

FITNESS AND BODY MOVEMENT: ALL BLACKS XV Masterclass at a glance

This masterclass features the **New Zealand All Blacks XV** rugby team sharing coaching techniques used by the Teams in Black, demonstrated by expert trainers. Designed for use in KS3 form times and beyond, you can pick and mix from the 5 desk stretches below (or do them all!).



Use this masterclass's PowerPoint to explore the exercises and play the corresponding section of the video. They're a great way for students to develop stretching techniques and understand how simple exercises can improve our overall wellbeing.



TWIST AND BREATHE

Students watch as the expert trainers model how to complete a twist and breathe stretch before trying this out in the classroom. Can they complete a set of 10 and build a rhythm of breathing that matches their twist?



NECK ROLLS

Students learn the importance of the controlled movements behind neck rolls. Can they complete a set of 10 and experience the increased sensation of blood flow to the muscles in the neck?



TRICEP STRETCH

Students are challenged to complete a tricep arm stretch and hold it for 30 seconds. Can they master the technique and regularly build this stretch into their working week?



TORSO STRETCH

Students watch the trainers demonstrate a torso stretch, and consider how this can help ease lower back pain, often caused by sitting at a desk for too long. Can they do the same, and can this technique boost focus?



SEATED LEG STRETCH

Students have a go at this stretch which is a brilliant way to release tight muscles in the legs. It's great to use when transitioning from extended sitting to walking: a perfect post exam stretch!



BONUS TRAINING SESSION

They may have mastered the stretches, but can students complete a 5-minute workout using coaching techniques from the most successful rugby team of all time? This can be done in a classroom, or at home!