

## Weightlifting Social Club

### Progression Plan

Skills developed through club:



- Stress Relief – studies have shown the benefits of exercise in managing stress and promoting physical and mental well-being.
- Gross Motor Skill – Weightlifting requires a great deal of gross motor control. The dynamic changes in direction and speed help to develop these skills.
- Improved self-esteem – As pupils make progress, improving technique and improving strength their self-esteem will improve through gaining success.
- Numeracy – During weightlifting sessions pupils are routinely calculating how much weight is on their bar
- Literacy – Weightlifting improves pupil's vocabulary by introducing specific terminology not routinely used elsewhere.
- "Heavy Work" helps many pupils with sensory processing. "The most effective heavy work activities only last for a short time. And they use as many muscles and joints as possible at the same time."

Ref: <https://www.understood.org/en/articles/heavy-work-activities>

- Weightlifting works all of the body's joints and lifts take a short time with rest periods in between.

Pupils are able to choose from a range of 3 different barbells with adjustable weight plates so that that they are always able to lift with confidence and control. This means that any pupil can access the sessions whether they are a complete beginner or a seasoned competitor.

More experienced students are encouraged to give support and advice to new members, creating a welcoming and cooperative atmosphere. The social is open to students across the school.

Beginner	Intermediate	Advanced
<p>Pupils will learn the building blocks to the classic lifts ensuring they learn the correct movement patterns under load that allows safe and progressive movement:</p> <p>Squats Pulls Pressing PVC Pipe / Technique Bar classic lift breakdown</p> 	<p>Pupils will learn progressions towards the classic lifts of Clean and Jerk and Snatch.</p> <p>Muscle Clean / Snatch Hang Clean / Snatch Power Clean / Snatch Strict Press Push Press Push Jerk</p> 	<p>Pupils will learn and refine the classic lifts of Clean and Jerk and Stanch</p> <p>Pupils will add load to their lifts overtime aiming to reach a competition style total.</p> <p>Pupils will learn addition technique drills and strength exercises to address individual areas for development.</p> 