

STAR RAIDER EXERCISES

Star Raiders consists of exercises that are age appropriate for prepubescent children, are versatile and encourage a playful approach.

Children get to practice basic physical skills and exercises are designed so that they are easy to set up with equipment that should be readily available.

Every exercise is designed on two levels:

Level One - 7–10 years

Level Two - 10–13 years. Slightly higher level of difficulty (impact/complexity)

**CHANGE
THE
GAME™**

THE SCORPION

Reaction and coordination

The children lie down on their stomachs next to each other. On the trainer's signal they react. The signal can be a hand-clap (where the trainer stands behind the group), a hand-movement (where the trainer stands in front of the group) or a touch (here the trainer can only give a signal to two children at a time).

Level 1

- At the signal stand up and run to the line.

Level 2

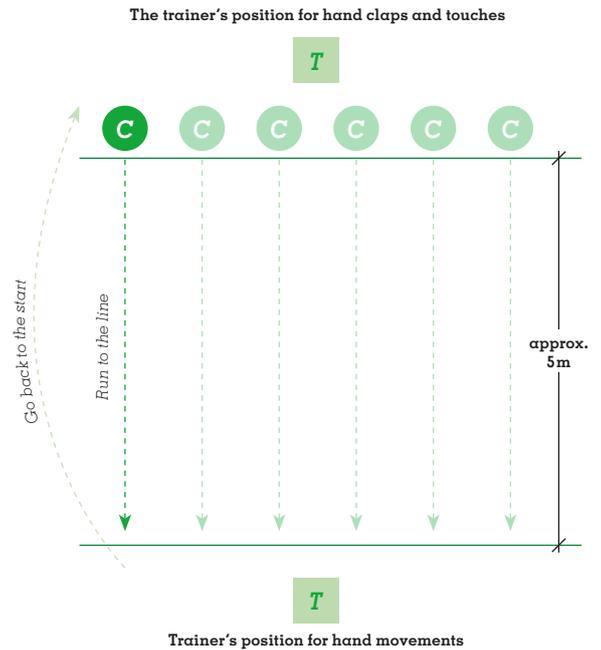
- At the signal stand up, jump once with both feet together and then run to the line.

Number of repetitions:

Each child around 2 times per signal type.

Reasons for training reaction responses and coordination:

This exercise is designed to improve children's reaction responses to sound, sight and touch. It is as children that we can most easily train these abilities. This exercise is useful for sports training as well as for anyone in everyday life.



TAURUS

Explosive strength

In this exercise you have to be as strong as an ox working with, among other objects, heavy training balls.

Children work in pairs and each pair throws a ball diagonally to each other at stomach height, alternating from the left to the right of the body. 7-10 throws each side of the body for every exercise.

Level 1

- Standing position with feet shoulder-width apart.
- Sitting with legs wrapped around the other person's legs.

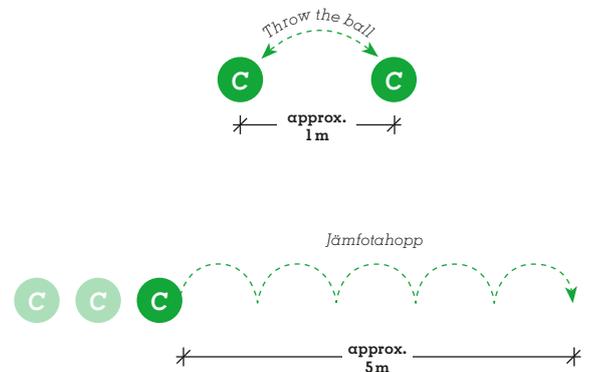
Level 2

- Standing with feet on the line.
- Kneeling position.

To finish perform long jumps with both feet together covering a distance of approximately 5 metres.

Reasons for training explosive strength:

Ballistic strength training as it's also called is used, among other movements, when jumping and performing reactive movements (reflexes). Makes the body more capable to take strain and return power in different directions. These abilities are used all the time both in sports and everyday life.



LIBRA

This exercise tests our sense of balance.

The child jumps zigzag forwards over the line.

Level 1

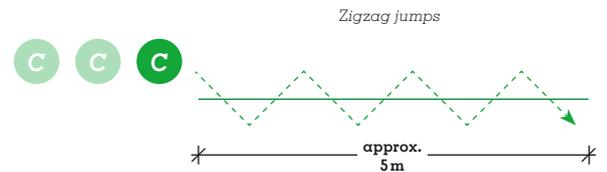
- On one leg. Left then right.
- Use both legs, crossing legs over the line on alternate jumps.

Level 2

- On one leg with the heel against the buttocks. Right then left.
- On one leg with the heel against the buttocks. Right then left – backwards.

Reasons for training balance:

Balance is about communication between various parts of the body and the brain. Communication can be improved and used more efficiently through playful and controlled challenges. This is good news, as there isn't a single situation in everyday life where balance is unimportant!

**PISCES**

Interval training with directional changes.

Here you become one of the river's precious fish, resting against the imaginary current for a short moment before bursting into life and swimming upstream, changing direction rapidly as you go.

Mark out five positions (using, for example, pieces of tape) the same shape as a five on a dice. Place beanbags on each position. The first child must run to each position, collecting the beanbags as they go, before returning to the starting point. The next child then runs to each position, replacing the beanbags. Repeat as necessary.

Level 1

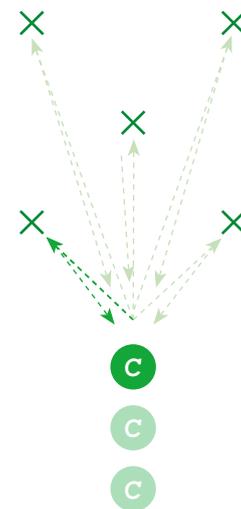
- Approximately 2 metres between each position.

Level 2

- Approximately 3 metres between each position.

Reasons for interval training with directional changes:

Children are very adaptable and open to training for speed. By adding changes of direction into speed training the body becomes better at handling forces that can occur, for example, when making fast turns, where the risk for injury can be high.



LEO

Speed/strength

In this exercise you become the king of the jungle, using your speed and ability to leap into action.

Level 1

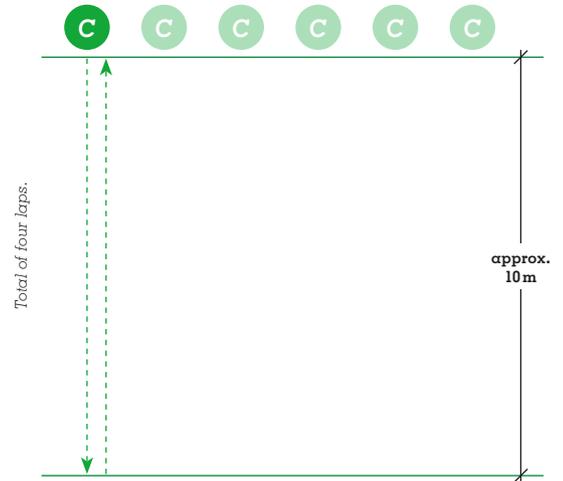
- Run four laps there and back as quickly as possible.

Level 2

- Run four laps there and back as quickly as possible.
At each turn children should alternate between jumping into the air or lying down on their stomachs.

Reasons for training speed and strength:

These types of movements can be found not only in sports but also in children's everyday lives. Short, intense runs, with lots of changes in direction, are performed all the time by children when they play chase and have fun.

**CAPRICORN**

Functional training

Here children can pretend they are agile goats, quickly jumping and crawling their way along.

Level 1

- Jump or climb over the first, third and fifth hurdle.
Crawl under the second and fourth hurdles. -----
- Crawl under all the hurdles without touching your knees on the ground. -----

Level 2

- Jump or climb over the first, third and fifth hurdle.
Crawl under the second and fourth hurdles. -----
- Using sideways jumps 'slalom' around the hurdles.

Reasons for functional training:

Agility, coordination and adaptability are all needed to quickly get through this exercise. All three of these elements are incredibly important in any recreational activity throughout our lives.

