

TEXAS RANGERS



KIDS' STRENGTH TRAINING WITH MCA & RANGERS CAPTAIN

Historically, strength training has been reserved for children beyond puberty. This was the rule of thumb because there was not sufficient research to support the effectiveness and safety of training children with weights. "But now there is sufficient research to suggest that strength training is a suitable – and safe – option for most youth." (American Council on Exercise, ACE) Weight training can be performed in an age appropriate setting with direct supervision by an instructor with a thorough understanding of strength training techniques and precautions for children.

As most elementary gyms are not equipped with strength training equipment and it is difficult to properly supervise a large group with weights, our strength training instruction focuses on body weight training only.

THE BENEFITS

As Physical Education professionals, you are well aware of the benefits of strength training. As teachers you may be faced with the challenge of getting children to see the value in the benefits of healthy bones and body composition. Our emphasis is on encouraging play while incorporating strengthening activities.

Strength training is an excellent tool for injury prevention. Injury prevention is important for the student that plays multiple sports outside of school as well as the sedentary student that may get hurt on their first attempt at a new physical activity. At MCA Sports Medicine and Rehabilitation, we encourage our student athletes (and adults) to not only work on the "beach muscles" (biceps e.g.) but, on the small ones you cannot see. For instance, we educate all overhead athletes on the performance of strengthening exercises for the muscles of the rotator cuff.

Strength training activities are also beneficial in providing children that may not be the quickest or most agile opportunities to shine. Oftentimes, these are the stronger children in the class and can achieve physical success on an individual basis. ACE also reports that youth strength training programs demonstrate a significant improvement in self esteem, mental discipline and socialization among participants.



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ACTIVITY**GLADIATORS****OBJECTIVE**

Strength Training, Cardiovascular-Sprint, Teamwork, Throwing with Accuracy

EQUIPMENT

Large supply of balls that are soft – soft enough to hit children without hurting.

8-10 Barriers – Mats, Boxes, Large Tubes – Barriers selected should require children to crawl, “commando” crawl, jump, or roll through them.

GAME GUIDELINES

Barriers are set up across the gym in two rows with a “prize” marked at the end (tape on wall, bell to ring).

Students are divided into two teams.

One team stands behind a line across

from the barriers. These are the

throwers. The second team stands in a

line at one end of the barriers, waiting to

go through them. On the signal to go, the

first in the runners’ line starts for the first bar-

rier. The second runner doesn’t go until the first

has reached the second barrier and so on. The throwers

will begin throwing in order to hit the runners. Once a runner is

hit by a ball, he or she must return to the end of the runners’ line.

You will likely need to call time out to collect balls throughout the

game. Each runner that reaches the “prize” scores a point for his

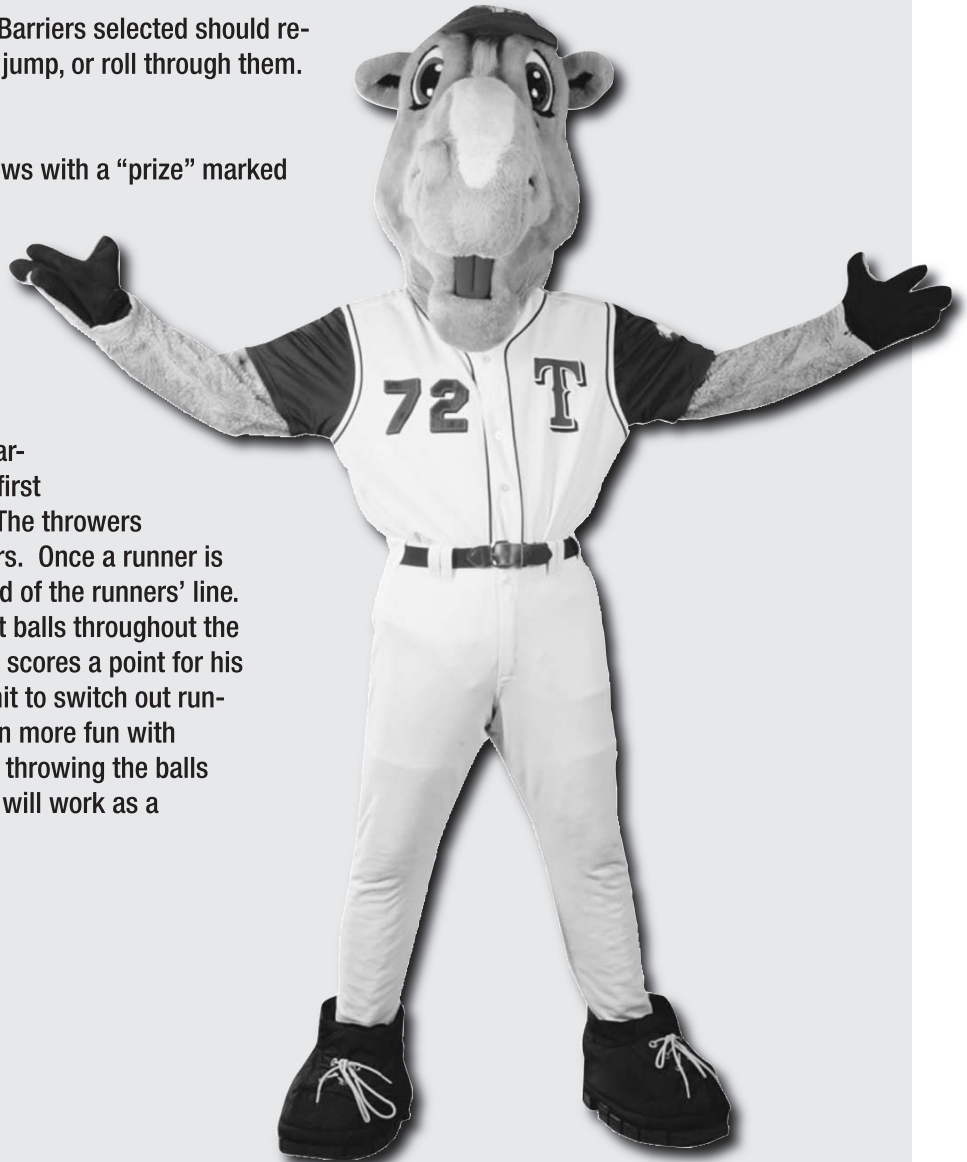
or her team. You may want to set a time limit to switch out run-

ners and throwers. This game could be even more fun with

rubber tubing launchers or other options for throwing the balls

(with rubber tubing launchers, the throwers will work as a

team and get strength training as well).

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