

ENJOY

#2

- **MESSAGE:** Final session in the series - Reflection Day
- **EMPLOYABILITY SKILLS:** Self management - Self Motivation - Leadership - Positive attitude

1 SHOW UP 5 minutes

1. Introductions
2. Welcomes
3. Registrations

2 MESSAGE 10 minutes

Final session in the series and reflection day

Ask

- Who can remember the Bounce acronym?
- Which one stuck with you the most? How?

3 WARM UP 30 minutes

- Laps around the gym/Sprints
- Dynamic Stretching sidelines or baseline: Knee to chest, High knees, Heel to butt (stretch) Butt Kicks, Lunges w/twist, Frankenstein Kicks, Heel to Hip, Alternating Fingertips to the ground and balance on one leg, Skips
- **CONDITIONING:** Abs & Footwork

4 BEGINNERS 60 minutes

Spend this session revisiting the BOUNCE acronym matched with skills and games ran through the first 11 weeks.

5 ADVANCED 60 minutes

Spend this session revisiting the BOUNCE acronym matched with skills and games ran through the first 11 weeks.

BELIEVE IN THEMSELVES, OWN MISTAKES, UNITE WITH OTHERS, NAVIGATE CHALLENGES, COMMIT TO A PLAN, ENJOY YOURSELF

6 CLOSER 5 minutes

- Continue Free Play

8 WRAP UP 5 minutes

Highlight key points from the session, particularly examples that participants used of what they learnt from their experiences of obstacles and challenges.

Ask

- What has been most valuable / useful to you from what we have done today?

7 HUDDLE 5 minutes

- RECAP THIS WEEK'S MESSAGE
- ANNOUNCE MVP
- Any recognitions or rewards (inc. peer to peer)
- Remind about employment opportunities
- Next weeks' message
- Tidy Up. Safety Check. Off court.

EQUIPMENT NEEDED TODAY

Basketball and Cones