

Date: _____ Grade Level: _____ Teacher: _____

Fitness Terms of the Day (* represents new concept):

- Volume: Total amount of training attempted; often given as total repetitions.
- Intensity: Difficulty of, or effort involved, in training. May be measured by resistance (load) used, speed of exercise, duration (length) of training, training frequency (how often).
- Load: Amount of resistance (weight) used during a strength training exercise.
- *Overload: Placing greater than normal demands on the body during training thus forcing the body to adapt and change; increasing intensity during a training program. Training until fatigue no longer allows the body to tolerate the exercise or load being used, resulting in loss of technique.

EMPHASIS OF TRAINING and PRIMARY REVIEW EXERCISE(S) OF THE DAY

All exercises train the CORE, with emphasis on rotation movements.

[] indicates unit where exercise was first introduced

- Medicine Ball Movements (turn, twist, press, chop, 8's) [Basic II]
- Crunch [Basic I] and variations (feet elevated; with turn, twist, medicine ball press) [Basic II]
- Sit-up and variations [Intermediate I]
- Bicycle Crunch [Intermediate I]

NEW EXERCISES AND TEACHING KEYS

(Maintain Base Exercise Position throughout all exercises.)

Exercises:

- Sit-up with Medicine Ball Toss and Catch
- Seated Floor Rotations
- Stability Ball Bicycle
- Challenge: V-Up

RECOMMENDED SETS

2-3x 6-10 ea. leg

Sit-up with Medicine Ball Toss and Catch

Exercise is done with a partner

1. Seated Base Exercise Position, facing partner (distance from partner will vary). One partner holds medicine ball in front of chest.
2. Using both hands, medicine ball is tossed towards partner's chest (consider distance and effort necessary).
3. In seated position, partner catches ball with both hands, positioning ball in front of chest. Controlling momentum of ball, body is lowered in steady movement to Supine Base Exercise Position (start position for **Sit-up**).
4. When upper back comes in contact with floor, movement is reversed and sit-up is started.
5. As sit-up reaches top position, ball is tossed back to partner (follow directions above). Sit-up movement with ball is then repeated by partner.
6. Repeat movement for prescribed repetitions, establish exercise tempo.

(Instruct participants: Take care to throw towards chest; do not throw with too much force; catch ball with both hands; protect face.)



**THIS LESSON
CONTINUES
ON NEXT PAGE**