



**Practical Strategies for Developing Fitness Workshop
WAHPERD 2009**

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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

Improve the fitness levels of students by educating and inspiring them to be independent and intelligent movers.

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 (“We hold these truths to be self-evident...”)

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”

Transformational Fitness Implementation

1. Build a menu of equipment-less movements and exercises.
2. Add simple and durable equipment such as medicine balls, agility ladders, dumbbells, and Jungle Gyms.
3. Introduce tubing systems to add progression and variety.

Foundational Strategies for Functional Training

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

OBJECTIVE ONE

Equipment-less Movement Ideas

These may be used as instant activities the students perform immediately upon entering class, or in fitness circuits. They are designed to raise body temp., build core strength, improve mobility and balance, integrate cross-body movements, re-emphasize proper form for basic movements, and prepare the body for more vigorous activity.

A good warm-up should...

1. Start with easier activities and gradually get more demanding.
2. Contain movements in all three planes of motion.
3. Prepare the body for the next activity.
4. Usually contain movements and exercises from the following major areas...
 1. **Balance**
 2. **Mobility (ex. balanced hurdle circles)**
 3. **Prone/ Side/ and Supine Exercises (prone hot-footed lizard, crab kicks, push-up progression)**
 4. **Squats / Lunges**
 5. **Movement (foot patterns, arm patterns, then combinations)**
 6. **Lesson-Specific Movements**

Equipment-less movement, continued

1. Balance

- stand on one foot (eyes open, closed)
- step to balance (forward, lateral, transverse)
- compass touches (touch a spot on the floor with your foot, then touch that spot with your hand)
- bound to balance, or hop to balance (forward, lateral, transverse)

2. Mobility

- supine hip rolls (lay on your back with your arms out, roll to one side as you touch your foot to your opposite hand)
- prone hip rolls (lay on your stomach with your arms out, roll to one side as you touch your foot to your opposite hand)
- balanced “hurdle” movements (forward, backward, sway under)

3. Squats / Lunges

- Parallel, Staggered, Split Stance Squats
- Forward, Lateral, Transverse Lunges

4. Prone / Side / Supine - Strength

- Kneeling plane, Inclined plane (push-up position)
- Kneeling push-ups, Inclined plane push-ups
- Prone Hot-Footed Lizard (slowly touch hand to opposite foot – under and behind)
- Side plane (on hand or forearm, on knees, then feet-staggered or stacked)
- Hip Sways (on hand or forearm, move hips toward floor, then ceiling)
- Supine Hot-Footed Lizard (crab position, slowly touch hand to opposite foot in front and under)
- Dying Bugs (lie on your back, make your body an ‘X’, touch foot to hand as you crunch your body up) touch same side, or rotate to touch opp. Side

5. Movement

- Foot patterns
 - Wide and Narrow Jumps
 - Twist Jumps or Hops
 - Forward / Backward Jumps or Hops
 - Slalom Jumps or Hops
 - Ali Shuffle
 - Ali Slalom (combines Ali Shuffle w/ slalom movement)
- Arm movement patterns
 - Jacks, Jills, Wacky Jacks
 - Sprinter Arms
 - Forward / Backward Circles (double and single arm)
 - Butterfly / Breaststroke (wax on, wax off)
 - Windshield wipers (single arm, double arm, “intermittent”, fast)

Then combine foot and arm patterns, change the stances when doing arms, have them travel as a group while doing them, change the tempo, and mix up the rhythm of the arms and legs.

Scatter Movement Warm-up example

The students move around the space with a variety of locomotor movements, with the “movement challenges” injected at intervals.

Walk

One-foot balance, add eyes closed option

Walk backwards

Forward / backward hurdle circle w/ foot touch or balance

Shuffle steps – right foot lead

Compass touches (touch a spot with your foot, touch that same spot with your hand)

Shuffle steps – left foot lead

Step to balance (forward, lateral, transverse)

Bound to balance

Hop to balance

Forward march w/ high knees

Parallel (train tracks) stance squat

Forward skip

Prone hot-footed-lizard (start on hands and knees, progress to hands and feet) touch in front and back

Supine hot-footed-lizard (start with feet flat on the floor, progress to heels) touch in front and under

Perimeter Movement Warm-up example

Locomotor movements around the outside with movement challenges added.

Jog

Side plane (ramp) on forearm, knees bent, feet behind, progress to legs extended feet staggered, then feet stacked, then “hip sway”

Monster walk – low ceiling, squat walk

Staggered stance and Split stance squat (hands on thighs, waist, up in the air, or floor touch)

Sample some more movement challenges from list on page one...

Lunges (forward, lateral, transverse)

Dying bugs (knee to elbow, hand to foot)

Small ramp (kneeling plane) Big ramp (inclined plane or push-up position) do “holds”, then push.

Prone and Supine hip rolls

Movement patterns – feet, then arms, then combine

OBJECTIVE TWO: ADDING SIMPLE EQUIPMENT, THEN TUBING.

The equipment and progression listing are available on our website: foundationalfitness.com

OBJECTIVE TWO

Begin adding simple equipment to the circuits. The best equipment to start with includes; 1) medicine balls, 2) Jungle Gyms, and 3) ABC agility ladders.

Teaching progressions

Each of the following may be added as a station, one or two exercises at a time. Don't add more than one new piece of equipment at a time.

Med ball

Individual Usage, Individual wall bounces, Partner Drills, Partner Long Tosses

Twist and Pivot – athletic stance, arms out in front, twist side to side, pivot foot.

Chop and Lift – “hike” med ball past ankles, stand up and lift med ball high

Chop and Twist – same chop, but finish with a twist. Chop again, then twist to the other side.

Overhead Side Lean and Balance – hold ball overhead and “tip over” side to side

Alternating Giant Circles – draw large circles with the ball, switching directions at 1 and 11 O'clock.

V-Sit Side to Side Touches – sit on floor, feet down or lift one foot or lift both feet, twist and touch the med ball on the floor on each side

The **Jungle Gym** is a great tool for enhancing body weight training. It is safe, allows for endless progression and variety, is self-spotting, and is simply the best tool we have ever used for building pulling strength.

Push-up

Unloaded=feet farther from the wall

Loaded=feet closer to the wall

Static=hold

Dynamic=push-up

Stable=two foot support

Unstable=one foot support

Simple=two foot push-up with feet farther from the wall

Complex=one foot rotational push-up with foot close to the wall

Assisted Pull-up

Unloaded=feet farther from the wall

Loaded=feet and knees touching the wall

Static=hold (change grips)

Dynamic=assisted pull-up

Stable=two foot support

Unstable=one foot support

Simple=two foot assisted pull-up

Complex=two feet w/ one arm, one foot, one arm (opposite, then same side) add opposite hand floor touch to add rotation

Hip Sway

Unloaded=feet directly under hips

Loaded=feet slightly closer to wall

Static=hold

Dynamic=sway

Stable=two foot support

Unstable=one foot support

Simple=two footed hip sway

Complex=alternating foot sway, add rotation

Parallel Stance Squat w/ “Press”

Unloaded=squat w/ assistance

Loaded=body weight squat

Static=hold

Dynamic=squat w/ assistance

Stable=two foot support

Unstable=one foot support

Simple=assisted parallel stance squat with press

Complex=assisted jump squat w/ press, single leg jump squat w/ press, single arm, single leg jump squat w/ press

Body Row Pulling Assessment

Mid-chest (middle of sternum), Belly button, Mid-thigh

Ladder

Encourage students to do the ladders with the following points of emphasis...

*Quiet feet

*Add “sprinter arms” moving in opposition to the feet.

*Develop the overall RHYTHM of the movement before adding speed.

Put cones out or divide the ladders to keep good spacing between students. Walk (and talk) them through the more complex movements.

Forward simple movements

One-in

Two-in

Slalom

Lateral simple movements

Two-in

One-in – cross over in front

Forward combined movements

Shuffle – two feet in, one foot out “in, in, out”

Cross-shuffle – cross over to step in the ladder “cross-out-out”

Backward combined movements

Slalom

Shuffle

Cross-shuffle

Example: Squats and Ladders Fitness Circuit

Have _ the class perform a ladder movement, and the other half perform a corresponding squat. Have them exercise for 35 seconds, then take 25 seconds to switch.

Forward one-in	split stance squat
Forward two-in	staggered stance squat
Lateral one-in	cross-legged squat
Lateral two-in	wide stance side to side squat
Forward shuffle	zig and zag squat
Forward cross shuffle	forward cross-over squat
Etc.	

Example: “Jump at the Chance” Game

Have a student come up and draw a card from the deck, then the group performs the corresponding number of jump squats. Do this for a certain time to control the number of jumps they are doing. For example, play this game for a total of 4-5 minutes, giving them rest between sets when needed. Or have this as a station in one of your circuits.

INTRODUCING TUBING TO YOUR CIRCUITS

The **Train Station** is an incredibly versatile training tool that is safe, self-spotting, and allows you to build total body strength and mobility. Sliding the “traveler” to change the training angle challenges the body in different ways.

Pushing (low anchor point in our example) “Press”

Unloaded=movement without equipment (mirror teacher), or close to the wall

Loaded=move away from the wall, lunge position

Static=hold press position

Dynamic=lunge hold w/ two arm press, or alternating lunge w/ two arm press

Stable=two foot support, lunge position

Unstable=staggered foot or parallel foot position, or one foot support

Simple=two arm press from lunge-hold

Complex=single arm rotational press, add progressive lunge

Pulling (high anchor point in our example) “Total Body Row”

Unloaded=mirror teacher, or close to the wall

Loaded=move away from the wall

Static=hold the row position

Dynamic=total body row from back lunge hold (reach, push, pull), or alternating lunge

Stable=two foot lunge position

Unstable=staggered or parallel stance, or one foot support

Simple=total body row from back lunge-hold

Complex=single arm rotational row from one foot support

Rotation (mid anchor point) “Side-facing Twist and Pivot”

Unloaded=mirror teacher, or close to the wall

Loaded=move away from wall

Static=Side facing hold “post” position

Dynamic=Side facing twist and pivot

Stable=parallel stance w/ two feet

Unstable=staggered or split stance, or single foot support

Simple=twist regular w/ 5 second slow return

Complex=alternating transverse lunge and twist, or side-facing twist w/ progressive lunge, or single leg support twist and slow return (side-facing)

Legs/Combo (high anchor point) Ski-pole w/ squat

Unloaded=mirror teacher or close to the wall

Loaded=move away from the wall

Static=hold squat w/ arms up, then _ way, then all the way back

Dynamic=ski pole from squat hold, alternating arms from squat hold, add the squat w/ two arms, then do alternating arms with squat

Stable=two foot support

Unstable=single leg support (squat hold, then actual squat)

Simple=regular ski pole w/ squat

Complex=lateral step w/ ski pole, alt. arm ski-pole same side as foot stepping, then opposite side, staggered or split stance, alternating backward lunge.

Intro to Power Push-up

Using the same progression to “build” the push-up, add resistance to the core and all of the involved muscles by using the Power Push-up.

In my opinion, the Power Push-up is better than the bench press because you MUST use your entire body to perform the movement, and it is impossible to overtax the shoulders and elbows by pushing more “weight” than your joints are ready for (like in the bench and incline presses, where your body is artificially supported).

Intro to C-band (Core Band)

The C-band could be used as a strength station (pushing, pulling, etc.), but is mostly used to build core strength. There are many “carry over” exercises they would already know from using medicine balls or the Train Station rotational movements. The C-band is more portable than med balls, and does not need anchoring.

Safety and usage

- check tubing before use
- demo safety strap
- discuss C-band “anatomy”

Twist and Pivot

- Partner “post”
- Twist and Pivot (facing partner)
- Drop Step (Transverse Lunge) and Twist (facing partner between steps)

Chop and Lift (Chop, Lift, and Jump is a power level exercise)

Chop and Twist

Chop and Twist w/ partner Low Post (like a forearm pass position)

Alternating Giant Circles

Backward Facing Side to Side touches

Progression for adding pushing and pulling...

Double or Single Arm Press from lunge, or Single arm row from squat

Mirrored

Opposed

Alt. Lunge

Intro to Circuit Trainer Band

The Circuit Trainer band allows you to train pushing, pulling, and core, but especially allows you to perform resisted movement training.

Safety and usage

-check the band

-webbing can be used as a safety strap or to put around the waist for movement

-foam handles

-only use the band to add resistance, don't change the mechanics of the movement

It can be used individually, with a partner, or in a group or team setting.

Partner Training

Pushing

Two-Arm Press

Mirrored

Opposed

Alternating lunge and mirrored or opposed

Pulling

Two-Arm Row

Mirrored

Opposed

Squat and mirrored or opposed

Rotating

Cross-cut Saw

Mirrored

Opposed

Alternating Transverse lunge

Movement

Carioca (fast out, slow in)

Figure 8 backpedal

Add “The Ring of Fire” for a fun group dynamic!

Lateral lunge and press

Lateral lunge and row

Half-moon (rotate)

Movement

Sprint start w/ 100 M Dash

Double Jump out w/ rappel jump return

Basketball slide w/ rebound jump

Intro to PowR Walk

The PowR Walk is a personal tubing system that connects the hands and feet so any movement can be resisted!

Locomotor movements and lunge-walks

Core Exercises

Hip Therapy Exercises

Cardio Boosters (arm and foot patterns combined)

Resistance Exercises (portable dumbbells)

Once you build a movement and exercise menu, you can...

...add them as a station for fitness circuits.

...use them for indoor or outdoor fitness courses (combine movements w/ exercises).

...boost the caloric expenditure and workout of a walk or jog.

...show the 15 or 30 minute workout on the gym wall for the students to follow.

...add music to develop rhythm while exercising.