



**ACT Recovery College**

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# Get Movin' and Groovin':

Social Sports and Fun Fitness

## Activity: Rugby

### Overview:

Rugby union, widely known simply as rugby, is a contact team sport which originated in England in the first half of the 19th century. One of the two codes of rugby football, it is based on running with the ball in hand. In its most common form, a game is between two teams of 15 players using an oval-shaped ball on a rectangular field with H-shaped goalposts at each end.

### Learning Outcomes:

Students who attend this course will be able to:

1. Learn techniques including ball skills, passing accuracy and body control
2. Learn game intelligence through special awareness, tactical knowledge and risk assessment.
3. Increase endurance, balance and coordination, speed, strength and power
4. Adapt the proper mindset for the game to develop compassion, composure and mental strength, coach ability, self-motivation

## Activity: Yoga

### Overview:

Yoga is a group of physical, mental and spiritual practices or disciplines which originated in ancient India. Yoga uses breath control, simple meditation, and the adoption of specific bodily postures. It is widely practised for health and relaxation.



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## Learning Outcomes:

Students who attend this course will be able to:

5. Become more mindful through meditation
6. Learn physical exercise sequences and breathing techniques
7. Improve coordination and concentration
8. Increase flexibility, strength and posture
9. Achieve better all-round fitness
10. Reduce stress and increase energy

## Activity: Aqua

### Overview:

Daily water exercise promotes good health and helps to prevent chronic disease such as diabetes, osteoporosis, heart disease, stroke and certain types of cancer. Water exercise are fantastic for fitness.

Water exercising focus on aerobic endurance, resistance training without strain on joints, while being in an enjoyable atmosphere. Some examples of water exercises are:

Walk This Way. Using the water to add resistance, this basic cardio exercise can be progressed to running in the water.

Jumping Jacks in the Pool. Jumping jacks activate the muscles in your arms and legs while raising your heart rate.

Make Your Heart Pump Fast. Treading water helps elevate your heart rate without putting undue stress on your joints.

Bunny hops or frog jumps. This exercise activates the hip muscles while adding a jumping motion to create a cardio workout.

### Learning Outcomes:

Students who attend this course will be able to:

11. Enjoy a light cardio workout, working legs and arms continuously.
12. Experience improvement in their breathing by supporting respiratory problems or asthma related complications.
13. Improve balance as water



## Activity: Boxing

### Overview:

Boxing is a really great way to get fit. It's an excellent cardio workout, but you also are constantly engaging a range of muscles in your body. Not only does it get your heart madly pumping, it also builds muscle, with the added bonus of allowing you to use any pent up aggression in a positive way. Boxing is a great way to strengthen your body and build up your stamina.

### Learning Outcomes:

Students who attend this course will be able to:

1. Learn techniques and prevent injuries
2. Build strength, muscular and cardiovascular endurance, support self-esteem and confidence
3. Improve balance and coordination
4. Improve self-esteem and confidence

## Activity: Martial Arts

### Overview:

Martial Arts originated chiefly in Japan, Korea, and China as forms of self-defence or combat, such as judo, karate, and kendo. Often practiced as a sport, Martial Arts utilizes physical skill and coordination.

These workouts give you an incredible energy boost, serving to improve your health and overall wellbeing. Martial Arts can also have amazing benefits for your mind.

### Learning Outcomes:

Students who attend this course will be able to:

1. Be provided with an overall boost of strength, cardio and dexterity
2. Draw on inner-strength, learn from and overcome your fears.
3. Increase self-confidence through self-awareness.
4. Learn how martial arts skills can be turned into heart pumping workouts that are practical and effective.
5. Lower stress levels and increase endorphins.
6. Learn breathing tips that will help you train.



## Activity: Groove (Dancing)

### Overview:

The World GROOVE Movement is dedicated to spreading the joy of dance!

Groove is unique way that makes dance easy, accessible and fun for everyone. Through Groove, everyone comes together to unite, celebrate, connect, play, heal, and get healthy through dance. If you can move, you can groove!

The Groove DANCE floor is a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm, but you get to dance it your own UNIQUE way. While exploring a variety of styles and genres, we encourage you to enjoy and feel good in your body, every step along the way. You'll experience everything from slow meditative grooves, to heart thumping and strength building cardio beats. The perfect recipe to nurture your body, mind, heart and soul.

REMEMBER – nobody really cares what you look like dancing ...and if they do, it's their problem!

YOUR WAY IS THE RIGHT WAY – There is no right or wrong way to dance, find your own unique expression.

EMBRACE YOUR INDIVIDUALITY – You are different, your body moves differently from everyone else's, practice being yourself.

### Learning Outcomes:

Students who attend this course will be able to:

1. Learn The Groove Philosophy and the 5 Groove Truth
2. Improve self-confidence
3. Express themselves through dance
4. Increase muscular strength, endurance and motor fitness.
5. Improve coordination, agility and flexibility.