



Year 10 HRF: Lesson 4 – Core stability 1

Big Question

What is core stability and how does this help your performance in sport?

Warm Up

<p>Notes</p> <p>Complete 1-2 sets of the warm-up circuit</p>	<p>1a Jog on the Spot 1 min</p>  <p>Easy light aerobic activity.</p>	<p>1d Arm Swings 8-10</p>  <p>For each exercise swing arms in a controlled manner.</p>	<p>1e Hip Circles 10/Leg</p>  <p>Lift leg to the side and place the foot to the ground when the knee is in front of the body.</p>
<p>1b Jumping Jacks 20-30</p>  <p>Jump in the air, spread feet and swing arms out, then back to the start position.</p>	<p>1c Hip Movement 5-8 /Leg</p>  <p>Perform each movement variation 5-8 times. Hold for 2 sec. Stand tall.</p>	<p>1f Downward Dog Exchange 5-8</p>  <p>From a plank position, lift hips to the ceiling, pressing palms and heels to the ground.</p>	<p>1g Plank Lunge Exchange 6-8/Leg</p>  <p>From a plank position, place foot under the shoulder, alternating with each rep.</p>









Fitness testing

What is core stability?
 How can it be developed?
 What muscles make up our core?
 What benefits does having good core stability give you and other sports performers?



<https://www.nationwidechildrens.org/family-resources-education/700childrens/2018/07/core-stability>

Activity 1 – Main activity- Complete 2-3 sets.

<p>1a Bird Dog 3-5 X 5-8 sec/Side</p>  <p>Lift leg and opposite arm simultaneously. Keep body in-line. Alternate sides.</p>	<p>1b Fire Hydrant 12/Leg</p>  <p>Maintain neutral spine and lift the leg to the side for 12 reps. Repeat with opposite leg.</p>	<p>1e Plank Hold 15-20 sec</p>  <p>Maintain neutral spine.</p>	<p>1f Leg Abduction 15/Leg</p>  <p>Place hands under back to maintain neutral spine.</p>
<p>1c Back Bridge Alternating Lift 15/Leg</p>  <p>Maintain neutral spine and keep a straight line from shoulder to knee.</p>	<p>1d Dead Bug 10/Side</p>  <p>Lower right leg and arm while the left leg and arm are raised. Alternate.</p>	<p>1g Side Lying Leg Raise 20/Leg</p>  <p>Raise the top leg for 20 reps. Repeat.</p>	<p>1h Side Plank 10-15/Side</p>  <p>Hold a straight line through the midline of the body.</p>



Activity 2 – Cool down

1a Stretch to the Sky  Stretch to the sky.	1b Pec Stretch  Perform stretches.	1e Hip Flexor  Step forward slightly with the right leg. Raise the left arm to the sky to intensify stretch.	1f Lat Stretch  Maintain a neutral spine.
1c Quad Stretch  Stand tall and bring heel to butt.	1d Hamstring Stretch  Flex at the hips keeping a neutral spine.	1g Grain Stretch  Place the bottoms of the feet together and pull heels towards the body.	1h Glut Stretch  Bring leg across the body and hug the thigh.

Activity 3 – Plenary

Look at the exercise that you did in the main activity and work out which of your core muscles each of these worked.

<https://bodybalance4you.wordpress.com/2012/10/26/the-difference-between-abs-core/>



Follow it up

Using the internet look at other exercises that can be used to improve your core strength.

Get inspired

Produce your own session combining some of the core exercises above and the ones that you have found on the internet.