



## **Terrace Elementary Fitness Club**

The purpose of this club is to improve overall fitness in students. Our goal is to focus on upper body strength and incorporate Fitness gram activities in students' routines.

### **Things we need:**

- Trophies
- Medals
- Certificates for students who complete all 10 weeks of this club.
- Activity login sheet form Mr. Reina.
- Past Club data on students' performance
- Water bottles or water station with mini cups.
- Print club T-shirts

### **Possible Activates for upper body strength**

#### **Pushups:**

Have students form a circle with heads in the middle. Get in the pushup position and hold the up position for a count of 10. Hold the down position for a count of 10. Hold the plank position for a count of 10. Hold the hand pose for a count of 10 on each side. End this activity with 10 half or full pushups

#### **Push-Up Test:**

- The goal is to complete as many 90 degree push-ups as possible at a rhythmic pace.
- Students begin in the up position and follow the 10 counts to complete the push-ups.
- With a straight back, students must go down low enough so there is a minimum 90-degree bend at the elbows.
- Return to the up position in pace with the counts with arms fully extended.

#### **Body form errors:**

- Students not going low enough, stopping or not maintaining the proper pace, not maintaining the straight back position, not extending arms fully enough and touching with the body on the way down.
- After the first form error students get the opportunity to make the correction.
- After the second form of error, the test is concluded. Stop and note results.

**Trunk Extensions:**

Have students do the 4 square hula hoop activity – See Mr. Riena for instructions. Have students hold the plank position as they hand the person next to them a bean bag. Have students move to the left and right to reach 4 different color hula hoops.

**Trunk Extension Test**

- While lying on the stomach, lift the back up off the mat in a smooth controlled manner far enough to be within the healthy fitness zone range.
- Students lie on their stomach with hands clasped behind their back or tucked under the trunk.
- Keeping their feet on the mat and eyes looking down at a fixed object on the mat, the student
- Smoothly arches their back up as far as they can to a position they can hold.
- Using a ruler, measure the distance from the student's chin to the mat to determine their trunk extensor flexibility score.

**Body form errors:**

- Students not keeping their eyes down on the mat/fixed object.
- Having the feet come off the mat.
- If a form error occurs, the student repeats the test until they get a valid score.

**Shoulder strength:**

- Use stretch band activities, jungle gym, and yoga to promote shoulder strength.
- Ask for Kern Family FunXercise class material for guidance.

**Suggestions:**

Have students choose from a list of 4 upper body activities from a raffle bucket. This gives activity leaders a chance to break up the students in small groups (15 to 20) and maintain fairness.

Students will then rotate activity every 10 minutes. Activity leaders can be creative with these tasks creating work out stations in or outdoors.

Students will choose from yoga, running fitness band, Plank, Push up or pull-ups exercise.

Students who choose activities supported by the junior gym and are old enough will go to the gym.

All activities picked should last a minimum of 10 minutes each and all combined activities should last for a minimum of 45 minutes. This means a total of 4 quick rotations however we want to keep them active one full hour.