**New Haven Physical Education Individual Goal Sheet: Push-up**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_\_\_\_**

**Record student performance for each assessment**

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| --- | --- | --- | --- | --- |
| **CT Push Up Standard** | **Push-Up**  **Goal** | **Fall**  **Push-Up** | **Winter**  **Push-Up** | **Spring**  **Push-Up** |
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**Strategies to Improve Muscular Strength/ Push-ups**

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| **Exercise** | **Description** | **Beginner** | **Intermediate** | **Advanced** |
| Low Plank | Plank position with upper body weight on elbows (low plank). | At least 30 seconds | At least 1 minute | More than a 1 minute |
| High Plank | Plank position with upper body weight with hands on the ground and arms fully extended (high plank) | At least 30 seconds  High Plank with right to left toe taps 30 seconds  High Plank while bringing each knee up to chest, alternating for 30 seconds  Right angle modified push-up from knees for 30 seconds | At least 1 minute  High plank alternating toe taps at least 1 minute  High Plank while bringing each knee up to chest, alternating for 1 minute seconds  Right Angle push-up from knees up to 1 minute  Right Angle push-up for 3-5 reps | More than 1 minute  High plank alternating toe taps more than 1 minute  High Plank while bringing each knee up to chest, alternating for 1 minute seconds  Low Plank 10 second hold with 3 second rest for 1 minute |
| Mountain Climbers | Start in the push-up position, then alternate bringing one foot at a time forward towards your armpit and then extending it back out. | Begin slow simply raising the knee towards the chest then returning to beginning position.  Alternate bringing each knee towards the chest keeping the core tight and body level.  Aim for 30 second intervals, rest | Increase speed  Increase duration of intervals from 30 seconds to 1 minute.  Add more repetitions | Mountain Climbers for 1 minute |
| Burpees | Begin in a standing position. Drop into a squat position with your hands on the ground. (count 1)  Kick your feet back into a plank position, while keeping your arms extended. (count 2)  Immediately return your feet to the squat position. (count 3) Jump up from the squat position (count 4) | Begin slowly  Walk through the movement for a set number of repetitions or for a set number of seconds | Increase repetitions  Perform for sustained duration 30secs-1 min  Increase Speed  Add a jump to increase intensity | Burpees with a push-up for 1 minute |
| Modified Push-ups  Push-ups  Explosive Push-ups | Perform a right angle push-up with knees on the ground, feet in the air, stomach tightened.  Push off a seat or bench with arms/ hands in right angle position with upper body above lower body, feet on the floor.  Right angle push-ups with feet against a wall.  Right angle push-ups no modifications.  Push-up exploding hands off floor and catching self on way down |  | Right angle push- up for as many reps in 1 minute. | Vary the hand placement;   * walk hands side to side, * one forward one slightly behind, * Push-ups with one leg * Push-ups with feet elevated   Explosive push-ups for 30 seconds  Full body hops from high plank position right to left then left to right for 30 seconds |

Tips and Resources:

www.beachbody.com

Autumn Calabrese/21 day fix

www.military.com

www.bornfitness.com

www.fitbodyhq.com

www.shape.com

Practice 4-5 times per week. Get all of your training while watching your favorite TV show and doing 1 activity during each commercial.

**New Haven Physical Education Individual Goal Sheet: PACER**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_\_\_**

**Record student performance for each assessment**

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| **CT PACER Standard** | **PACER Goal** | **Fall PACER** | **Winter PACER** | **Spring PACER** |
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**Strategies to Improve Cardiovascular Endurance/ P.A.C.E.R Test**

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| --- | --- | --- | --- | --- |
| **Exercise** | **Description** | **Beginner** | **Intermediate** | **Advanced** |
| Mountain climbers | Start in the push-up position, then alternate bringing one foot at a time forward towards your armpit and then extending it back out. | Begin slow simply raising the knee towards the chest then returning to beginning position.  Alternate bringing each knee towards the chest keeping the core tight and body level.  Aim for 30 second intervals, rest | Increase speed  Increase duration of intervals from 30 seconds to 1 minute.  Add more repetitions | Increase speed  Explode off of each foot when bringing the knee into the chest  Increase duration of explosive movements, more than 1 minute for each interval  Add more repetitions |
| Lunges | Take a step, touch your back knee to the floor; make sure your flexed knee does not lean past the toes. | Remain stationary but take a step forward bending the back knee to the floor  Extend back leg to return to standing position  Lunge repetitively on the same leg  Alternate stepping forward and backward | Walking lunges  Take a step forward while dropping back knee to the floor, return to standing position and step forward with the alternate leg | Explosive lunges, jump upon extending the knee  Carry an object in each hand while performing walking lunges |
| Squats | Put your feet shoulder width apart and do deep knee bends as if you are sitting on a chair. Put your arms out in front of you.  Make sure your knees do not extend past the toes. | Begin slowly with a set number in mind, 1-10 squats up to 3 sets with stretches in between | Increase repetitions  Increase the number of sets | Explosive squat: Jump upon extending knees  May jump and land using the same leg, or alternate |
| Butt Kicks | Keep back straight while alternating each heel toward the buttocks.  Arms at 90 degrees to maintain balance. | Begin slowly  Perform butt kicks in place for 15-20 seconds | Increase speed  Increase duration of butt kicks, 30-60 seconds, in place or while moving  Move a set distance performing butt kicks | Increase duration  Increase distance  Increase sets |
| High Knees | Maintain an upright body position while bringing the knee level with the hip and pulling the toe up toward the shin and alternate the legs quickly.  Arms move in a coordinated fashion as if running. | Perform high knees in place for 10-20 seconds | Increase speed  Increase duration, 30-60 seconds, of high knees in place and while moving  Have the students move a set distance performing high knees | Increase duration  Increase distance  Increase sets |
| Interval Training | Runners can go between running, jogging, and walking for any set number of minutes and repeat that pattern.  Intervals can also be done over a set distance like around a track or gym | Run 1 minute  Walk 1 minute  Progress with running more minutes than walking  Run 3 minutes  Walk 1 | Vary the running speed during timed intervals  Continue to increase interval minutes to more moderate to vigorous jogging and running.  In a gym; sprint the length of the court and jog the width when doing laps.  At home, use fire hydrants or light posts as markers to change speeds. | Continue various intervals of running at different speeds while also counting laps while running. After five to 15 minutes |
| Distance Running | Running workload includes volume (distance), intensity (speed or effort), and frequency (number of days a week).  Distance runners need to run consistently to make progress. | Students should start a running program with a low-volume, low-intensity plan and limit frequency to a couple of days per week. | Progress to doing some form of endurance three or four days a week. | Workload should increase over the duration of the program, but should remain appropriate for the individual runner. |

Tips and Resources: Babble.com/working-out-with-kids <http://www.nyrr.org/youth-and-schools/running-start/training-plans/> <http://www.rrca.org/education/fundamentals-of-youth-running>

Make sure you follow a program and have fun while you are training.

Make running a habit:

Stay healthy, good nutrition and sleep are important if you are going to have enough strength to run.

It’s not a race, It’s called the P.A.C.E.R test for a reason.

**New Haven Physical Education Individual Goal Sheet: Curl-ups**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_\_\_**

**Record student performance for each assessment.**

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| **CT**  **Curl-up Standard** | **Curl-up GOAL** | **Fall Curl-up** | **Winter Curl-up** | **Spring Curl-up** |
|  |  |  |  |  |

**Strategies to Improve Muscular Endurance/ Curl-ups.**

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| **Exercise** | **Description** | **Beginner** | **Intermediate** | **Advanced** |
| Pointer | Start/end position: On hands and knees with back flat; keep neck and spine aligned; extend right arm and left leg at the same time; hold position then switch, extending left arm and right leg. | Alternate 30 times, focusing on full extension of arms and legs, as well as maintaining balance | Hold position for 3 seconds then switch; Do 2 sets of 10 | Hold position for 5 seconds then switch; Do 2 sets of 15 |
| Kneeling Twist | Start/end position: On knees, in an upright position with hands clasped behind head; twist upper body to one side as far as possible; alternate left/right side. | Twist left, hold for 2 seconds; twist right, hold for 2 seconds; repeat…Do 2 sets of 10…Focus on maintaining upright position; movement should be slow and steady | Do sets of 15 | Do 2 sets of 25 |
| Back Extension | Start/end position: Face down with arms and legs extended, forearms and palms facing down; lift arms, chest and legs off the floor; hold position; repeat. | Hold position for 3 seconds; Do 1 set of 10 | Hold position for 3 seconds; Do 2 sets of 10 | Hold position for 5 seconds; Do 2 sets of 15 |
| Crunch | Start/end position: Lay on back with knees bent , feet flat on the floor, hands across chest, pelvis tucked (lower back flat on the floor); raise shoulders off the floor, bringing torso up mid-way, letting the abdominal muscles do the work; relax head and neck; lower torso, letting shoulder blades touch the floor, moving fluidly; repeat. | 10 crunches; exhale on the up-phase; hold position for 3 seconds, then lower shoulder blades to the floor | Do 2 sets of 20 crunches, holding at the top for 3 seconds | Do 2 sets of 25 crunches; On the way up, count up to 5; on the way down, count down from 5 |

Tips and Resources:

Core Exercises: Hotspots

**New Haven Physical Education Individual Goal Sheet: Flexibility**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age\_\_\_\_\_\_\_\_\_\_**

**Record student performance for each assessment.**

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| --- | --- | --- | --- | --- |
| **CT**  **Sit &Reach Standard** | **Sit & Reach Goal** | **Fall Sit & Reach** | **Winter Sit & Reach** | **Spring Sit & Reach** |
|  |  |  |  |  |

**Strategies to Improve Flexibility/ Back Saver Sit & Reach.**

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| --- | --- | --- | --- | --- |
| **Exercise** | **Description** | **Beginner** | **Intermediate** | **Advanced** |
| Static stretching  Calf  Hamstring  Quadriceps  Hip Flexor  Iliotibial Band (IT band)  Knee to chest | Stand at arm's length from a wall or a piece of sturdy exercise equipment.  Place your right foot behind your left foot.  Slowly bend your left leg forward, keeping your right knee straight and your right heel on the floor.  Hold your back straight and your hips forward. Don't rotate your feet inward or outward.  Lie on the floor near the outer corner of a wall or a door frame.  Raise your left leg and rest your left heel against the wall. Keep your left knee slightly bent.  Gently straighten your left leg until you feel a stretch along the back of your left thigh.  Stand near a wall or a piece of sturdy exercise equipment for support.  Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh.  Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together.  Kneel on your right knee, cushioning your kneecap with a folded towel.  Place your left foot in front of you, bending your knee and placing your left hand on your left leg for stability.  Place your right hand on your right hip to avoid bending at the waist. Keep your back straight and abdominal muscles tight.  Lean forward, shifting more body weight onto your front leg.  Stand near a wall or a piece of sturdy exercise equipment for support.  Cross your left leg over your right leg at the ankle.  Extend your left arm overhead, reaching toward your right side. You'll feel a stretch along your left hip.  Lie on your back on a firm surface with the backs of your heels flat on the floor.  Gently pull one knee up to your chest until you feel a stretch in your lower back.  Bring the knee as close to your chest as comfortably possible.  Keep the opposite leg relaxed in a comfortable position, either with your knee bent or with your leg extended. | Stretching at least two days per week.  Move gently between stretches  Perform after 5-10 minutes warming up  Hold stretch for 30 seconds  Stretch until there is slight discomfort or tension in the muscle or tendon  Perform again at cool down | Stretching more than 2 days per week |  |
| Dynamic stretching | Involves stretching muscles through continuous and repetitive movements. | Step with long strides to  Walking Lunges | Increase repetitions of steps  Increase frequency of exercise | Increase repetitions of steps  Increase frequency of exercise |
| Ballistic stretching | (Intermediate-Advanced)  Repeated bouncing movements to stretch and activate muscle groups | Not Recommended | To minimize the risk of injury, begin at a lower intensity and increase as you begin to warm up.  High knees  Butt kicks | Increase Intensity  High knees  Butt kicks |
| Myofascial release (foam rolling) | (Advanced)  Requires the use of a foam roller. |  |  | A foam roller can be rolled back and forth over a relaxed muscle, or it can be used to apply static pressure to sore or sensitive areas for 10–15 seconds at a time  Can also, gently lower your weight over the roller, isolating that sensitive area for 10–15 seconds. You should feel the muscle begin to release and relax with this technique |

Tips and Resources:

http://hprc-online.org/physical-fitness/training-exercise/exercise/muscular-fitness-and-flexibility/improve-your-flexibility

The American College of Sports Medicine [recommends](http://journals.lww.com/acsm-msse/Fulltext/2011/07000/Quantity_and_Quality_of_Exercise_for_Developing.26.aspx) that stretching should not be painful. Stretching should cause a feeling of tension in the muscle sometimes described as “discomfort,” which does not mean pain.

Warning for Ballistic stretches: This type of stretch has been shown to increase the risk of injury and muscle soreness in some studies and it is not recommended for beginners, but it may be appropriate for activities that include quick, explosive movements such as the sprinting or jumping portion of a combat readiness test. For example, when performing high-knee exercises, gradually increase the height and speed to which you raise your knees as you warm up.