

Lesson Plan: CrossFit for Teens for Teachers:

I. Introduction to the Lesson (5 minutes)

- Introducing the lesson topic - CrossFit for Teens.
- Explaining the purpose of the lesson, understanding what CrossFit is, learning its benefits, and mastering safe approaches to this type of activity.

II. What is CrossFit? (10 minutes)

- Explaining the concept of CrossFit - a training program focused on improving overall physical fitness, combining diversity and intensity.
- Discussing CrossFit elements - integrating strength, conditioning, gymnastics, and various sports disciplines.

III. What are the benefits of CrossFit? (10 minutes)

- Discussing physical benefits - enhancing muscle strength, endurance, cardiovascular fitness, flexibility, coordination, and balance.
- Discussing mental benefits - improving concentration, determination, and stress management skills.
- Emphasizing the impact of CrossFit on promoting healthy eating habits and lifestyle.

IV. How to Safely Start CrossFit? (15 minutes)

- Emphasizing the importance of safety in CrossFit - starting with learning basic movements, individually adjusting exercises, avoiding forcing oneself to perform overly difficult exercises.
- Discussing the role of the coach and their importance in safe training.
- Emphasizing the importance of regular rest intervals between workouts, proper diet, and hydration.

V. Proper Exercise Technique in CrossFit (20 minutes)

- Discussing basic movements in CrossFit.
- Importance of warming up before starting training.
- Explaining the principle of progressive training - from bodyweight exercises to gradually adding weight.
- Emphasizing the importance of correcting posture during exercises.
- Discussing the significance of recovery and rest.
- Highlighting the importance of listening to one's body signals.

VI. Sample CrossFit Workout for Teens - WOD (Workout of the Day) (20 minutes)

- Explaining the concept of WOD.
- Presentation and implementation of a sample WOD workout.
- Discussing the importance of stretching and recovery after training.

VII. Dietary Elements in CrossFit (10 minutes)

- Discussing the role of protein, carbohydrates, fats, and water in the diet of a person training CrossFit.
- Addressing meal planning and individual needs in the context of diet.

VIII. Lesson Summary (10 minutes)

- Reviewing key information from the lesson.
- Answering students' questions.

- Preparing for the next lesson / homework assignment.

IX. Homework

- Preparation of a diet plan for someone training CrossFit.
- Writing a short report on personal observations after CrossFit training.

X. Materials and Resources

- Multimedia presentation on CrossFit.
- Video materials on CrossFit exercise techniques.
List of exercises and their descriptions.
- Sample dietary plan for someone training CrossFit.

Slide 1:

Introduction

Welcome to our series of lessons on CrossFit for teens. CrossFit is a comprehensive training program that combines strength, conditioning, and gymnastics elements, placing a strong emphasis on functional movements and exercise diversity. The goal of our lesson is not only to understand what CrossFit is but also to learn about the benefits this type of activity can bring to each of us. Remember, it's always important to pay attention to safety and proper technique when performing exercises, and all training should be tailored to individual capabilities.

Slide 2:

What is CrossFit?

CrossFit is a unique training program that focuses on improving overall physical fitness. It's a program that combines diversity and intensity, aiming to improve strength, endurance, flexibility, speed, coordination, mobility, balance, and precision. CrossFit uses elements of strength, conditioning, gymnastics, and various sports disciplines to create workouts that are both effective and engaging.

Slide 3:

What are the Benefits of CrossFit?

Practicing CrossFit has many benefits, both for the body and mind. Physically, CrossFit can help improve muscle strength, endurance, cardiovascular fitness, flexibility, as well as coordination and balance. Mentally, CrossFit can improve concentration, determination, and stress coping abilities. Additionally, CrossFit promotes healthy eating habits and lifestyle, which are crucial for overall health.

Slide 4:

How to Safely Start CrossFit?

safety is the most important aspect to consider when starting CrossFit training. Always start by learning basic movements and techniques from an experienced coach. Remember that each exercise should be tailored to your individual capabilities. Never force yourself to perform exercises that are too difficult or improper. Ensure regular rest intervals between workouts, as well as a proper diet and hydration.

Proper Exercise Technique in CrossFit Proper exercise technique is essential for safe and effective CrossFit training. Improper exercise execution can lead to injuries and ineffective training.

1. **Basic movements:** Start by focusing on learning basic movements used in CrossFit, such as squats, deadlifts, presses, and pulls. Each of these exercises requires specific technique, which should be mastered under the supervision of an experienced coach.
2. **Warm-up:** Always start your training with a proper warm-up. Warm-up helps prepare the body for the upcoming effort, increases muscle flexibility, and helps prevent injuries.
3. **Progressive training:** Start with bodyweight exercises, then gradually add weight, always ensuring exercises are performed with correct technique. Remember, it's better to perform exercises correctly with less weight than to risk injury by attempting too heavy loads.
4. **Posture correction:** Proper body posture is essential for correct exercise execution. The coach should pay attention to whether exercises are performed with the correct posture and correct if necessary.
5. **Recovery:** Rest and recovery are essential for healthy training. Muscles grow and repair during rest, not during training. Include rest days in your plan and remember to get regular sleep.
6. **Listen to your body:** Every person is different, and everyone has different limits. If something hurts, something is probably wrong. Always consult with your coach or doctor if you experience pain during exercises.

In summary, proper technique is necessary for safe and effective CrossFit training. Working with an experienced coach and listening to your body are two main elements that will help you train safely and effectively.

Sample CrossFit Workout for Teens - **WOD** (Workout of the Day) CrossFit consists of varied workouts, which are changed daily. In this slide,

I would like to show you a sample WOD workout, suitable for teens.

1. **Warm-up:** Every CrossFit training should start with a solid warm-up. Warm-up may include jump rope, short-distance running, stretching, and mobilization exercises. The goal of the warm-up is to prepare the body for the upcoming effort and minimize the risk of injury.

2. **Technical exercises:** After warm-up, it's worth spending some time learning and perfecting the technique of a specific movement or exercise that will be used in the main workout. It could be, for example, the pull-up or squat technique.
3. **Main workout - WOD:** The main workout, or WOD, is the most important part of CrossFit training. WOD typically consists of several different exercises performed within a specified time or number of rounds.

For example, a WOD could look like this:

- 5 rounds for time:
- 10 squats
- 15 pull-ups
- 20 box jumps

Such a WOD combines strength (squats, pull-ups) and endurance (box jumps) elements. The goal is to complete these rounds as quickly as possible, always paying attention to the correct exercise technique.

Now it's time for the video, are you ready?

<https://www.youtube.com/watch?v=PuAM3FvvowA>

4. **Stretching and Recovery:** After finishing the WOD, don't forget about proper stretching and recovery. Stretching after training helps in muscle regeneration and minimizes muscle soreness after the workout.

Remember, this sample WOD is just one of many possible workouts in CrossFit. It's important for the workouts to be diverse to develop various aspects of physical fitness and to keep the training interesting and motivating. Each WOD should be tailored to your individual skills and fitness level, and each exercise should be performed with proper technique.

Dietary Elements in CrossFit

A healthy, balanced diet is a key element that enables the maximization of CrossFit's effects. Providing the body with the right nutrients is essential to support intense training as well as recovery and muscle building.

1. **Protein:** CrossFit, like other intense strength training, increases the body's need for protein. Protein is essential for muscle building and repair. Good sources of protein include lean meats, fish, eggs, dairy products, seeds, and some legumes.
2. **Carbohydrates:** Carbohydrates provide energy, which is essential during intense CrossFit workouts. Focus on complex carbohydrates, such as whole grains, vegetables, and fruits, which provide a steady source of energy and are rich in fiber.
3. **Fats:** Good sources of fat include avocado, nuts, seeds, fatty fish rich in omega-3, such as salmon, and plant oils. Fats are necessary to maintain proper body function and can also provide energy during prolonged workouts.

4. **Water:** Hydration is crucial, especially during intense CrossFit workouts. Remember to drink water regularly before, during, and after training to maintain proper hydration levels.
5. **Meal Planning:** It's a good idea to consume regular meals and snacks that consist of diverse nutrients. Try to eat every 3-4 hours to maintain a stable energy level and prevent unhealthy snacking.
6. **Individual Needs:** Everyone is different, and what works for one person may not necessarily work for another. Therefore, it's worth consulting with a dietitian or personal trainer to develop a nutrition plan tailored to individual goals, lifestyle, and preferences.

In conclusion, a healthy diet is a key element of CrossFit that supports your training and helps you achieve better results. Remember that there is no one perfect diet plan for everyone. What's most important is listening to your body and providing it with healthy nutrients that are essential for improving training performance and quick recovery.

Time for the task

Complete the sentences above using the information you learned during the lesson

1. CrossFit is a form of training that combines strength, conditioning, and _____.
2. The main goal of CrossFit is to develop _____, _____, and coordination.
3. In CrossFit, we use various _____, such as dumbbells, kettlebells, jump ropes, and plyo boxes.
4. CrossFit consists of daily changing workouts, called _____.
5. Every CrossFit training should start with a _____.
6. After the warm-up, it's worth dedicating time to learning and perfecting _____ of specific movements or exercises.
7. In CrossFit WODs, exercises are performed within a specified _____ or number of rounds.
8. Stretching after training helps in muscle _____ and minimizes muscle soreness.
9. During CrossFit training, _____ is always the top priority.
10. CrossFit is not just a workout but also a lifestyle that promotes _____ and _____.

Solution

1. CrossFit is a form of training that combines strength, conditioning, and **gymnastics** elements.
2. The main goal of CrossFit is to develop **strength, endurance**, and coordination.
3. In CrossFit, we use various **training tools**, such as dumbbells, kettlebells, jump ropes, and plyometric boxes.
4. CrossFit consists of daily changing workouts, called **WODs (Workout of the Day)**.

5. Every CrossFit training should begin with a **warm-up**.
6. After the warm-up, it's worth dedicating time to learning and perfecting the **technique** of specific movements or exercises.
7. In a CrossFit WOD, exercises are performed within a specified **time** or number of rounds.
8. Stretching after training helps in **muscle recovery** and minimizes muscle soreness.
9. During CrossFit training, **safety** is always the top priority.
10. CrossFit is not just a workout but also a lifestyle that promotes **healthy habits** and **physical activity**.

**Attachment*

Remember, this sample meal plan is general and does not account for individual dietary needs, preferences, or allergies. It's always recommended to consult with a qualified dietitian or physician before making any changes to your diet.

Sample Meal Plan for a CrossFit Athlete

Breakfast:

- 3-egg omelette with spinach and tomatoes
- Whole grain toast with avocado
- Black coffee or unsweetened tea
- Glass of water

Between Meals Snack:

- Mixed nuts and dried fruits

Lunch:

- Grilled chicken breast
- Quinoa or brown rice
- Steamed vegetables (broccoli, carrots, cauliflower)
- Large salad with olive oil and lemon
- Glass of water

Between Meals Snack:

- Plain yogurt with fruit and nuts

Dinner:

- Baked salmon with lemon and dill
- Oven-baked sweet potatoes
- Green salad with cucumber, bell pepper, and olive oil

- Glass of water

Bedtime Snack:

- Slice of whole grain bread with chickpea spread (hummus)

During the day, remember to stay hydrated regularly, which is crucial for maintaining good hydration levels in the body, especially during intense workouts. Always remember to adjust your diet to your own caloric and nutritional needs. This plan is indicative and can be tailored to individual preferences and requirements. For those training intensively, such as CrossFit athletes, it's important to ensure an adequate intake of protein for muscle recovery and a proper balance of fats and carbohydrates to sustain energy.