



Junior After-School Programming 1.1

Nov 2016

Purpose



Vision

Guiding our juniors and their parents to true health through natural movement, food and living

Mission

Provide the highest quality of junior health and fitness coaching through:

| | |
|-----------------|---|
| Initial Session | Clarity of our expectations: 5 P's see next page |
| | Making the child feel welcome |
| | Explaining to a parent how we can help their child |
| Welcome | Personalized paper letter & E-manual (Admin's role) |
| | Explanation of service |
| | Introducing the new Member to the rest of the team |
| Programming | Building a strong foundation for life |
| | Personal progression through the band system |
| | Safe and effective |
| Education | Bi-weekly blog post |
| | 5-minute 'Tribal Talk' at the end of each session |
| | Health focus through online diary |
| Feedback | Term Report: Physical and behavioral progression |
| | Termly Parent's Workshop |
| | Open and honest assessment |

Purpose



Age Groups

Age 4/5/6 years- Year R1/2 (British System) - Grade 5/6 (US System)

Age 6/7/8 years- Year 3/4 (British System) - Grade 5/6 (US System)

Age 8/9/10 years- Year 5/6 (British System) - Grade 5/6 (US System)

Age 11/12/13/14 years- Year 7/8/9 (British System) - Grade 7/8 (US System)

Age 13/14/15 years- Year 7/8/9 (British System) - Grade 9/10 (US System)

Expectations

Social – The 5 P's

Present: Consistency in attendances and focused mentality at each session.

Polite: Good manners and respect for others, especially elders.

Positive: Ready to learn and develop.

Productive: Works to one's capacity and makes good use of their time.

Punctual: On-time and accountable.

Bring to each session

Clothes to move in

Water bottle

Post-session snack: Protein, carbohydrates and fat

Programming



Session Breakdown

| Type | Strength & Skill | Power & Precision | Tribal Junior Challenge |
|------------|---|---|--|
| Purpose | Build base of strength to grow upon Learn technical proficiency Increase tolerance to volume | Develop speed, acceleration, power & agility Control ballistic movements | Provide a baseline testing session for the juniors to measure themselves against |
| Info | Mid rep range Build a base of strength 5:1 rest ratio Strongman style Week 1-4: 9, 10, 11 reps Week 5-8: 7, 8, 9 reps Week 9-12: 5, 6, 7 reps | Low rep range Increase speed, power and agility 4:1 rest ratio Parkour style 6 movements Week 1-4: 6, 7, 8 reps Week 5-8: 5, 6, 7 reps Week 9-12: 5, 5, 5 reps | Modified from the adult group sessions. Technique rules outcome |
| General | (Hinge – Locomotion) (Pull – Throw/Catch) (Leg – Core or Carry) (Push – Balance) (UK) Reception-Year 2: 18 mins meat / Year 3-Year 6: 20 mins meat / Year 7-9: 22 mins meat Technique 1st, Complexity 2nd - Look for balance between left & right, back and front | | It doesn't matter what anyone else gets. Self-progressive system. |
| Variable A | Couplets 4 x 2 movements (8) | Point Builder 4 movements | Junior Mongo - 3 rounds / 1 min rounds / 1 min rest 1. <u>Ring Climb Up</u> - SLOW, feet down = 1 point per climb, 1 foot down = 2 points per climb, feet crossed = 6 points per climb 2. <u>KB Floor Lift</u> 5 reps. % of BW = No. of points 3. <u>Partner drag</u> (same BW) 20 points per 10m crossing |
| Variable B | Journey (Circuit) 8 movements | Journey (Circuit) 8 movements | Jnr San Bushman- 1 round done with a partner 1. <u>Run</u> - 200m, 400m or 600m (outside) 2. <u>KB Swing</u> 15 reps. 10%, 15% or 20% of BW 3. <u>HF Crawl</u> 40m 4. <u>KB Swing</u> 15 reps. 10%, 15% or 20% of BW 5. <u>Back Carry</u> or <u>Drag</u> 20m, 40m or 60m |
| Variable C | | | Jnr Vakeve- 3rounds 1. <u>Double Press</u> -3 reps / % of BW 2. <u>Floor Lift</u> - 3 reps / % of BW 3. <u>Climb Up</u> - 3 reps H RR or V Ring Climb Up or Edge Climb Up 1 round of: 250m Row (5) rest 50m Sprint |

Programming



Wake Up Examples

| Mind | Body | Soul |
|---|---|--|
| <ol style="list-style-type: none"> 1. Juggling 2. Target throws 3. Knots 4. KB get up 5. Clap catch 6. Balance plank 7. Co-ordination drills 8. Reactor runs 9. Memory game 10. Footwork ladder 11. Partner punt 12. Buddy throw & catch 13. Jump rope combos 14. Stand up 15. Lashing 16. Mirror mirror 17. Color cone reactor 18. Rolling 19. Boxing memory 20. Cone towers | <ol style="list-style-type: none"> 1. Dynamics 2. Boxing bag combos 3. Run 4. Shadow boxing 5. Hang, swing, climb 6. Jump rope 7. Squat, push, hang pyramid 8. Virus tag 9. Ambulance vs zombie tag 10. Rowing 11. Toe touch 12. Animals 13. Turtling 14. Combo circuit 15. Crawling 16. Bring Sally up - squat/p.u 17. Strong back- trx/iyt/hang 18. Joint rolls 19. Bulldog 20. Scarecrow tag | <ol style="list-style-type: none"> 1. Max plank 2. Arm wrestling 3. Shoulder taps 4. Updowns 5. Partner carry 6. Farmer's carry 7. Waiter's carry 8. Tyre flippn' 9. Tabata movements 10. Crocodile holds 11. Max skips 12. King of the Ring 13. Tug of war 14. Foam beats 15. Burpee counts 16. Military PT 17. Max push ups 18. Plank push over 19. Laterl burpee jumps 20. Pull me over |
| <p>21. Chicken in the Hen House (nobody leaves the game) https://www.youtube.com/watch?v=ZBBPlwRnofl&index=10&list=PLBkvSYWl8m9u17b-UaAGHjhdFfZwCedkM</p> <p>22. Beam Ball Balance https://www.youtube.com/watch?v=hFju2BC0SeE&list=PLBkvSYWl8m9u17b-UaAGHjhdFfZwCedkM&index=23</p> | <p>21. Hand-Grenades https://www.youtube.com/watch?v=-4Pqe_r1isc&list=PLBkvSYWl8m9u17b-UaAGHjhdFfZwCedkM&index=2</p> <p>22. Empire Game https://www.youtube.com/watch?v=Wk0w2g4FsY4&list=PLBkvSYWl8m9u17b-UaAGHjhdFfZwCedkM&index=28</p> | <p>21. Plank jump overs/unders relay https://www.youtube.com/watch?v=d2mm_GZ_Y9E</p> <p>22. 1 min burped partner max reps https://www.youtube.com/watch?v=YKtk-mVVdKw</p> <p>23. Metabolic Conditioning https://www.youtube.com/watch?v=gRLImDlvvwl</p> |

Programming



Micro Programming: Session

| Section | Purpose | Menu | Time |
|-------------------------------|--|--------------------------------------|-------------------|
| Pre-Game, Bands or Weaknesses | Added extra value-added service Bi-monthly focus Juniors turn up early | Physical Game OR Bands | 5 mins |
| Wake Up | Mind: Switch on Body: warm up Soul: Harden up | Examples on next page | 15 mins |
| Skill | Refine & perfect movement patterns | STATED IN PROGRAMMING 2/5 fatigue | 5 mins |
| Meat | Develop a wide variety of movement quality, strength and endurance | STATED IN PROGRAMMING 3-4 / 5 | 18, 20 or 22 mins |
| Bands | An opportunity to test one's progress against the Tribal Juniors band system | STATED IN PROGRAMMING | 5 mins |
| Post-game | A fun way to finish the physical session. Juniors leave with a smile and great experience | STATED IN PROGRAMMING | 8, 10 or 12 mins |
| Chill Out & Snack | Bring mind and body down to relaxed state Discuss session food, living, inspiration talk | STATED IN PROGRAMMING | 5 mins |

Programming



Abbreviations

| | |
|-----|-----------------|
| FL | Floor Lift |
| SA | Single Arm |
| BW | Bodyweight |
| T&C | Throw & Catch |
| BB | Balance Beam |
| HF | Hand-Foot |
| SS | Split Squat |
| KB | Kettlebell |
| TB | Tennis Ball |
| SB | Static Balance |
| DB | Dynamic Balance |
| BJ | Broad Jump |
| FR | Foam Roller |
| L&R | Left & Right |
| F&B | Front & Back |
| K&C | Kick & Catch |
| FC | Farmer Carry |
| WC | Waiter Carry |
| TP | Tension Plank |
| V | Vertical |
| RR | Ring Row |
| SL | Single Leg |
| R | Reps |

Meso Programming: Term 1A

Sep - Dec



| Week | Reps | S&S Meat | Skill | Band | Post-Game | Post Talk | Precision & Power (Point Builders in red = bracket relates to the points earned per each rep) | Reps | Skill | Band | Post-Game | Post Talk |
|------|-----------------------------------|--|--|----------|-------------------|--------------------------|---|-------------------------------|--|-------------|-------------------|--------------------------|
| 1 | R-2= 9 R 3-6= 10 R 7-9= 11R | FL- Lateral Sprint 40m SA RR - Partner T&C BW / Goblet Squat - TP- Push up - BB HF Crawl | Floor Lift | Hip/lift | Jewel Steal | NM - Survival | <ul style="list-style-type: none"> Agility Cone Run 40m (4) Ring Climb Up (2) BB SS - 5/10/15m (5) Push up (1) | N/A | Broad Jump | Static hold | Tribal Dodge ball | NM - Survival |
| 2 | R-2= 9 R 3-6= 10 R 7-9= 11R | Get up - Sprint 40m - Climb Up - Bar Throw & Catch - 10m SS Walk - Drag Carry - SA KB Press - Eyes closed SB | Get Up | Crawl | Tribal Dodge ball | NF - Dirty | <ul style="list-style-type: none"> KB Clean - F&B Shoulder Roll - Partner Pullover the Line - TB K&C - SS Jumps - Inch Worm - Explosive Push Up - BB Crouch Walk | R-2= 6R 3-6= 7R 7-9= 8R | KB Clean | Journey | Jewel Steal | NF - Dirty |
| 3 | N/A | <p>Junior Mongo - 3 rounds / 1 min round / 1 min rest</p> <ol style="list-style-type: none"> Ring Climb Up - SLOW, feet down = 1 point per climb, 1 foot down = 2 points per climb, feet crossed = 6 points per climb KB Floor Lift 5 reps% of BW = No. of points Partner Drag (same BW) 20 points per 10m crossing | Ring Climb Floor Lift Partner Drag | KB | Crab Football | NL - Live by the Light | <ul style="list-style-type: none"> V Box Jump (3) Bar hang seconds (2) TP seconds (1) 10m Drag Carry (5) | N/A | KB Press | Climb | Kick tennis | NL - Live by the Light |
| 4 | R-2= 9 R 3-6= 10 R 7-9= 11R | FL Lateral Sprint 40m - RR - FR Target Ball Rolls - Goblet Squat - TP - KB Chest Press - Paws Up Bear Hold | Throw | Press | Kick tennis | NM - Efficient | <ul style="list-style-type: none"> Landings from Height - HF Crawl - SA RR- TB KC - BW Squat - Get Up - SA KB Press - Partner Band Distraction SS Walk | R-2= 6R 3-6= 7R 7-9= 8R | Landing | Get Up | Crab Football | NM - Efficient |
| 5 | R-2= 7 R 3-6= 8 R 7-9= 9R | SL FL- FC 30m Climb Up - Partner T&C Goblet Squat - TP Push Up - Eyes closed SL SB | Goblet Squat | Carry | Jewel Steal | NF - Individual | <p>Junior Mongo - 3 rounds / 1 min rounds / 1 min rest</p> <ol style="list-style-type: none"> Ring Climb Up - SLOW, feet down = 1 point per climb, 1 foot down = 2 points per climb, feet crossed = 6 points per climb KB Floor Lift 5 reps. % of BW = No. of points Partner Drag (same BW) 20 points per 10m crossing | N/A | Ring Climb Floor Lift Partner Drag | Hip/lift | Jewel steal | NF - Individual |
| 6 | N/A | 15 mins per Game: Crab Football - Shooting Range - War Dodgeball - Jewel Steal | N/A | N/A | N/A | NL - Conscious Calm Time | 15 mins per Game: Crab Football - Shooting Range - War Dodgeball - Jewel Steal | Game Session | N/A | N/A | N/A | NL - Conscious Calm Time |

Meso Programming: Term 1B

Sep - Dec



| Week | Reps | S&S Meat | Skill | Band | Post-Game | Post Talk | Precision & Power (Point Builders in red = bracket relates to the points earned per each rep) | Reps | Skill | Band | Post-Game | Post Talk |
|------|----------------------------------|---|--|----------|---------------|--------------------------------------|--|-------------------------------|--|-------------|-------------------|--------------------------------------|
| 7 | R-2= 7 R 3-6= 8 R 7-9= 9 R | KB Clean - WC 320m Ring Climb Up - Partner T&C BW / Goblet Squat - Back Carry- Push up - HF Crawl | KB Clean | Hip/lift | Jewel Steal | NM - Human Specific | <ul style="list-style-type: none"> Sprint 80m (3) RR (1) BB SS Walk 10m (4) Push up (2) | N/A | BJ | Static hold | Tribal Dodge ball | NM - Human Specific |
| 8 | R-2= 7 R 3-6= 8 R 7-9= 9 R | FL - Sprint 60m - Renegade Row - Bar T&C - 10m SS Walk - 20m FC- KB Chest Press - Lateral SL DB | Renegade Row | Crawl | War Dodgeball | NF - Appreciated | SL FL - F&B Shoulder Roll - RR - TB K&C- SS Jumps - Inverted Crawl - Push up - HF Sprint | R-2= 5R 3-6= 6R 7-9= 7R | SL FL | Journey | Jewel Steal | NF - Appreciated |
| 9 | N/A | Junior Mongo - 3 rounds / 1 min rounds / 1 min rest 1. Ring Climb Up - SLOW, feet down = 1 point per climb, 1 foot down = 2 points per climb, feet crossed = 6 points per climb 2. KB Floor Lift 5 reps. % of BW = No. of points 3. Partner Drag (same BW) 20 points per 10m crossing per 10m crossing | Ring Climb Floor Lift Partner Drag | KB | Crab Football | NL - Master of Tech | <ul style="list-style-type: none"> BJ Targets (2) Renegade Row (3) Dead Bugs (1) 5m L&R Plank FC (4) | N/A | Sprint | Climb | Kick tennis | NL - Master of Tech |
| 10 | R-2= 5 R 3-6= 6 R 7-9= 7 R | KB Clean - Backwards Sprint 20m - RR - FR Ball Rolls - KB SS - TP - KB Chest Press - Dead Bugs | KB Chest Press | Press | Kick tennis | NM - Daily Walkabout / Weekly Sprint | Landings from Height - HF Crawl - SA RR - TB Juggling - BW Squat - Back Carry - Ring Push Up - Partner band Distraction SS Walk | R-2= 5R 3-6= 5R 7-9= 5R | Landing | Get Up | Crab Football | NM - Daily Walkabout / Weekly Sprint |
| 11 | R-2= 5 R 3-6= 6 R 7-9= 7 R | FL - FC 30m Renegade Row - Partner T&C Goblet Squat - TP Push up - SL DB Push Over Game | SL DB Push Over Game | Carry | War Dodgeball | NF - Social Nexus | Junior Mongo - 3 rounds / 1 min rounds / 1 min rest 1. Ring Climb Up - SLOW, feet down = 1 point per climb, 1 foot down = 2 points per climb, feet crossed = 6 points per climb 2. KB Floor Lift 5 reps. % of BW = No. of points 3. Partner Drag (same BW) 20 points per 10m crossing | N/A | Ring Climb Floor Lift Partner Drag | Hip/lift | Jewel steal | NF - Social Nexus |
| 12 | N/A | 15 mins per Game: Crab Football - Shooting Range - War Dodgeball - Jewel Steal | N/A | N/A | N/A | NL - Supportive Tribe | 15 mins per Game: Crab Football - Shooting Range - War Dodgeball - Jewel Steal | Game Session | N/A | N/A | N/A | NL - Supportive Tribe |

Meso Programming: Term 2A

Jan - Apr



| Week | Reps | S&S Meat | Skill | Band | Post-Game | Post Talk | Precision & Power (Point Builders in red = bracket relates to the points earned per each rep) | Reps | Skill | Band | Post-Game | Post Talk |
|------|-----------------------------------|---|------------------------|----------|-------------------------|--------------------------|---|-------------------------------|------------------------|-------------|--------------------------|--------------------------|
| 1 | R-2= 9 R 3-6= 10 R 7-9= 11R | FL - FC 20m Ring Climb Up - Partner T&C BW / Goblet Squat - Drag Carry- Push up - HF Crawl | Floor Lift | Hip/lift | Hand Grenades | NM - Survival | <ul style="list-style-type: none"> Sprint 60m (3) FR Target Throw (4) Bar hang seconds (1) Push up (2) | N/A | Broad Jump | Static hold | War Dodgeball | NM - Survival |
| 2 | R-2= 9 R 3-6= 10 R 7-9= 11R | KB Swing- Sprint 60m - Climb Up - Bar T&C - 10m SS Walk - Back Carry - Push Up - Lateral SL DB | KB Swing | Crawl | Bulldog | NF - Dirty | KB Swing- F&B Shoulder Roll - RR - TB K&C- SS Jumps - HF Crawl- Push up - BB HF | R-2= 6R 3-6= 7R 7-9= 8R | KB Swing | Journey | Chicken in the Hen House | NF - Dirty |
| 3 | N/A | Jnr San Bushman- 1 round done with a partner 1. Run - 200m, 400m or 600m (outside) 2. KB Swing 15 reps. 10%, 15% or 20% of BW 3. HF Crawl 40m 4. KB Swing 15 reps. 10%, 15% or 20% of BW 5. Back Carry or Drag 20m, 40m or 60m | KB Swing Back Carry | KB | War Dodgeball | NL - Live by the Light | <ul style="list-style-type: none"> V Box Jump (3) 10m Walking SS (4) TP Seconds (1) KB Press (2) | N/A | KB Press | Climb | Kick tennis | NL - Live by the Light |
| 4 | R-2= 9 R 3-6= 10 R 7-9= 11R | FL - Backwards Sprint 20m - RR - FR Ball Rolls - KB SS - TP - KB Chest Press - Paws up Bear Hold | Throw | Press | Chicken in the Henhouse | NM - Efficient | KB Swing - HF Crawl - SA RR - TB K&C- BW Squat - Back Carry - Ring Push Up - SL DB Partner Push Over Game | R-2= 6R 3-6= 7R 7-9= 8R | KB Swing | Get Up | Crab Football | NM - Efficient |
| 5 | R-2= 7 R 3-6= 8 R 7-9= 9R | KB Swing - WC 30m Climb Up - Partner T&C Goblet Squat - HF Crawl Push up - Lateral SL DB | Goblet Squat | Carry | Bulldog | NF - Individual | Jnr San Bushman- 1 round done with a partner 1. Run - 200m, 400m or 600m (outside) 2. KB Swing 15 reps. 10%, 15% or 20% of BW 3. HF Crawl 40m 4. KB Swing 15 reps. 10%, 15% or 20% of BW 5. Back Carry or Drag 20m, 40m or 60m | N/A | KB Swing Back Carry | Hip/lift | Jewel steal | NF - Individual |
| 6 | N/A | 15 mins per Game: Hand-grenades - Bull Dog Chicken in the Hen House - War Dodgeball | N/A | N/A | N/A | NL - Conscious Calm Time | 15 mins per Game: Hand-grenades - Bull Dog Chicken in the Hen House - War Dodgeball | Game Session | N/A | N/A | N/A | NL - Conscious Calm Time |

Meso Programming: Term 2B

Jan - Apr



| Week | Reps | S&S Meat | Skill | Band | Post-Game | Post Talk | Precision & Power (Point Builders in red = bracket relates to the points earned per each rep) | Reps | Skill | Band | Post-Game | Post Talk |
|------|----------------------------------|---|------------------------|----------|-------------------------|--------------------------------------|---|--------------------------------|------------------------|-------------|--------------------------|--------------------------------------|
| 7 | R-2= 7 R 3-6= 8 R 7-9= 9R | KB Swing - FC 20m Ring Climb Up - Partner T&C BW / Goblet Squat - Drag Carry- Push up - HF Crawl | Floor Lift | Hip/lift | Hand Grenades | NM - Human Specific | <ul style="list-style-type: none"> Sprint 60m (2) FR Target Throw (3) Bar hang (13) 5m L&R BB FC (4) | N/A | Broad Jump | Static hold | War Dodgeball | NM - Human Specific |
| 8 | R-2= 7 R 3-6= 8 R 7-9= 9R | Get up - Sprint 60m - Climb Up - Bar T&C - 10m SS Walk - HF Crawl - Push Up - Lateral SL DB | Get Up | Crawl | Bulldog | NF - Appreciated | KB Swing - F&B Shoulder Roll - RR - TB K&C- SS Jumps - Inverted Crawl - Push up - BB HF | R-2= 5 R 3-6= 6R 7-9= 7R | V Box Jump | Journey | Chicken in the Hen House | NF - Appreciated |
| 9 | N/A | Jnr San Bushman- 1 round done with a partner 1. Run - 200m, 400m or 600m (outside) 2. KB Swing 15 reps. 10%, 15% or 20% of BW 3. HF Crawl 40m 4. KB Swing 15 reps. 10%, 15% or 20% of BW 5. Back Carry or Drag 20m, 40m or 60m | KB Swing Back Carry | KB | War Dodgeball | NL - Master of Tech | <ul style="list-style-type: none"> BJ Targets (1) FR Target Throw L/R (2) Walking SS (4) KB Press (3) | N/A | KB Press | Climb | Kick tennis | NL - Master of Tech |
| 10 | R-2= 5 R 3-6= 6 R 7-9= 7 R | FL - Backwards Sprint 20m - RR - FR Ball Rolls - KB SS - TP - KB Chest Press - Paws up Bear Hold | Throw | Press | Chicken in the Henhouse | NM - Daily Walkabout / Weekly Sprint | KB Swing - HF Crawl - SA RR - TB K&C- BW Squat - Back Carry - Ring Push Up - SL DB Partner Push Over Game | R-2= 5R 3-6= 5R 7-9= 5R | Landing | Get Up | Crab Football | NM - Daily Walkabout / Weekly Sprint |
| 11 | R-2= 5 R 3-6= 6 R 7-9= 7 R | BJ - WC 30m Climb Up - Partner T&C Goblet Squat - TP Push up - Lateral SL DB | Goblet Squat | Carry | Bulldog | NF - Social Nexus | Jnr San Bushman- 1 round done with a partner 1. Run - 200m, 400m or 600m (outside) 2. KB Swing 15 reps. 10%, 15% or 20% of BW 3. HF Crawl 40m 4. KB Swing 15 reps. 10%, 15% or 20% of BW 5. Back Carry or Drag 20m, 40m or 60m | N/A | KB Swing Back Carry | Hip/lift | Jewel steal | NF - Social Nexus |
| 12 | N/A | 15 mins per Game: Hand-grenades - Bull Dog Chicken in the Hen House - War Dodgeball | N/A | N/A | N/A | NL - Supportive Tribe | 15 mins per Game: Hand-grenades - Bull Dog Chicken in the Hen House - War Dodgeball | Game Session | N/A | N/A | N/A | NL - Supportive Tribe |

Meso Programming: Term 3A

May - Jul



| Week | Reps | S&S Meat | Skill | Band | Post-Game | Post Talk | Precision & Power (Point Builders in red = bracket relates to the points earned per each rep) | Reps | Skill | Band | Post-Game | Post Talk |
|------|-----------------------------------|--|--------------------------|----------|------------------|--------------------------|---|-------------------------------|--------------------------|-------------|------------------|--------------------------|
| 1 | R-2= 9 R 3-6= 10 R 7-9= 11R | KB Swing - FC 20m Ring Climb Up - Partner T&C BW / Goblet Squat - Drag Carry- Double KB Press - HF Crawl | KB Swing | Hip/lift | Beam Bridge Game | NM - Survival | <ul style="list-style-type: none"> Lateral Jump Targets(3) RR (2) Bar Hang Seconds (1) L&R BB FC(4) | N/A | Lateral Jump | Static hold | War Dodgeball | NM - Survival |
| 2 | R-2= 9 R 3-6= 10 R 7-9= 11R | Floor Lift- Sprint 60m - Climb Up - Bar T&C - 10m SS Walk - 20m FC- Push Up - Lateral SL DB | Get Up | Crawl | Crab Football | NF - Dirty | V Box jump - F&B Shoulder Roll - RR - TB K&C- SS Jumps - Inverted Crawl - Double KB Press - BB HF | R-2= 6R 3-6= 7R 7-9= 8R | V Box Jump | Journey | Bomb Disposal | NF - Dirty |
| 3 | N/A | Jnr Vakeve- 3rounds 1. Double Press -3 reps / % of BW 2. Floor Lift - 3 reps / % of BW 3. Climb Up - 3 reps H RR or V Ring Climb Up or Edge Climb Up 1 round of: 250m Row (5) rest 50m Sprint | Press FL CU Row | KB | War Dodgeball | NL - Live by the Light | <ul style="list-style-type: none"> Sprint 40m (2) FR Target Throw L/R (4) TP Seconds (1) KB Press (3) | N/A | KB Press | Climb | Beam Bridge Game | NL - Live by the Light |
| 4 | R-2= 9 R 3-6= 10 R 7-9= 11R | FL - Backwards Sprint 20m - RR - FR Ball Rolls - KB SS - TP - KB Chest Press - Paws up Bear Hold | Throw | Press | Kick tennis | NM - Efficient | Floor Lift - HF Crawl - SA RR - TB K&C- BW Squat - Drag Carry - Double KB Press - SL DB Partner Push Over Game | R-2= 6R 3-6= 7R 7-9= 8R | KB Press | Get Up | War Dodgeball | NM - Efficient |
| 5 | R-2= 7 R 3-6= 8 R 7-9= 9R | BJ - WC 30m Climb Up - Partner T&C Goblet Squat - TP Double KB Press - Lateral SL DB | Goblet Squat | Carry | Beam Bridge Game | NF - Individual | <ul style="list-style-type: none"> Jnr Vakeve- 3rounds 1. Double Press -3 reps / % of BW 2. Floor Lift - 3 reps / % of BW 3. Climb Up - 3 reps H RR or V Ring Climb Up or Edge Climb Up 1 round of: 250m Row (5) rest 50m Sprint | N/A | Press FL CU Row | Hip/lift | Jewel steal | NF - Individual |
| 6 | N/A | 15 mins per Game: Crab Football - Beam Bridge Game- War Dodgeball - Bomb Disposal | N/A | N/A | N/A | NL - Conscious Calm Time | 15 mins per Game: Crab Football - Beam Bridge Game- War Dodgeball - Bomb Disposal | Game Session | N/A | N/A | N/A | NL - Conscious Calm Time |

Meso Programming: Term 3B

May - Jul



| Week | Reps | S&S Meat | Skill | Band | Post-Game | Post Talk | Precision & Power (Point Builders in red = bracket relates to the points earned per each rep) | Reps | Skill | Band | Post-Game | Post Talk |
|------|----------------------------------|--|--------------------------|----------|------------------|--------------------------------------|---|---|--------------------------|-------------|------------------|--------------------------------------|
| 7 | R-2= 7 R 3-6= 8 R 7-9= 9R | FL - FC 20m Ring Climb Up - Partner T&C BW / Goblet Squat - Drag Carry- Push up - HF Crawl | Floor Lift | Hip/lift | Jewel Steal | NM - Human Specific | <ul style="list-style-type: none"> Sprint 100m (4) RR (1) BB SS Walk- 5, 10 or 15m (3) Push up (2) | N/A | Broad Jump | Static hold | War Dodgeball | NM - Human Specific |
| 8 | R-2= 7 R 3-6= 8 R 7-9= 9R | Get up - Sprint 60m - Climb Up - Bar T&C - 10m SS Walk - 20m FC- Double KB Press - Lateral SL DB | Get Up | Crawl | Bomb Disposal | NF - Appreciated | V Box jump - F&B Shoulder Roll - RR - TB K&C- SS Jumps - Inverted Crawl - Push up - BB HF | R-2= 5 reps 3-6= 6reps 7-9= 7reps | V Box Jump | Journey | Jewel Steal | NF - Appreciated |
| 9 | N/A | Jnr Vakeve- 3rounds 1. Double Press -3 reps / % of BW 2. Floor Lift - 3 reps / % of BW 3. Climb Up - 3 reps H RR or V Ring Climb Up or Edge Climb Up 1 round of: 250m Row (5) rest 50m Sprint | Press FL CU Row | KB | War Dodgeball | NL - Master of Tech | <ul style="list-style-type: none"> V Box Jump (2) FR Target Throw L/R (3) TP Seconds (1) L&R BB WC5/10/15m (4) | N/A | KB Press | Climb | Beam Bridge Game | NL - Master of Tech |
| 10 | R-2= 5 R 3-6= 6 R 7-9= 7 R | FL - Backwards Sprint 20m - RR - FR Ball Rolls - KB SS - TP - KB Chest Press - Paws up Bear Hold | Throw | Press | Bomb Disposal | NM - Daily Walkabout / Weekly Sprint | Floor Lift- HF Crawl - SA RR - TB K&C- BW Squat - Drag Carry - Double KB Press - SL DB Partner Push Over Game | R-2= 5R 3-6= 5R 7-9= 5R | Landing | Get Up | War Dodgeball | NM - Daily Walkabout / Weekly Sprint |
| 11 | R-2= 5 R 3-6= 6 R 7-9= 7 R | BJ - WC 30m Climb Up - Partner T&C Goblet Squat - TP Push up - Lateral SL DB | Goblet Squat | Carry | Beam Bridge Game | NF - Social Nexus | <ul style="list-style-type: none"> Jnr Vakeve- 3rounds 1. Double Press -3 reps / % of BW 2. Floor Lift - 3 reps / % of BW 3. Climb Up - 3 reps H RR or V Ring Climb Up or Edge Climb Up <p>1 round of: 250m Row (5) rest 50m Sprint</p> | N/A | Press FL CU Row | Hip/lift | Jewel steal | NF - Social Nexus |
| 6 | N/A | 15 mins per Game: Crab Football - Beam Bridge Game- War Dodgeball - Bomb Disposal | N/A | N/A | N/A | NL - Supportive Tribe | 15 mins per Game: Crab Football - Beam Bridge Game- Tribal Dodgeball - Bomb Disposal | Game Session | N/A | N/A | N/A | NL - Supportive Tribe |

Combative Breakdown



| Category | Anti-Bullying | Self - Defense | Ring |
|------------------|--|---|--|
| General | Prevention Body Language Bully's Mindset School Rules | Prevention Real World Aware: Alcohol - Base - Crew No Rules | Grappling & Striking Technical Fun Mutual Fair Rules |
| Section A | Takedowns Front / Side Body Position Driving Forces Landing | Grab Situational Awareness Scream Offensive Targets Safety | Pummeling Body Positioning Coordination Arms / Grips Compete |
| Section B | Defending Hand Strikes 360 shield Head / Chin Positioning Foot Positioning Parrying | Choke Front / Back Break Strike Strike Safety | Ground Back: Choke or Defend Mount: Lock - Hip Drive Side: AB - Hip Escape Guard: Giloteen - Open |
| Section C | Group Prevention Space Targets / Blockers | Knife / Bat Front / Side / Back Smarts 360 shield Strike Safety | Boxing / Striking Open - Palm - Hammer Straight or Cross Hook Upper Cut |
| Section D | Tech Bullying Prevention Social Media / Mobile Support | Ground Offensive Targets Create a Blocker Safety Support | Kicks / Knees Straight Side Shin Sight Foot Knees strike |

Meso Programming: Rolling Junior Combative



| Week | 20 mins: 5 mins per activity x 4 | Skill | Band | Post-Game | Post Talk | Week | 20 mins: 5 mins per activity x 4 | Skill | Band | Post-Game | Post Talk |
|------|--|-----------------------|----------|---------------|-------------------|------|---|------------------------|-------------|---------------|----------------------|
| 1 | Front / Side Takedowns Paper - Scissors - Rock Reactor Trips Take on the whole Team - TD/Trip Altern | Front / Side Trip | Hip/lift | War Dodgeball | AB - Take down | 7 | Cone off square, 1 defender vs 2-4 bullies trying to slap elbows/head/back Virus Tag Attacking a shield 30 sec round, alternate with partner, bottom vs top= get free or stay on - Recap | Group Attack | Static hold | War Dodgeball | AB Group |
| 2 | Eyes closed - Grab - React Push Over Partner Game Get out the circle in 20 secs I Vs Hold on King of Ring F/S Takedowns - LW Recap | Grab Defense | Crawl | Crab Football | SD Grab | 8 | Front Attack Paper - Scissors - Rock Side Attack Cone off square, 1 defender vs 2-4 bullies trying to slap elbows/head/back - Recap | SD Knife Attack | Journey | Crab Football | SD Knife Bat |
| 3 | Rotating Partners - 30 seconds rounds & change Reactor Race - Head, elbows, nose, ball pick up Pummeling competition 30 sec round & 30 sec rest / best of 3 Get out the circle in 20 secs I Vs Hold on King of Ring - Recap | Pummeling | KB | Jewel Steal | Ring Pummeling | 9 | Partner Glove Work Bulldog Partner Glove Combos Side Knife Attack - Recap | Jab, Cross, Hook, UCut | Climb | Jewel Steal | Ring Boxing Striking |
| 4 | 1 ring - slap elbows/head & defend each other Wall Ball Tech parrying Rotating Partners - 30 seconds rounds & change - Recap | Defending Strikes 360 | Press | War Dodgeball | AB Defend strikes | 10 | Internet - Social Media Jump Over Game - In 3's Messaging - email/WA Virus Tag | Tech | Get Up | War Dodgeball | AB Tech Bullying |
| 5 | Eyes closed & choke Jump Over Game - In 3's Back Choke Tech 1 ring - slap elbows/head & defend each other - Recap | Choke Defense | Carry | Crab Football | SD Choke | 11 | Practice drill Wall Ball Technical Stand up defense & run Internet - Social Media/ Messaging Bullying Recap | Guard defence | Hip/lift | Crab Football | SD Ground |
| 6 | 30 sec round, alternate with partner, bottom vs top= get free or stay on Bulldog King of Ring Top vs Bottom Eyes closed & choke - Recap | Ring Attack & Defense | N/A | Jewel Steal | Ring Ground | 12 | Straight kicks to keep people / bags at distance Reactor Race - Head, elbows, nose, ball pick up Side shin kick tech Technical Stand up defense & run - Recap | Straight | N/A | Jewel Steal | Ring Kicks / Knees |

Band System

| Level | White | Blue | Purple | Brown | Black |
|-----------------------------------|---|---|---|--|---|
| Recognition | White band | Blue band | Purple band | Brown band | Black band & T-shirt |
| Challenges 30 days | -15 minutes walk -1 meal with family -10 hour+ sleep | -play outside for 30 minutes -enjoy a breakfast stacked with natural food -30 mins of downtime before bed | -Take 1 friend/family for a 30 min walk -Prepare a natural lunch for the next day -Limit leisure technology to one hour per day | --Coach a family member with a Tribal session each day - Avoid refined sugar - Sleep in a dark, tidy and cool room | -Plan a crazy physical adventure and spend an hour each day working towards it - Avoid tech during meal times -Enjoy a none-tech based game for 30 mins |
| Static hold | 21-second bottom squat hold | 21-second bottom squat with hands on head | 21-second bottom squat on 2x3 | 21-second bottom squat with stick over head | 21-second single-leg squat (both legs) |
| Crawl | 10m Hand-foot Crawl forwards only | 10m Hand-foot Crawl forwards & backwards | 10m Hand-foot Crawl forwards & backwards on a 2x3 wooden plank | 10m Hand-foot Crawl backwards on a 2x3 wooden plank | 10m Hand-foot Crawl forwards & backwards on a 2x3 |
| Journey | 60m run under 25 seconds | 60m run under 22 seconds | 60m run under 20 seconds | 60m run under 17 seconds | 60m run under 15 seconds |
| Climb | Bar hang for 21 seconds (straight arms) | 8m swing traverse | 2 bar climb ups | 5m rope climb | 5m rope climb without feet |
| Hip/ Lift | Floor lift 3 reps pattern reps (stick) Push up toes 3 reps | Floor lift 3 reps 40% body weight Push shoulder tap 3 reps | Floor lift 3 reps 50% body weight Hindu push up 3 reps | Floor lift 3 reps 60% body weight Push up star 3 reps | Floor lift 3 reps 75% body weight Clap push ups 3 reps |
| Kettlebell swing - clean - snatch | Double-hand KB Swing pattern | 5/5 single-hand KB Swings 10% | 5/5 single-hand KB Swings 15% | 5/5 single-hand KB Swings 20% | 5/5 single-hand KB Swings 25% |
| Kettlebell press | 3 reps 5% body weight | 3 reps 10% body weight | 6 reps 10% body weight | 3 reps 15% body weight | 3 reps 20% body weight |
| Kettlebell Get-up | 2 reps on each arm (water bottle) | 2 reps on each arm 5% body weight | 4 reps on each arm 5% body weight | 2 reps on each arm 10% body weight | 2 reps on each arm 15% body weight |
| Carrying | Back carry 100% of body weight for 21m | Shoulder carry 100% of body weight for 21m | Arm carry for 80% of body weight for 21m | Back carry 100% of body weight for 21m on a 2x3 | Shoulder carry for 100% of body weight for 21m on a 2x3 |