

## **FITNESS STATIONS**

### **SUGGESTIONS FOR IMPROVEMENT**

**In your student's Portfolio is the Physical Fitness Assessment sheet. This sheet has room to record the student's performance in 12 different fitness activities\* covering a broad range of gross-motor fitness components. Fitness station/activities are assessed in the fall and spring. The Portfolios are kept at school and can be accessed (by permission) by any student or parent to check the student's fitness progress. The intent of the fitness assessments is to motivate each student to monitor their own fitness progress. Students are accountable to themselves by setting reachable fitness goals. Like most other activities in life, practice enhances progress in these fitness areas, including those in the home and community.**

**Here are some simple recommendations for performance improvement on each of the fitness stations we use at Blackwell;**

#### **GENERAL GUIDELINES:**

- a) 3-5 times per week**
- b) 20-30 minutes per exercise session**
- c) For aerobic activities 60-85% of your maximum heart rate (MAX HEART RATE=210 minus your age)**
- d) For anaerobic exercise-start with low numbers of repetitions, stay a week or so at that level and gradually increase your reps every week after that.**

#### **1. PULL UPS-SHOULDER, ARM AND GRIP STRENGTH**

**-Practice doing partial pull-ups (where the elbow is at 90 degrees or less) by either jumping off the ground; lowering the bar by standing on a chair; or by having someone behind you with their hands on your waist or lower back assist you as you pull. Gradually remove your assistance until you can do full pull-ups without help.**

**-Push-ups can help to a lesser degree but don't isolate the same muscle group used in pull-ups.**

**-Arm curls with free weights or with stretch bands to strengthen biceps.**

**-Squeezing tennis balls regularly to improve forearm grip strength.**

## **2. FLEXED ARM HANG-SHOULDER, ARM AND GRIP STRENGTH**

**- Having someone behind you with their hands on your waist or lower back assist holding you up as you begin to tire.**

**-Arm curls with free weights or with stretch bands to strengthen biceps.**

**-Squeezing tennis balls regularly to improve forearm grip strength.**

## **3. STANDING BROAD JUMP-LEG STRENGTH AND POWER**

**-Doing squats with weight on the shoulders.**

**-Practice sprinting (after stretching and warming up) 30-40 yards at a time.**

**-2 and one foot (using each leg) hopping on level ground - progressing to hopping up to an elevated surface (like the bottom stair or a strong bench that won't tip over) and back down.**

**-Hopping up stairs one at a time or running up stairs two at a time.**

## **4. 60 SECOND SIT UPS-ABDOMINAL STRENGTH AND ENDURANCE**

**-Become more regular at practicing crossed-arm sit-ups (also called partial curl-ups).**

**-Practice static holds in the middle of your sit-up. In other words, hold your sit-up in the half way position (a few seconds)**

## **5. SHUTTLE RUN-AGILITY AND SPEED**

**-Practice doing line drills (running out to and touching each of a series of lines or markers and returning to the start line each time) on a regular basis. If you have access to weighted ankle bracelets, use them.**

**-Practice short sprints (30-40 yards)**

## **6. PUSH-UPS - SHOULDER STRENGTH AND ENDURANCE**

**-Use a broom stick (or any straight, light stick/board) to keep the spine in line. The head, back, bottom, and heels should all be touching the stick during the full push-up. Elbows should come to at least a 90 degree flexion. The nose, hands, and toes should be the only body parts in contact with the floor during the push-ups.**

**-Practice with rest during the up position.**

**-Hold the "UP" position for as long as you can, every day.**

## **7. SIT AND REACH-FLEXIBILITY**

**-Do several partner stretches every day. This is done by sitting in a "V" sit position and have a buddy stand behind you and push down on the upper back and shoulders to help you get your chin as close to the floor as possible. Hold the position for at least 30s.**

**-Do wall sits for about 30 seconds before doing toe-touches.**

## **8. ROPE CLIMB-SHOULDER, ARM AND GRIP STRENGTH AND ENDURANCE**

**-Do pull-ups and partial pull-ups helps strengthen the necessary shoulder muscles.**

**-Learn to do the leg “wrap-around” method to help take the pressure off the shoulders. See Mr. H to learn how.**

#### **9. MILE RUN/WALK-CARDIOVASCULAR AND MUSCULAR ENDURANCE**

**-Get out there and start regular weekly runs of 1-3 miles. Gradually increase to 3-5 times a week.**

#### **10. 40 YARD DASH-SPEED**

**-Practice doing “all out” sprints of about 60 to 100 yards. DO GOOD STRETCHING BEFORE HAND.**

#### **11. VERTICAL JUMP-LEG POWER**

**-Run up and down any stair set you can find.**

**-Hop up onto a bench (using both feet and then individual legs)**

#### **12. WALL CLIMB-UPPER BODY AND GRIP STRENGTH**

**-Set up practice time on the Elizabeth Blackwell traversing wall (see Mr. H. to set up times).**

**-Find some safe trees to climb...parent approved!!**

**\* all of these activities are practiced but not recorded by the first and second graders.**