|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | Skills | WOD | Game |
| 2 Mins of skipping &  Hollows | New:  Box Jumps &  Sit Ups | 10 Min AMRAP:  10 Box Jumps  10 Push Ups  10 Sit Ups | Dodgeball |

WOD Score................................. Comments................................

Key – RFT (rounds for time) M (metres)

Week – 4

|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | Skills | WOD | Game |
| Balance Work:  Stepping stones,  lines & hoops | New:  Down Ups &  Burpees | The Silly Seven for Seven Minutes:  7 Burpees  7 Box Jumps  7 Squats | Lizard Tag |

WOD Score................................ Comments.................................

Week 5 –

|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | Skills | WOD | Game |
| Agility Work:  Ladders &  Colour Square | Review:  Push Ups  New:  Walking Lunges | Double Trouble 4RFT:  2- Push Ups  4 – Sit Ups  6 – W. Lunges | Tug-of-War  Competition |

WOD Time................................. Comments.................................

Week 6 –

|  |  |  |  |
| --- | --- | --- | --- |
| Warm Up | Skills | WOD | Game |
| 2 Mins of Box Jumps &  Skydivers | New:  Forward Roll &  Wall Balls | Circuit for 6 Mins:  30 seconds at each stations –  Sit Ups, Box Jumps, Wall Balls & Lunges | Boulder Bash |

WOD Score................................. Comments................................