

SUPPLEMENTARY MATERIAL 6 Amended Exercise Protocol

Exercise Session Instructions

Exercise session outline

On arrival let participants get changed.

Ask them to put the heart rate monitor on in weeks 4 and 8. This will be demonstrated in earlier session see SOP HRM strap.

Follow SOP HRM session to start heart rate recording.

Week	Session number	High Intensity Exercise component	Low Intensity Exercise Component
1	1	10 min warm up Boxing (4 reps of 45s and 90s rest) 5 min cool down Total time: 24 min	10 min warm up Multi-activity session (12 min) 5 min cool down Total time: 27 min
	2	10 min warm up Circuit training (4 reps of 45s and 90s rest) 5 min cool down Total time: 24 min	10 min warm up Polybat (12 min) 5 min cool down Total time: 27 min
2	3	10 min warm up Football (4 reps of 45s and 90s rest) 5 min cool down Total time: 24 min	10 min warm up Chair Based Exercises (12 min) 5 min cool down Total time: 27 min
	4	10 min warm up Multi-sport session (4 reps of 45s and 90s rest) 5 min cool down Total time: 24 min	10 min warm up Choice/Combination (12 min) 5 min cool down Total time: 27 min

3	5	10 min warm up Choice/combination (5 reps of 45s and 90s rest) 5 min cool down Total time: 26 min 15 sec	10 min warm up Multi-activity session (15 min) 5 min cool down Total time: 30 min
	6	10 min warm up Boxing (5 reps of 45s and 90s rest) 5 min cool down Total time: 26 min 15 sec	10 min warm up Polybat (15 min) 5 min cool down Total time: 30 min
4	7	10 min warm up Circuit training (5 reps of 45s and 90s rest) 5 min cool down Total time: 26 min 15 sec	10 min warm up Chair Based Exercises (15 min) 5 min cool down Total time: 30 min
	8	10 min warm up Football (5 reps of 45s and 90s rest) 5 min cool down Total time: 26 min 15 sec	10 min warm up Choice/Combination: (15 min) 5 min cool down Total time: 30 min
5	9	10 min warm up Multi-sport session (6 reps of 45s and 90s rest) 5 min cool down Total time: 28 min 30 sec	10 min warm up Multi-activity session (18 min) 5 min cool down Total time: 33 min
	10	10 min warm up Choice/combination (6 reps of 45s and 90s rest) 5 min cool down Total time: 28 min 30 sec	10 min warm up Polybat (18 min) 5 min cool down Total time: 33 min

6	11	10 min warm up Boxing (6 reps of 45s and 90s rest) 5 min cool down Total time: 28 min 30 sec	10 min warm up Chair Based Exercises (18 min) 5 min cool down Total time: 33 min
	12	10 min warm up Circuit training (6 reps of 45s and 90s rest) 5 min cool down Total time: 28 min 30 sec	10 min warm up Choice/Combination (18 min) 5 min cool down Total time: 33 min
7	13	10 min warm up Football (8 reps of 45s and 90s rest) 5 min cool down Total time: 33 min	10 min warm up Multi-activity session (24 min) 5 min cool down Total time: 40 min
	14	10 min warm up Multi-sport session (8 reps of 45s and 90s rest) 5 min cool down Total time: 33 min	10 min warm up Polybat (24 min) 5 min cool down Total time: 40 min
8	15	10 min warm up Choice/combination (8 reps of 45s and 90s rest) 5 min cool down Total time: 33 min	10 min warm up Chair Based Exercises (24 min) 5 min cool down Total time: 40 min

	16	10 min warm up Boxing (8 reps of 45s and 90s rest) 5 min cool down Total time: 33 min	10 min warm up Choice/Combination (24 min) 5 min cool down Total time: 40 min
9	17	10 min warm up Circuit training (10 reps of 45s and 90s rest) 5 min cool down Total time: 37 min 30 sec	10 min warm up Multi-activity session (30 min) 5 min cool down Total time: 45 min
	18	10 min warm up Football (10 reps of 45s and 90s rest) 5 min cool down Total time: 37 min 30 sec	10 min warm up Polybat (30 min) 5 min cool down Total time: 45 min
10	19	10 min warm up Multi-sport session (10 reps of 45s and 90s rest) 5 min cool down Total time: 37 min 30 sec	10 min warm up Chair Based Exercises (30 min) 5 min cool down Total time: 45 min
	20	10 min warm up Choice/combination (10 reps of 45s and 90s rest) 5 min cool down Total time: 37 min 30 sec	10 min warm up Choice/Combination (30 min) 5 min cool down Total time: 45 min

11	21	10 min warm up Boxing (12 reps of 45s and 90s rest) 5 min cool down Total time: 42 min	10 min warm up Multi-activity session (36 min) 5 min cool down Total time: 51 min
	22	10 min warm up Circuit training (12 reps of 45s and 90s rest) 5 min cool down Total time: 42 min	10 min warm up Polybat (36 min) 5 min cool down Total time: 51 min
12	23	10 min warm up Football (12 reps of 45s and 90s rest) 5 min cool down Total time: 42 min	10 min warm up Chair Based Exercises (36 min) 5 min cool down Total time: 51 Min
	24	Multi-sport session (12 reps of 45s and 90s rest) 5 min cool down Total time: 42 min	Choice/Combination (36 min) <i>4 min rest between</i> 5 min cool down Total time: 51 min

Warm up:

Pulse raiser for 2mins

- Jog around the hall. Introduce exercises such as clap hands and touch floor.

Repeat the following twice:

Functional warm up	
High knee march	30 secs
Heel Flicks	30 secs
Knees hugs	30 secs
Cross foot touch	30 secs
half squat	30 secs
Shallow lunge	30 secs
Circling arms	30 secs
<u>Cross arm extensions</u>	<u>30 secs</u>

Equipment Needed:

Cones (optional)

High Intensity Interval Training Exercises

Activities listed below can be at the discretion of the REP as long as they are within the intensity and acceptable to participants. These are examples rather than an exhaustive list.

Boxing:

Reps can include any of the following:

- Ten jabs*, followed by running to the end of the sports hall and back
- Ten hooks, followed by five squat thrusts
- Fast upper cuts
- Ten jabs, followed by five-star jumps
- Fast jabs
- Ten side steps, followed by running to the end of the sports hall and back
- Five combination punches (hook and jab), followed by running to the end of the sport hall and back
- Ten of favourite punch action, followed by ten tuck jumps

*Ensure they do not overextend otherwise there is a greater risk of injury.

Equipment Needed:

Cones (optional)

Circuit training:

Reps can include any of the following:

- Full star jumps
- Tuck jumps
- Stationary high knees runs
- Jumping with one hand in the air
- Hop on one leg
- Sit ups
- High leg kicks
- Fast side to side twists
- Wall climbers

Equipment Needed:

Cones (optional)

Football:

- Ten toe touches, followed by running to a cone and back
- Sprinting around cones in the sports hall
- Kicking a football into a goal then running to end of the sports hall and back.
- Kicking a football into a goal then perform 5 burpees
- Performing fast feet movements through cones then running to end of the sport hall and back
- Running around the sports hall following a square or diagonal course

Equipment Needed:

Cones

Footballs x number of participants

Football goals x 2 (optional can use cones)

Multi-sport Sessions

- Run to cone, around cone and do ladder exercise on way back (one step, sidestep, crossover, in & out, centipede) – repeat until interval is done.
- Three coloured cones – call colour of cone and run to it. You could keep repeating until 45s is completed.
- Create different mini assault courses with hoops etc.

Equipment Needed:

- *Cones (enough for 6 cones per participant)*
- *Ladders (optional)*
- *Hula hoops or other basic kit for participants to do assault course activities.*

Choice/Combination:

Let the participants choose from the other options as to what they want to do. Let the group dictate the exercises they want to do to help maintain engagement.

Multi-activity sessions (completed at a low intensity)

Pick activities from the following:

Activities include:

- Dynamics circle (circle of cones)
 - o Participants set themselves out around the outside of the circle and follow a series of led movements which can include twists, spotty dogs, outside foot touches, upper leg clapping
- Balance and sort
 - o Circle of cones
 - o Participants start in the middle of the cones balancing in a set position dependent on ability. The challenge is to move four cones without losing balance, to end up with each cone next to its matching colour.
 - o You can adjust the balance position using numerous points of contact with the floor. Eg start on one leg, seated etc
- Cone pick up
 - o The participant competes against a partner to be the first person to collect the winning cone.
 - o The game is played on one leg throughout and a participant is eliminated should they lose balance. The idea is to collect all cones of your colour one at a time. Once you have collected all three of your cones you are able to pick up the winners yellow cone.
- Further activities ~~include~~ can be adapted from the high intensity group but down at a low intensity.
 - o Walk to cone, around cone and do ladder exercise on way back (one step, sidestep, crossover, in & out, centipede).
 - o Three coloured cones – call colour of cone and run to it. You could keep repeating until 45s is completed.
 - o Create different mini assault courses with hoops etc.

Equipment Needed:

- *Cones (enough for 6 cones per participant)*
- *Ladders (optional)*
- *Hula hoops or other basic kit for participants to do assault course activities.*

Polybat

- Example video can be found [here](#).
- Rules can be found [here](#).
- Do not need specific equipment, you can use any table with books lined up on the sides.

You can use any type of bat/rackets and any type of small ball.

Equipment Needed:

- *Equipment to do polybat – adapt with what you have. Bats/books/any other kit that you can use to create polybat. Tables/table tennis tables.*
- *Balls – tennis balls, squash ball, any type of small ball to be able to be used for polybat.*
- *Participants will work in pairs, so one set per pair.*

Chair Based Exercises

- An example can be found [here](#)
- To be done at a low intensity
- Exercise examples include
 - Leg straightening
 - Arm circles
 - Chair squats
 - Toe touch and stretch

Equipment Needed:

- *A chair for each participant.*

Choice/Combination:

Let the participants choose from the other options as to what they want to do. Let the group dictate the exercises they want to do to help maintain engagement.

Cool Down

Start the cool down by getting the participants to walk around the room for 2 minutes.

Then the participants will perform static stretches, with each held for 15-30 seconds. Don't forget to get them to stretch both sides/legs/arms. The list below are examples of stretches and not exhaustive.

For example:

- Side stretches
- Chest stretches
- Calf stretches
- Hamstring stretches