

“12 Minutes to Fitness”: Simple Activities – Complex Results

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“Train a child up in the way they should go, and when they are old they will not depart from it.” -Hebrew proverb

How are we “training” our students? What are we spending our precious PE time on? Whatever we spend our time on, is what we truly value. Fitness? Sports skills? Cooperative games? Competitive games? A mix of everything? If your son or daughter was in your class, what would you want them to be learning and doing? If YOU were in your class, what would you want to be learning and doing?

Main Goal

To improve (*transform*) the fitness levels and attitudes of teachers and students by educating and inspiring them to be independent and intelligent movers. Learning how to give your body “puzzles to solve” takes you from “doing a workout” to “movement exploration”.

Workshop Objectives

1. Share ideas for instant activities, warm-ups, and circuits, using body weight as resistance.
2. Experience progressions and strategies for adding simple equipment to the movement continuum.

Foundational Building Blocks

1. Teaching our students HOW to be fit is our main responsibility.

“Physical Education is the only subject that has the potential to effect how a person feels every moment of every day for the rest of their life.”

2. The body IS the machine.

“If you don’t take care of your body, where will you live?”

No man-made machine can come close to the complexity and wonder of how the human body works, and what it can do.

3. The brain-body connection DOES NOT WORK in isolation.

“The brain recognizes SYNERGIES. Train to enhance LINKAGE”.

Foundational Strategies for Functional Training

1. Train MOVEMENTS, not muscles.
2. Build a menu of equipment-less movements, and master those FIRST.
3. Move in ALL THREE planes of motion, and emphasize the TRANSVERSE plane.
4. Total-body resistance training involves...
PUSHING
PULLING
ROTATING (or Core Stability)
LEGS (lunging, squatting, etc.)
5. Strive to perform movements with PRECISION, then implement proper PROGRESSION (Stability, Strength, Power) using a VARIETY of activities and simple fitness tools.

Three (suggested) Phases of Program Implementation

1. Build a menu of equipment-less movements.
2. Add simple and durable equipment to change the puzzles.
3. Introduce tubing to make the puzzles more complex.

The “12 Minutes to Fitness” Movement Progressions can be used for...

1. Warm-ups
2. Circuits
3. Cool-down
4. Building a movement menu for adding functional equipment

Strength Circuits for total body integrated strength, can be implemented in three rounds of four stations. Using a 35 seconds on, 25 seconds off, you can do 12 minute time blocks focusing on all four of the major movement “drivers” (pushing, pulling, rotation, legs).

Or, if you see your students every day, you could focus on two of the systems each day.

Monday and Thursday: Pushing / Pulling Tuesday and Friday: Legs / Rotation

Wednesday would be a rest day from major strength development, but would be used for a mostly cardiovascular-based activity, and/or recovery (foam rollers, band stretching, yoga, etc.).

12 Minutes to Fitness Sample Circuits From Presentation

A. Equipment-less Movement Progression

1. Balance – Airplane balance
2. Mobility – Lateral slide squat
3. Prone / Side / Supine Strength – Prone hot-footed lizard
4. Squat / Lunge – Split stance squat (hands on thigh, waist, alt. reach up/down)
5. Arm Pattern – Alt. reach up / down
6. Foot Pattern – Twist jumps (4-count or regular)
7. Movement Combo – 4 count twist jumps w/ alt. arm reach up / down

B. Rhythm Development w/ Movement Progression

1. Balance – Rocket balance
2. Mobility – Alt. forward lunge, reach up, lean
3. Prone / Side / Supine Strength – Supine hot-footed lizard
4. Squat / Lunge – Parallel stance 80-20 squat
5. Arm Pattern – Horizontal arms out twist
6. Foot Pattern – Forward / backward steps (4 count)
7. Movement Combo – 4 count forward / backward steps with horizontal arms out
8. Locomotor Movement – Sprinter march

C. Strength Circuit w/ Equipment

1. Push – Circuit Trainer two arm press
2. Pull – Jungle Gym body row
3. Core – C-band chop & lift

4. Legs – Sandbell parallel squat w/ cartwheel rotational arms
5. Push- Power Push-up kneeling or inclined plane hold or push-ups
6. Combo – PowR Walk – ali shuffle w/ sprinter arms
7. Core – Sandbell overhead side lean & balance
8. Legs – Sandbell Alt. transverse lunge, curl, press