



# NEWSLETTER

**Specialists in Athlete  
Development**

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**Welcome** to our October 2009 newsletter. The aim of our newsletter is to not only keep people informed of recent developments at Movement Dynamics UK, but to continue to provide information to those individuals responsible for the 'practical' implementation of Athlete Development.

## Primary School Pilot

As mentioned in the previous Newsletter there are moves afoot to link a Physical Competence assessment to the '5 in 5' resource developed by Greg Thompson and Steve Myrland.

The ability to expose young children to daily physical activity ('Putting the Physical back into Physical Education') that is appropriate and progressive and to be able to monitor and report on progress is an important tool for all teachers and coaches. There is no spell, potion or gadget, no magic bullet, no 'quick-fix' to the catastrophic low levels of all-round fitness and well-being of the modern generations.

While 'elf and safety' and 'ambulance chasing lawyers' continue to crush any attempt to get our children to be robust and active there is the opportunity to encourage the students to be active in a controlled and safe environment and at the same time watch the joy of achievement take place.

Phil Elcock (Head Teacher of Stevenage Education Support Centre one of Hertfordshire, UK, Pupil Referral Units) has commenced a pilot in the UK. One class has started a twice a week exposure to the '5 in 5' modules and it is fascinating to hear the updates from Phil as he describes the adventure these young people are involved in. He conducted the Physical Competence assessment using - Double Leg Squat, Single Leg Stance, 60° Sit Up, Lateral Bridge (L&R), Ankle range and Push Up.

## Competence Overview

### Group Average Scores (5=Normal):

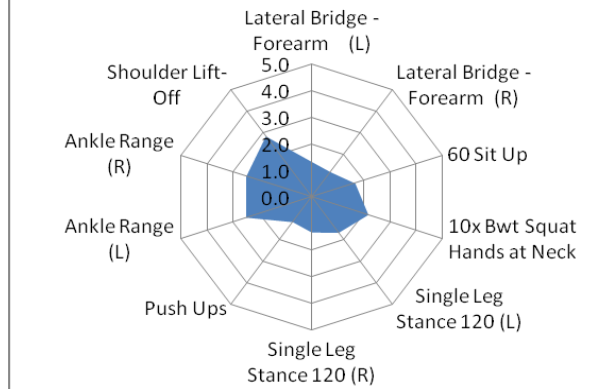
Double Leg Squat – 2.2  
Single Leg Stance (L) – 1.7  
Single Leg Stance (R) – 1.3  
60° Sit Up – 1.7  
Lateral Bridge (L) – 1.3  
Lateral Bridge (R) – 1.2  
Push Up – 1.2  
Ankle Range (L) – 2.5  
Ankle Range (R) – 2.5  
Shoulder Lift-Off – 2.8

### Notes:

Most students could Single Leg Stance to about 120° before the chain collapsed in some way.

(Continued)

## Group Average Sept 09



**It is important to know that the students will adapt and improve in two main ways. In the first instance improvement will come from their cognitive adaptation. Most of the students in the pilot expressed the fact that 'I've never done this before' and this lack of movement exposure probably created the low scores. As they adapt to the movements their improvement will come from simply learning the exercise using gains from balance, coordination, proprioception, body awareness, etc.**

**As they commit to the repetitions so their bodies will adapt from a strength, stability and work capacity improvement.**

### Lessons

**Each PE lesson starts with the '5 in 5' module and progresses to include other games and relays.**

### Other Issues

**Time had to be found to upskill the class teacher in delivering the coaching of these exercises. Even in this 'fun' environment there must be a process towards exercise precision and teachers must be able to see faults and correct them.**



**The 'Upside-Down Bug'**



**'Lunge and Reach'**



**'Hip Hikes'**



**'8 Count Body Builder'**



**The 'Hot Foot Lizard'**

### **Upcoming Visits**

#### **Women's FA – November 2nd**

**Meeting with Dawn Scott and Tracy Lewis at Lilleshall to discuss athletic development matters with regard to the female player.**

#### **Norway FA – November 6/7**

**I will be presenting the concepts of Physical Competence to the Norwegian FA in November where I will highlight the role in performance enhancement and injury reduction. Senior Physical Trainer Matiu Taingahue attended one of our courses in Wakefield recently and has embraced the concept enough to organise this visit.**

#### **FA In-Service – November 9/10**

**This part two of the Physical Competence / Athletic Development workshop where delegates will conduct a screening and present the results and appropriate interventions.**

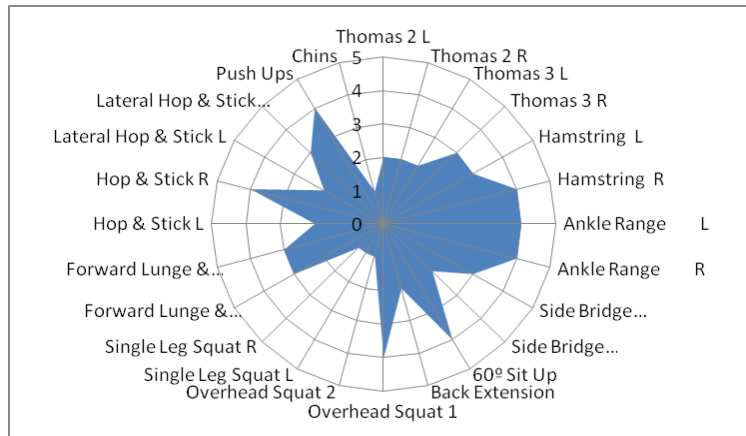
#### **Kirtlington Golf Club – November 12<sup>th</sup>.**

**This is a follow-on from the first workshop where the coaches will deliver an exercise program to a group of Primary School students**

## TASS Conference

The Talented Athlete Scholarship Scheme led by Nick Ward held a national conference in Loughborough. I was pleased to meet with this group for a third time this year and we endeavoured to move the practitioners forward in their application of Physical Competence.

Divided into 4 groups the delegates were given a Physical Competence Assessment of a 17 year old tennis player and asked to create an overview of the exercise selection that would be appropriate to this individual.



The heartening outcome was that each group created a journey that built the athlete from the ground up. Weaknesses were recognised and the interventions were creative. All groups saw the benefit of including some generic body awareness work such as Crawling, Skipping and Lunging and included several 'activation' exercises where appropriate. No group focused on one single modality and it was refreshing to see that the focus was not on load but on movement effectiveness.

## The 'Apprentorship' Course, 2010 (Highly Recommended!)

The dates for this course have been decided for 2010, June 19<sup>th</sup> – 23<sup>rd</sup>, in Fort Lauderdale, Florida, USA.

The presentation team will remain very much the same as for 2009 with the probable addition of Franz Bosch.

Last year the numbers soared and it is likely that this will continue in 2010 so keep these dates in mind.

Vern Gambetta will set out the details on his website later in the year

([www.gambetta.com](http://www.gambetta.com))