

Dynamic Drills

Resources:
None required

Aims

- To increase the heart rate and prepare the whole body for exercise.
- Get the group interacting with each other and having fun.

Mixed Ability Groups:

Leader chooses the pace of the group to suit ability levels within the group.

Key Points

- 1 Runners form two lines facing towards each other approximately 10 metres apart, with the leader stood in the middle.
- 2 Leader calls out instructions and runners perform this as they walk towards the middle (skip, walk, jog, squats, lunges, arm circles).
- 3 When runners meet the person opposite they high five them.

Safety Tips

- Check that runners are aware of the action they need to perform when they meet the person opposite them.
- Avoid road crossings where possible.
- Continual assessment of the risk and challenge to the whole group.

