

P A T C H F I T N E S S

Go Play!



PATCHFITNESS MANUAL

100% Natural Fitness

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Chapter 1...

WHAT IS PATCH FITNESS?

What is Patch Fitness?

The best way to describe Patch Fitness is for you to close your eyes, and while they're closed, transport yourself back to when you were 5, 6, 7, 8, 9 or 10 years old. You are playing on the Jungle Gym, monkey bars, a pile of rocks, mound of dirt, on a log or some old tires. Can you see it? You have no inhibitions or restrictions, you duck, jump, crawl, climb, leap, and roll around on whatever it is, and your creativity allows you to make up each move as the challenge presents itself. You don't know you're not supposed to be able to do these things, you just do them. I'll bet this has brought a smile to your face, hasn't it? That's Patch Fitness.

Patch Fitness can be for children ages 5 to 105 and everyone who engages in this unique, tried and true exercise program will reap the extraordinary benefits. The movements you used for physical play as a child are the same movements that, when executed as illustrated in this manual, provide the superior results of Patch Fitness. These exercises have been used by man throughout history--prehistoric man and our relatives who ran, jumped, crawled, climbed and leaped as a necessity of daily life. Their ability to utilize these talents allowed them to survive their physically demanding and dangerous environments. Luckily, we don't have to outrun predators today for survival however, the philosophy of the movement remains the same; a strong, flexible body will give you the ability to traverse your world today in a much more fluid, prepared state of being and wellness.

These exercises have been used by athletes throughout history, and now you can utilize this remarkable, 100% natural program to prepare yourself for life's adventures, whether they are in a sporting endeavor, your work environment, or simply walking your dog.

In traditional terms, we define a complete exercise program as one that incorporates all the components of fitness:

1. Muscular Strength
2. Muscular Endurance
3. Cardiovascular Endurance
4. Flexibility
5. Body Composition

More recently, functional fitness has become the "buzz" word in the fitness industry because we have discovered the necessity for our exercises to be more supportive of the actual movements that we do on a daily basis. Functional fitness involves movements that replicate how the body moves while doing

real life activities, whether you are dancing, walking, running, climbing, crawling, ducking, jumping, shoveling snow, cleaning house, or playing games or sports in your back yard, on the playground, playing court or field. Functional fitness is improved by adding agility, balance, coordination, and dexterity to a fitness base of muscular strength and endurance, cardiovascular endurance and flexibility. Patch Fitness focuses on functional fitness. The end result will be improved body composition (decreased body fat and increased lean body mass). All Patch exercises collectively improve functional fitness for anyone.

How does Patch Fitness Develop Muscular Strength?

The definition of strength usually pertains to an amount of force that can be produced maximally by muscles in a single effort. But, true strength comes from the combination of the position of the joint and the efficiency of several muscles working in concert to lift something. This is how strength is applied in real life activities, not by sitting on a machine and isolating a muscle that rarely works exclusively. Strength and power are often used interchangeably when discussing the performance of an individual or athlete. However, power is not the same thing as strength, but it is a product of strength and speed. Both are developed through repetitious stress on the musculature until gains are seen. Patch Fitness is unique in its approach to strength development and it is a lot more fun than lifting weights.

Resistance training is fun when done using your entire body. Patch Fitness is designed to use your body weight and gravity for resistance; vaults, hip raises, bear crawls, inchworms and alligators all replicate life's normal activities in one way or another. These types of exercises have totally wasted the likes of Junior Seau, all-pro NFL linebacker, and Junior is only his name, not his fitness level. You choose the exertion level; start slowly if you are just beginning an exercise program or turn it on full speed to achieve the results professional athletes use Patch Fitness for.

The development of strength is relative to what you need it for. Athletes, children at play, construction workers, and busy moms who lift children, do housework and load and unload the family taxi, all need strength for different activities. All of these activities require functional strength that incorporates manipulating one's own body weight, along with a variety of obstacles we face in our path, and doing all of this within the control of gravity.

Please don't confuse Patch Fitness functional strength with big muscles. Functional strength makes you stronger in every physical plane allowing you to squat, bend, sprint, twist, and lift more efficiently during every aspect of your life with confidence, power and agility. Patch Fitness will improve musculo-skeletal alignment; you will be able to significantly reduce your risk of injury during all sports, work and daily activities.



Strength



Cardio



Flexibility

How Does Patch Fitness Develop Muscular Endurance?

The definition of muscular endurance is the ability to work the muscles at a submaximal force for a period of time without fatigue. Patch exercises involve continual movement that requires the muscles to keep on working. Twenty minutes of a variety of combinations of Patch exercises requires sustained effort from all the muscles throughout the body and will deliver improvements in muscular endurance.

Can Patch Fitness Improve My Cardiovascular Endurance?

Cardiovascular/respiratory endurance is two-fold: 1) It is the ability of the heart, lungs and circulatory system to deliver more oxygen to the muscles cells and 2) It is the ability of the muscle cells to be able to take up and use that oxygen to produce more energy to support physical exercise. Aerobic exercise (exercise that involves the use of oxygen to produce energy) is known to increase cardiovascular fitness. However, it has mistakenly become synonymous with cardiovascular fitness. Anaerobic exercise (exercise that does not use oxygen, but uses other energy sources—glycogen and ATP-CP) is often ignored or even forgotten as an important component of developing cardiovascular fitness. Sports activities and children’s play activities are both aerobic and anaerobic; therefore training should include both systems. Patch Fitness exercises incorporate both aerobic and anaerobic energy systems.

Aerobic exercise is lower intensity and can last for a longer amount of time. Anaerobic exercise is high intensity exercise that only lasts for a few minutes. Both of these systems should be used to make the body more efficient overall. Patch Fitness exercises engage every muscle in your body like no other exercise program or machine. This creates a non-stop, heart-pumping workout that you have total control over. By simply slowing your pace and modifying the exercises, you can control the caloric burn rate and VO₂ consumption.

Patch Fitness also engages the thinking muscle: your brain. Instead of sitting on a bike or walking on a treadmill in front of a TV, you will be exercising your brain as you think ahead to your next exercise or formulate how to position your body to execute a bear crawl, or alligator. Sounds like fun doesn’t it? It is the fun component that makes you forget about how hard you are working.

Will Patch Fitness Improve My Flexibility?

Flexibility involves the ability to move a joint through the normal, full range of motion as a result of the positioning of the joints in relation to the attachments of the muscles. Patch Fitness exercises incorporate movements in every conceivable physical plane, thus maintaining normal flexibility. Training in this manner will, as a natural byproduct of the movement, align your musculoskeletal system in its original and correct alignment. When your skeletal system is in perfect alignment, you can experience the flexibility your body was designed for.

Is Patch Fitness for Athletes and Sports Performance?

Athleticism requires high levels of all five components of fitness, as well as agility, balance, dexterity, speed, and the ability to perform explosive movements. Patch Fitness was originally developed as an integral component of athletic training programs. John Lynch, all-pro safety for the Denver Broncos discovered this unique fitness program while he was in high school, which he continues to use today. John says, "I believe a large part of my success in the NFL is directly related to Pete Egoscue, the Egoscue Method and Patch Fitness." Junior Seau, linebacker for the New England Patriots, said "During the course of a game you hit the wall--doing this workout you hit the wall 10 times!"

Below is a short list of elite athletes who use or have used the Patch exercises. If Patch Fitness works for them, it'll work for you, whether you're an aspiring 9th grade football player dreaming of a pro career, a college lacrosse player striving to make the starting lineup or an all-pro safety in the NFL. Patch Fitness will develop the physical and mental skills you need to succeed.

FOOTBALL:

John Lynch, Safety NFL

Junior Seau, Linebacker NFL

Mark Bruener, Tight End NFL

Mark Brunell, Quarterback NFL

Trent Dilfer, Quarterback NFL

Steve Stenstrom, Quarterback NFL

Mark Schlereth, NFL Lineman, ESPN Commentator

BASKETBALL:

Joe McNaull, Basketball Player, San Diego State

Marty Dow, Basketball Player, San Diego State

BASEBALL:

Trevor Hoffman, MLB Player

Dave Roberts, MLB Player

Mike Sweeney, MLB Player

GOLF:

Jack Nicklaus, Professional Golfer

Mike Darrell, Professional Golfer

Steven Ziff, Professional Golfer

Amy Powell, Professional Golfer

Tag Merritt, Professional Golfer

VOLLEYBALL:

John Cook, Nebraska Women's Volleyball Coach

Chris Hall, University of Nebraska Volleyball Player

TENNIS:

Gary Dudick, Tennis Instructor, Ritz Carlton, Laguna Beach, CA

Ginger Helgeson, Professional Tennis Player

Jo Durie, Professional Tennis Player

Lina Allred, Tennis Team, University of Southern California

Is Patch Fitness for Children?

If you observe children at play, they fluctuate back and forth between high intensity and low intensity. This is the general nature of children. Fitness programs that focus on children—whether it is in elementary physical education classes or youth athletics—need to reflect the general nature of how children move. As stated before, Patch Fitness exercises incorporate both aerobic and anaerobic energy systems; therefore Patch Fitness is perfect for children.

The more your strength training resembles “play”, the more fun and effective it will be. We are especially thrilled with the potential Patch Fitness has for kids from 5 and up. First of all, Patch exercises are fun! Every expert of children’s fitness will tell you that fun is the most important element of a children’s program. The jumping, crawling, ducking and movement involved in Patch Fitness will provide a child with strength, cardio, stamina, balance, and coordination.

Patch Fitness challenges not only a young body, but a young mind. Creativity is natural on the Patch “O” Course. Confidence will grow as a child experiences the thrill of successfully executing Patch exercises and all the exercises can be modified to accommodate every child, so they will succeed. We

have presented Patch Fitness at the PE 4 LIFE Conference, the organization leading the drive to put fitness in schools across the country. We're proud to announce we've been invited back as a presenter at the next conference. Patch Fitness is children's fitness.

The History of Patch Fitness

The Patch Fitness exercise program was developed 16 years ago on the jumps inside an equestrian arena and then it was moved to a custom obstacle course next to a tomato patch. The athletes endearingly referred to this course as "The Patch"—thus Patch Fitness was born.



Outdoor Patch Course located in San Diego, California

The Patch Fitness exercise program was developed by the Egoscue Method and is practiced worldwide. Over the years, the Patch exercises were refined to produce results like no other fitness program on earth. Proven, results oriented, functional programs are now available for nearly every sport and physical endeavor man can imagine. Tens of thousands of people of all ages and abilities have benefited from their Patch Fitness experience, including hundreds of professional and elite athletes from around the globe.

This world renowned fitness program can now be implemented anywhere with the new, indoor Patch "O" Course. Brian Bradley, exercise expert and Postural Alignment Specialist for the Egoscue Method and who has over 19 years in the fitness and athletic training industry, states " Patch exercises allow for a functional progression of all body movements in a fun, safe environment; Patch exercises takes you to places that you thought were long gone." The exercise program is a fun and functional routine

for children of all ages or it can be intensified to provide the results demanded by a professional or world class athlete.

How Do I Learn How to Do Patch Fitness?

You already know how. It's in your DNA. Remember the earlier mention of our prehistoric ancestors and how they survived in the world then? Remember the visions of you as a child on the playground? You just need an environment and the support this manual will give to set those memories, feelings and motions free. The Patch "O" Course can be that environment. Within minutes of setting up your Patch "O" Course, you'll be leaping, ducking and crawling like a professional football player. This manual presents visuals and explanations of all the exercises, as well as a variety of equipment configurations with step-by-step lesson plans as a guide for you to develop a variety of different workout programs. Then, use your imagination and your body to guide you in to playful movement that comes natural. Overcome your fears and limitations and let your body play again.

What about the Patch "O" Course Itself?

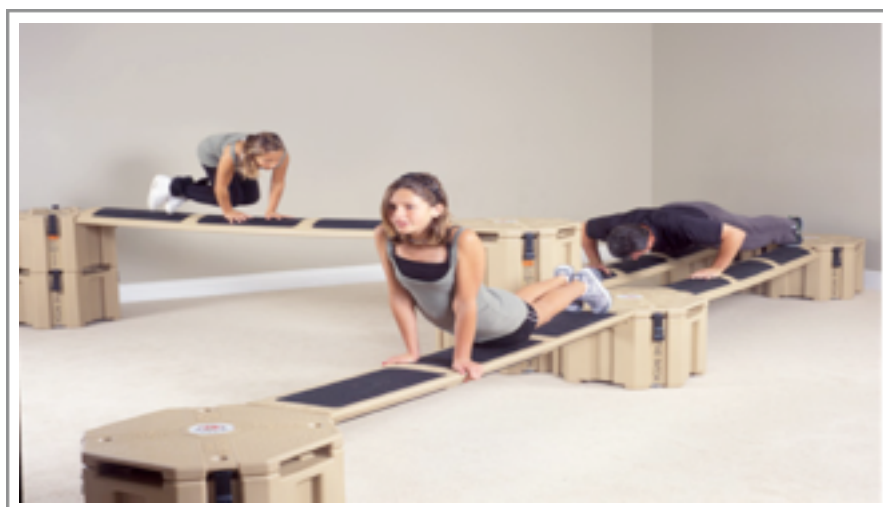
Patch exercises are done on both the Outdoor and Indoor Patch "O" Course. The Outdoor Course consists of a series of suspended wooden beams of different heights that are used for vaulting and jumping and other athletic maneuvers. The Indoor Patch "O" Course was designed to replicate the Outdoor Course and was developed by the product team at TherapyZone. Collectively, they bring over 30 years of fitness and physical therapy product expertise to the table. Your "O" Course is made of structural roto-molded polyurethane beams, bases and base tops.



This equipment will provide years and years of use under the most demanding conditions. Whether your Patch "O" Course is going to be in a professional team sports training center, a college sports program, a health club or private fitness studio, elementary school or your basement, you can feel confident your Patch "O" Course will be there to support you. Every Patch "O" Course includes a one year limited warranty to the original purchaser for indoor use. Use of the "O" Course outdoors will void the

warranty. If, in the unlikely event, any part of your Patch Fitness equipment fails, contact TherapyZone for a replacement part.

The Patch Fitness components can be arranged in a variety of layouts to fit space, ability level of the user and budget considerations. A beam is seven feet long and is reversible: one side is flat and the other is rounded to create a greater challenge. A base is 18 inches high and 24 inches wide. There are many Patch Fitness configurations illustrated in this manual. The following pictures show two examples of a Patch Fitness configuration that will accommodate a variety of exercise sequences, as well as up to 30 participants at a time.



How Do You Use the Patch “O” Course?

Keeping in mind that Patch Fitness is born from the idea that our environment is our body’s playground and that every environment is potentially a playground, there are a variety of ways to interact with our environment to get a fun workout. Children instinctively understand this concept and do it on a regular basis wherever they are. Adults become child-like again by getting out of their comfort zone and letting go of their self-imposed limitations and fears, and allowing their bodies to move the way they were intended to move. Anyone can find success (at their level) with Patch Fitness. Patch Fitness endorses the idea that we were all children at one time and that serves as our frame of reference as we begin to play.

The level at which you participate in the Patch exercises will depend on your fitness level and skill level, but the components of Patch “O” Course are versatile and can be configured to accommodate all body sizes and levels at the same time. Patch “O” Course fits perfectly into school gymnasiums, athletic training centers, recreation centers, private fitness studios, and even health clubs, where people want to participate in a fun, functional fitness program.

There are six fundamental components to a daily Patch Fitness workout:

1. Going up and down or over something
2. Going under something
3. Going around something
4. Challenging and removing your limitations
5. Using multiple environments
6. Having fun!

Using these fundamentals gives you a lot of options. You are not limited to any rules. Remember, this is all about playing. So, how do you want to play on any given day?

Going Up and Down or Over Something

Climbing is a function of the human body and can be done in various ways. We can use our hands and feet in a unified effort to scale a wall, climb a rocky hill, climb a tree or ladder, get up on the kitchen counter to water the plants above the cupboards, and come back down.

Jumping over things is a function of the human body and can be done in various ways. We can vault our bodies up and over a fence using our upper body as a fulcrum and swinging the legs over the top from one side to the other; we can jump up onto a higher platform and jump back down.

Stepping up onto a bench or rolling over an obstacle can satisfy the requirement as well. Patch makes us do these things.

Moving over an obstacle is commonly seen as different or scary as we get older but is a common way to approach obstacles as a child. Remember when climbing a tree was as natural as walking? Or hopping over a wall or the neighbor's fence? We were conditioned to avoid doing those movements as we got older. We would hear directives like "get off of that" or "don't climb up there" and thus, we were conditioned only to retreat around obstacles, and trees became only for sitting under.

Going Under Something

We spend plenty of time down on the ground crawling around looking for things we dropped on the floor, playing with our children or we have to duck under obstacles to get from one side to another. Patch Fitness makes us do these things.

In an age where we are taught to bend a certain way or we are told to lift with our legs, we are more and more conditioned to the world above our waist. The act of picking something up sets into motion an instruction booklet of procedures rather than instincts. When did getting down on the floor or bending over become such a chore? No doubt, it has something to do with all of the back pain alarmists and our own fear that bending is somehow an unnatural movement. We begin to believe that the body is not designed to move under things. Or even worse, we think that it is so fragile that it must be supported at all times when bending.

Have you ever heard the phrase "If you don't use it, you lose it?" That's not just a cliché. It is the absolute truth. Look around you at all the people with dysfunctional bodies who depend on others to get them around and do simple tasks for them. That is the worst case scenario. A more common scenario is people who are afraid to move freely into those natural positions for fear of pulling a muscle or damaging some other connective tissue. We become rigid and apprehensive to move, thus we don't move like we are meant to move. That's when we get hurt, because we have not kept our bodies in condition to perform any functional movement.

Going Around Something

If life were just forward and backward, we would constantly be waiting in lines. Moving side to side or around obstacles is already a part of our common, everyday functions. If we are walking down a sidewalk and someone is walking right towards us, one of us has to go around. Just living in our house or working out at our health club, we have to move around furniture, toys, boxes, or equipment that is in our way. We zig zag in the name of efficiency. So, we need to be agile and be able to switch directions—forward, backward, sideways—with ease. Patch Fitness makes us do these things.

Challenging and Removing Your Limitations

As you progress through a workout of your own design, it is important to understand your own limitations. Limitations may show up as hesitations or a demonstrated, real, physical inability to perform cer-

tain movements. As a Patch Fitness instructor/participant, observing these limits is your first priority. The participants will be well aware of their own limitations and may wish, at least at first, to avoid movements that will exploit these limitations. When this happens, your encouragement is needed for them to attempt the movement again. In a group setting, participants can provide each other with support; at other times it will need to come from the instructor.

There may be times when a member of the group does not recognize a limitation is showing up as they perform the workout. There is a lot of energy being created and used during a Patch Fitness workout, and sometimes we can get carried away with the time we are having and awareness of the actual movements may be lacking. Fun is our overall goal with every workout—it is not important to overly correct the form—but, it may be necessary to encourage someone's preferences when doing certain movements such as when dismounting from the Patch "O" Course, or favoring a particular side when doing field work. Once the participant is made aware of his/her preference, it is up to them to try and balance the form, fun, and fear.

Using Multiple Environments

You can do Patch Fitness exercises in many different environments that evoke a playing atmosphere—parks, hiking trails, playgrounds, gyms, etc., but this manual focuses on using the Patch Fitness exercises for both ground work (outdoors or indoors) and on the Outdoor and Indoor Patch "O" Courses.

Having Fun!

A belief in our own possibilities as physical and emotional beings is what drives the message of Patch Fitness. Fun is a universal feeling that allows us to be free of rules and structure, free of judgment, and free of the work associated with being healthy. Our children are the teachers when it comes to having fun and all that is really required of us is that we begin. So, GO PLAY!

Chapter 2...

PATCHFITNESS PREPARATORY

Preparing for a Patch Fitness Workout—Warm Up

Fitness experts recommend that some type of warm up be implemented as an integral part of any workout program. In general, it is wise to do a warm up to prepare the body for vigorous activity. The amount and type of warm up would depend on the activity being performed as well as the age and ability of the participants. Therefore, warm ups can vary in design depending on who is doing the activity.

Since this training manual focuses on children's fitness, we will discuss a warm up relative to the needs of children. The core philosophy of the Egoscue Method--as far as Patch Fitness is concerned-- is that Patch Fitness focuses on having fun and the body does not need to prepare to have fun. The body knows its own limitations, therefore it will naturally work its way into vigorous activity and slow down when it is necessary.

What do children do when the bell rings for recess? They run out onto the playground and start playing. What do your children do when you take them to the park? They jump out of the car, sprint to the playground to see who can be the first one on the swing set. Then they hop onto the swing and start pumping their legs forward and back as fast and furiously as they can to see who can swing the highest. Did they pause first to do a warm up? Probably not. The nature of play with children reflects the general nature of the way they are designed. Children play hard and they rest. They continuously cycle through high and low intensities all the while they are playing. Should children warm up? The answer is yes, but keeping in line with the Patch Fitness philosophy of keeping exercise fun, a warm up can be effective and fun.

A warm up is literally the act of getting the body warm—elevating the body's temperature. The physiological changes that take place as a result of a warm up will not only produce a more effective workout, but will help to prevent injuries. Several physical changes occur as a result of a thorough warm up. Understanding these changes instigates the implementation of a thorough warm up. These changes are:

1. The muscles and connective tissue are more pliable when they are warm. Think of your tissues as having the elastic properties of a rubber band. When a rubber band is cold, it will break in half when you go to stretch it. If it is warm, it will stretch with no damage. Our tissues act the same way. So, a warm up will make our tissues more mobile and able to move through the normal range of motion with comfort and ease.
2. The blood system can deliver the oxygen we breathe more efficiently when the body is warm. The hemoglobin (which is the oxygen carrying component of our blood) is more efficient at releasing the oxygen it carries to the cells for energy production.

3. The neuromuscular system is more efficient as a result of a warm up. When the body is warm, the electrical impulse conducted by the nerves to the muscles causes the muscle to contract more effectively.
4. Warm up gradually increases oxygen consumption allowing the body to begin to use oxygen for the oxidation of fat for fuel.

An effective warm up involves starting with low intensity rhythmic movements—keeping the arms and legs at a low level of movement and gradually build up the range of motion involved in the movements, as well as the intensity. Gradually, all joints should be taken through the full range of motion and in a variety of directions to prepare the body for the activities involved in the workout.

Patch Fitness has a functional warm up that incorporates many of the ground exercises into a warm up, but at a lower intensity. This is a good practice to increase motor skills for the higher intensities in the same activities to come. The strategy of all Patch Fitness exercises is to involve the participant in a wide variety of movement patterns that involve multiple directions—forward, backward, side to side, squatting and lunging. Activities should be selected to make the warm up both effective and fun. Stretching can be helpful to improve range of motion and prevent injuries. However, stretches in a warm up should be performed in a standing position and held for only about 10 – 15 seconds to keep the heart rate from slowing back down and the body from cooling off.

Each of the lesson plans in Chapter four provides a complete warm up and the warm up exercises are described in the warm up and cool down section of Chapter three on pages 31 – 33. The following three routines are examples of optimal progressions and complete warm ups.

THESE SEQUENCES ARE FUNCTIONAL IN A LARGE ROOM OR A GYMNASIUM:

Warm Up #1

1. Walk forward/ Walk backward X 5
2. Jog forward/Jog backward X 5
3. Right shuffle run/left shuffle run X 2
4. Bunny hops forward and backward X 10
5. Standing arm circles (forward and backward X 10)
6. Slow head turns (right and left X 5)
7. Ankle circles (right and left X 5)

Warm Up #2

PatchFitness

Fitness Manual

1. Walk in a big figure-8 X 5
2. Long stride walk forward/Long stride walk backward X 5
3. Karaoke (up and back) X 2
4. Jumping jacks (warm up shoulders & hips at same time) X 25
5. Neck flexion and extension X 10
6. Heel/toe raises X 10

Warm Up #3

1. Function Run
2. Skip forward/Walk backward X 5
3. Side steps (right lead going up) X 2
4. Side steps (left lead going back) X 2
5. Pretend jump ropes (warm up shoulders & hips at same time) X 25
6. Neck turns (right and left) X 10
7. Ankles turn (in and out) X 10

Relaxing the Body after a Patch Fitness Workout—Cool Down

A cool down takes the body from the stimulation of vigorous exercise back down to its normal resting state by gradually slowing down the moves to get the heart rate back down to resting level and getting the muscles to relax. The cool down is the best time to do longer sustained stretches (15 – 30 seconds) because the body is very warm and the muscles and other connective tissues respond to the stretches better. The end result is eliminating muscle tension that was developed during the workout. In addition, this is a good time to practice deep breathing to re-energize the body. For children, this is a good way to wind them down and get them to relax prior to sending them back to the classroom.

There are a wide variety of stretches that can be utilized in a cool down. The following is a list of Egoscue stretches (not all of them are exclusive to the Egoscue Method, but included in Egoscue systems) that are very relaxing and also help to keep the body in good alignment so the Patch Fitness participant can participate in Patch exercises more efficiently.

Cool Down #1

1. Downward dog
2. Crocodile twist

3. Frog
4. Static back

Cool Down #2

1. Cats/Dogs
2. Upper spinal floor twist
3. Foot circles and point flexes
4. Supine groin stretch

Cool Down #3

1. Child pose stretch
2. Modified I-T band stretch
3. Wide-leg sit and reach stretch
4. Static extension on elbows

Safety Rules

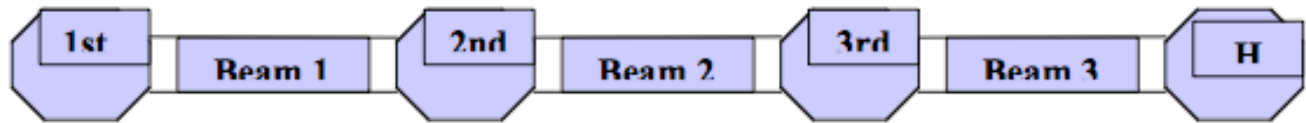
The Patch Fitness Indoor Obstacle Course consists of bases and beams. Bases are labeled as first base, second base, third base and home base. If you have more than 4 bases, the last base is called home base with the rest of the bases being numbered sequentially.

**** ALWAYS BE AWARE OF THE PERSON IN FRONT OF YOU AT ALL TIMES ****

**** MUST WAIT TO GO TO THE NEXT BASE UNTIL PERSON IN FRONT OF YOU HAS LEFT THAT BASE ****

- You may step up onto first base when the person in front of you has left first base.
- You may leave for 2nd base when the person in front of you has left for third base
- You may leave for 3rd base when the person in front of you has left for home base
- You may leave for home base when the person in front of you has left home base

The following is a basic configuration of bases and beams.



An effective system to help all participants excel on the Patch "O" Course is to set up a "buddy" or mentoring type system where a more advanced student is paired with a less- skilled student. Partnerships are a great support system in that self-confidence, improved physical performance, and ability to interact in team work are all accomplished.

Students progress on the Patch "O" Course by observing others, as well as practicing the skill over and over again. Students with good skill will continue to improve their skill. Students with less skill will practice the skill and try to mimic the action of their more skilled partner.

As with all activities in Physical Education, safety and making sure the environment is safe and conducive to learning is critical to the student's well being and success. Follow these steps before and during each class to greatly reduce the chance of an accident occurring.

- 1) Always check to make sure that the area where Patch Fitness activities will occur is safe from debris, obstructions or any potential obstruction.
- 2) Always check that beams are locked and secured into proper position on the bases and base tops are in place and fastened properly.
- 3) When using the Patch "O" Course for Modified Pull Ups on a 36" beam, it is recommended that you attach 18" beams (that run perpendicular to the 36" beam) to the bases of the 36" beam. This will give the 36" beam a better base of support. In addition, it is recommended to place mats underneath the Modified Pull Up beam to absorb a fall if the student's hands slip off the edge of the beam.
- 4) Always monitor students when the Patch "O" Course is in use. Constantly reinforce the positive actions of students and redirect any actions that are not acceptable.
- 5) Set limits with classes before activities began on the Patch Course so students will now ahead of time the outcome of their actions. If you choose not to follow the rules and directions set forth, then you are a potential threat to yourself and others and not safe and as a result will not be able to participate.

Chapter 3...

PATCH FITNESS EXERCISES

Strategies for Developing Patch Fitness Exercise Sequences

Patch exercise sequences should be designed to work the entire body in different ways to hit all the major muscle groups. In addition, agility, balance, control, dexterity, power, and speed are all important when working with

children to develop their motor skills, but also for athletes of any age to improve their sports performance. The example exercise sequences are intended to provide a balanced, challenging and fun routine that consists of a variety of movements—some that are sport specific and some that are movements that will contribute to overall endurance and strength. However, there are many possibilities when developing a Patch Fitness sequence. What is your sport and what type of movements do you need to be efficient in performing in your sport? Physical Education teachers, athletic trainers, personal trainers and home users can develop a routine based on their needs.

We categorized the ground exercises into three divisions:

1. Forward and backward movements
2. Sideways movements
3. Stationary movements—involve upright, inverted, prone and supine body positions

The forward and backward movements will work the following muscle groups:

- Spinal flexors and extensors
- Hip flexors and extensors
- Knee flexors and extensors
- Ankle flexors and extensors
- Shoulder flexors and extensors
- Elbow flexors and extensors
- Wrist flexors and extensors

The sideways movements will work the following muscle groups:

- Hip abductors and adductors
- Ankle everters and inverters

- Shoulder abductors and adductors
- Wrist abductors and adductors
- All muscles involved in forward and backward movements

The *stationary movements* are a combination of movements that will compliment the sequence offering isometric strength, agility, balance, dexterity and perhaps, talent!

The following chart categorizes all Patch Fitness exercises that can be done on the ground and on the Patch “O” Course into different directions (forwards, backwards and sideways) and body positions (stationary, incline, decline, prone and supine.) The exercises that are marked with an asterisk can only be done on the Patch “O” Course. All workout plans should include some exercises from all three categories in order to achieve a reasonable amount of muscle balance and functional fitness.

FORWARD / BACKWARD	SIDEWAYS	STATIONARY
1-Legged Hops	Bear Crawls (sideways)	Ab Crunches
2-Legged Hops	Cartwheels	Air Bench
Army Crawl Walkouts	Crab Walks (sideways)	Donkey Kicks
Bear Crawls (forward/backward)	Hop Ups (sideways)*	Full Sit Ups
Bunny Hops	Karaoke	Hand Stand (assisted or free)
Buttkicker Run	Modified Over Drills *	Hand/Leg Supine Opposite Lifts
Crab Walks (forward/backward)	Over Drills *	Hip Flexor Lifts
Crocodile	Side Shuffle	Mountain Climber
Duck Walk	Side Unders	One-Arm Side Bridge
Front Unders	Side Squat	Pull Ups (perpendicular to or under the beam) *
Function Run	Step Overs (sideways)*	Push Ups (decline) *
Hop Ups (front) *		Push Ups (incline)*
Hopscotch		Push Ups (modified or regular)
Inch Worm		Push Ups (wall)

FORWARD / BACKWARD	SIDEWAYS	STATIONARY
Knee Up Run		Sloth *
Spidermans		Supermans
Step Overs (front) *		Supine Back Bend Bridge
Stork Walk (forward/ backward)		Supine Hip Bridge
Walk Lunge *		Two-Arm Prone Bridge
		Two-Arm Supine Bridge

Each workout should be sequenced in a way that not too much stress is being placed on one body area for more than two exercises in a row. For example, it is not recommended to do bear crawls, crab walks, spidermans and mountain climbers all in a row because they impose too much stress on the wrists. It would be better to intersperse some exercises that are performed in a standing position to dissipate where the body weight is loaded. In addition, changing the direction of the movements dissipates the effort to different muscles throughout the workout so that all muscles get used.

The following exercise sequence is an example of this strategy:

EXERCISE	BODY SUPPORT	DIRECTION
Function Runs	Feet	Forward
Side Shuffles	Feet	Sideways
Bear Crawls (forward)	Hands & Feet	Forward
Crab Walk (backward)	Hands & Feet	Backward
Stork Walks (forward)	Feet	Forward
Karaoke	Feet	Sideways
Inch Worm	Hands & Feet	Backward

The Patch Fitness Exercises

Patch Fitness is an exercise program that can be performed in any environment (indoors or outdoors) where you have a spacious, unobstructed floor or an open, grass-covered field. The exercises you

choose will depend on the actual amount of space available. Gymnasiums used for Physical Education classes are ideal for all Patch exercises; however the exercises can be adapted to fit smaller areas.

The instructions for the following exercises designate if the exercise can be done only on the ground, only on the Patch “O” Course (indicated by the abbreviation POC) or both. Also, the exercises are listed in alphabetical order under the three categories: *Forward/backward, sideways or stationary just as they are in the chart on page 20.*

FORWARD/BACKWARD MOVEMENTS:



1-Legged Hops—Ground only

Stand on the right leg with knee slightly bent, foot pointing straight ahead and torso slightly tilted forward. Hop forward on right leg only and using the arms to help project the hop up and forward.



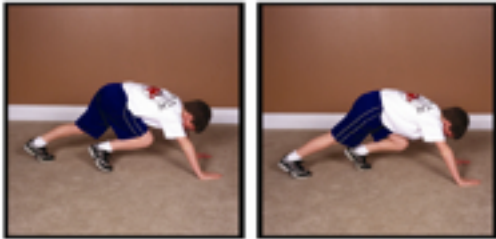
2-Legged Hops—Ground only

Stand on both legs with feet hip-width apart and pointed straight ahead. Slightly bend the knees. At the start, bring the arms along side and behind the body. While swinging both arms forward and upward, hop both legs forward and continue hopping forward until the set is complete.



Army Crawl Walkouts—*Ground only*

Stand with both feet on the floor about hip-width apart and pointed straight ahead. From the standing position, bend over and place both hands shoulder width apart on the ground. Walk the hands out away from the body until you are able to lower to both elbows. Continue to walk out until body is completely extended, but still supported off the ground by the elbows. Pause for a moment, then walk the body with elbow support back toward the starting position until you need to transfer the body support to both hands. Continue walking back to starting position with both hands until you reach a complete forward bend. Then, stand upright.



Bear Crawls (forward)—*on ground*



Bear Crawls (forward)—*POC*

Stand with both feet on the floor about hip-width apart and pointed straight ahead. From a standing position, bend over at the hips and place both hands on the ground approximately shoulder width apart. Walk both hands out away from the feet to the point where the body is in an arc from hands to feet—hips being at the highest point. While keeping the body suspended off the ground, walk both hands and feet forward, drawing the knees toward the chest with each step.

Bear Crawls (backward)—*Ground or POC.*

The body is in the same position as Bear Crawls (forward), but the movement goes backward.

Bunny Hops—*Ground only*

Stand with both feet on ground about shoulder-width apart and pointed straight ahead. Keeping the knees slightly bent, hop legs forward in a short, quick manner.



Buttkicker Run—*Ground only*

This is a jogging motion, except the heels are drawn up and behind the body drawing the heels as close to the buttocks as possible with each step.



Crab Walk (forward)—*Ground or POC*

Sit down on the ground with both feet set on the ground hip-width apart and directly under the knees and pointed straight ahead. Place the hands directly underneath the shoulders pointing the fingers toward the feet. Lift the hips up off the ground as high as possible and hold this position while walking the hands and feet forward.



Crab Walk (backward)—*Ground or POC*

The body position is the same as the forward Crab Walk, but you walk backward.



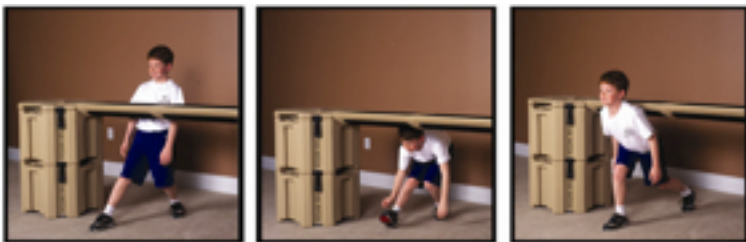
Crocodile—*Ground or POC*

Get down on hands and knees. Place hands on ground shoulder-width apart or a little wider. The feet are positioned hip-width apart and the balls of the feet are in contact with the floor. Elevate the body off the ground into a push up position—walking the hands away from the feet until the body is in a full push up plank. Bend the elbows to a 90 degree bend. Walk forward along the beam in this position.



Duck Walk—*Ground only*

Stand with both feet on the floor about hip-width apart and pointed straight ahead. Place both hands behind the head interlacing the fingers and bring both elbows out wide so that the arms are aligned with the chest. Lower the body down into a squat position where both knees are bent (not to exceed a 90 degree angle) and the torso is tilted slightly forward for balance. Holding the squat position, walk the body forward.



Front Unders—*Ground or POC (36" beam)*

Stand facing a 36" beam or bench that you will go under. Stand just next to the Beam with feet hip-width apart and pointed straight ahead. If you have no beam, pretend you are going underneath one. Extend one leg forward and under the beam so that the foot is placed just to the other side of the beam. Bend both knees to a 90 degree bend and bend the back in forward flexion low enough to go

under the beam. Draw the head down toward the floor, then move the torso underneath the beam, drawing your head forward and up on the other side of the beam.

Function Run—*Ground only*

Stand upright with feet set hip-width apart and feet pointed straight ahead. There will be a slight arch in the lower back. Shoulders are relaxed. This is a short-stride jog, keeping the feet close to the ground. The stride length has about a 6-inch distance between the front of the back foot and the heel of the front foot. As you jog, the foot contacts the ground with the heel first and then rolls out to the ball and then the toes. The pace is slow, about 2.0 – 2.5 mph.



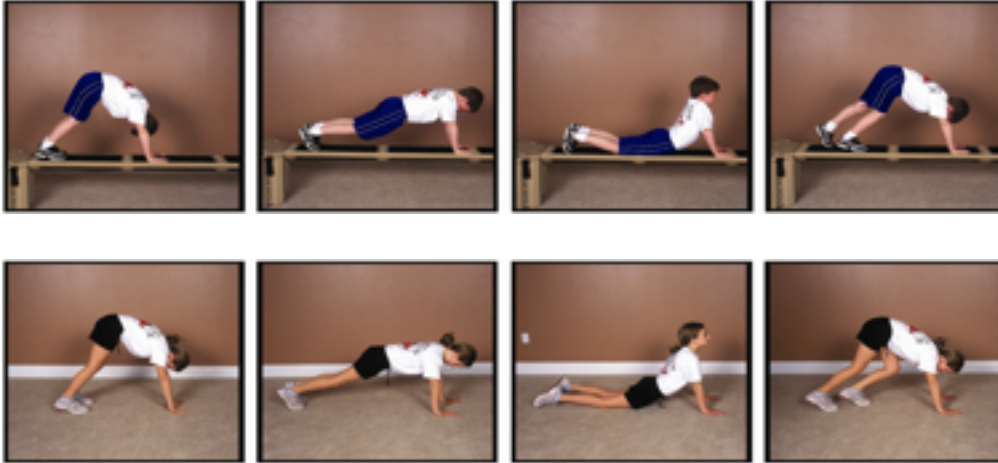
Hop ups (front)—*Ground or POC*

Stand facing an 18” base, beam or bench with feet hip-width apart and pointed straight ahead. Prepare the body to hop up onto the beam by bending both knees and swinging both arms along the side and behind the body. Project the body up onto the beam by swinging both arms forward and up and hopping both legs up onto the bench. After both feet are secure on top of the beam, hop forward and down off the beam. If you have no base or beam, just pretend there is a beam in front of you that you are hopping on to--hop up lifting your knees high and land back down on the ground.



Hopscotch—*Ground only*

Start in a standing position with feet about hip-width apart and pointed straight ahead. Hop forward and land on one foot. Continue the momentum forward, but alternate landing on one foot and then both feet—right foot, both feet, left foot, both feet and so on.



Inchworm—*Ground or POC*

Stand with both feet on the floor about hip-width apart and pointed straight ahead. From a standing position, bend over from the hips and place both hands shoulder width apart on the ground so body is in a forward bend. Keeping the knees and elbows straight, walk the hands forward and away from the body until the body is in a straight pushup plank position. While holding the plank position, drop the hips low to the ground and lift the head up and arch back (hyperextend the back) to an individual comfort level. Hold this position for a moment, then lift the hips back up toward the ceiling and drop the head back down toward the ground so that the body is in a piked position. Holding the pike, walk the feet forward toward the hands. The body will end up in a complete forward bend again. Repeat the forward walkout movement.

Knee Up Run—*Ground only*

This is a running forward motion, except the knees are projected higher than normal. Let each leg rise to the point where the thighs are parallel to the floor and the knees are bent at a 90 degree angle.

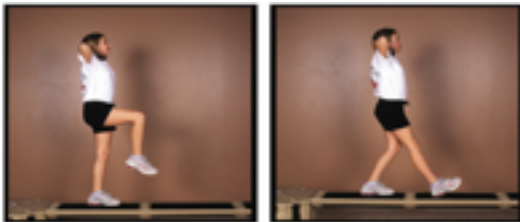


Spidermans—*Ground or Double-Beam POC*

Start on your hands and feet in the Bear Crawl position. Take a long step forward with the RIGHT FOOT to the outside of the RIGHT ARM. The RIGHT FOOT and LEFT HAND should be even. Don't move the leg in the back, it should be stretched backward. Now, walk your hands forward starting with your right hand, then left hand and right hand again. The LEFT FOOT will come to the outside of the LEFT HAND with the RIGHT FOOT extended behind the body. Continue moving forward in this fashion.

Step Overs (front)—*POC only*

Stand facing a beam or base with feet hip-width apart and feet pointed straight ahead. Step up onto beam or base with the right foot and lift the body up onto the platform bringing both feet to a hip-width apart position on top of the beam. Step off the beam leading with the right foot. The next time you come back to this exercise, lead with the left foot instead of the right foot.



Stork Walk (forward)—*Ground or POC*

Stand tall with both feet on the floor about hip-width apart and pointed straight ahead. Keep the torso tall and keep the low back in a neutral position (don't tilt the hips into an anterior or posterior pelvic position.) Interlace the fingers and place both hands behind the head—keeping the elbows out wide so that the arms are aligned with the chest. Hold this arm position throughout the walk. Walk forward, lifting the knees to a right angle with each step (90 degrees at the hips and 90 degrees at the knees—the thigh will be parallel to the floor at the top of the knee lift.) When you bring the lifted leg down to the floor, the heel contacts the floor with the ankles dorsiflexed (ball of foot is drawn back toward the shin). Transfer the weight of the body forward as you lift the other knee up to the same position. Continue walking forward in this fashion.



Stork Walk (backward)—*Ground or POC*

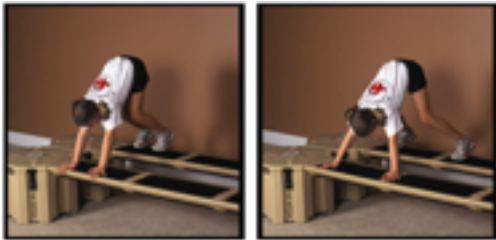
Starting position is exactly the same as the forward Stork Walk. First, lift the right knee up to a right angle with each step (90 degrees at the hips and 90 degrees at the knees—the thigh will be parallel to the floor at the top of the knee lift.) Walk backward by extending the right leg back behind the body as far as possible and contacting the ground with the ball of the foot first and rolling the weight through the foot from the ball to the heel. As you transfer your weight to the back foot, the left leg lifts 90 degrees and moves backward. Switch to the left leg and continue walking backward in this fashion.



Walk Lunge—*Ground or POC*

Stand with feet hip-width apart and feet pointed straight ahead. Step forward with the right foot as in walking forward, but extend the reach of the step about two feet farther out than a normal walking stride. Contact the floor with the right heel first and then roll out onto the rest of the foot as the right knee bends to a 90 degree angle and the left leg is extended behind the body. Lift the body forward and up by pushing through the right heel and extending the right knee. The left leg will come forward and repeat the same motion that the right leg just completed.

SIDEWAYS MOVEMENTS:

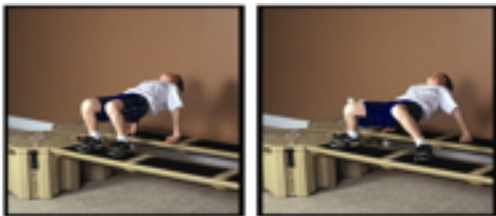


Bear Crawls (sideways)—*Ground or Double-Beam POC*

The position is the same as the forward Bear Crawl, however the action moves sideways.

Cartwheels—*Ground only or off the base of a POC*

Ask someone with a gymnastics background to demonstrate a cartwheel. A cartwheel is performed by taking the body into a handstand, but swinging the legs up and over so that the feet start on the left side of the handstand and land on the right side of the hand stand.



Crab Walks (sideways)—*Ground or Double-Beam POC*

The position is the same as the forward Crab Walk, however the action moves sideways.

Hop Ups (sideways)—*Ground or POC*

This exercise is the same as Hop Ups (front), except the side of the body is next to the beam and the hopping action is done sideways. If you don't have a beam, pretend you do, and hop as high as you can to one side and then back to the start.



Karaoke—Ground or Flat-Beam POC

Standing with feet hip-width apart and pointed straight ahead, extend both arms out to the sides holding them parallel to the ground. Slightly bend the knees. Moving sideways to the left, cross and step the right leg in front of the left leg, then transfer the body weight to the left leg while crossing the right 10 reps. Then reverse—moving to the right, cross and step the left leg in front of the right leg, then transfer the body weight to the right leg while crossing the left leg and stepping behind the right leg.



Modified Over Drills—POC (18" or 36" beam)

Standing on the left side of a beam or bench—facing the beam at an angle-- place both hands on top of the beam with the left hand in front of the right hand. Hop the body and legs up by lifting the hips up above the level of the head and tucking the knees into the chest. Project the body up onto the top of the beam and land both feet on the beam. Immediately lift both legs off the beam and hop onto the floor on the right side of the beam.



Over Drills—POC (18" or 36" beam)

Standing on the left side of a beam or bench—facing the beam at an angle-- place both hands on top of the beam with the left hand in front of the right hand. Hop the body and legs up by lifting the hips up above the level of the head and tucking the knees into the chest. As you hop, also project the entire body over the beam and to the other side landing both feet on the ground. Then, quickly switch hand positions—right hand in front of the left hand on top of the beam and hop back over to the other side. This exercise uses a continual momentum to move quickly in a forward movement along the length of the beams.

Side Shuffle—*Ground or Flat-Beam POC*

Stand with both feet hip-width apart and feet pointed straight ahead. Extend both arms out to the sides holding them parallel to the ground. Slightly bend the knees. Holding this position, shuffle the legs sideways to the right—stepping the right leg out to the side and bringing the left leg in to join it. Shuffle to the right about 10 steps then repeat to the left, leading with the left leg.



Side Unders—*Ground or POC (36" high beams)*

Stand with your right side next to a beam or bench that you will go under, just like the front under. Extend one leg underneath the beam, contacting the foot on the other side of the beam. Squat the body low by bending both knees to a 90 degree bend and tilting the torso forward so it is parallel to the thighs. Duck under the beam while moving the body sideways. Once you have cleared the beam, come up on the other side to a standing position. Repeat the same movement to the left.

Side Squats—*Ground or POC*

Stand with your right side facing the direction that you want to move. The feet are set hip-width apart and pointed straight ahead. Step the right leg out to the side about 2-3 feet. As soon as the right foot is completely on the ground, squat the body by bending both knees to somewhere between a 45 and 90 degree angle, bringing the rear end back behind the body and tilting the torso slightly forward. Pause in the squat position for a moment and then stand back up lifting the body up through the effort of the right leg. Draw the left leg in toward the right leg back to a starting position with the feet set hip width apart.



Step Overs (sideways)—*Ground or POC*

Stand with your right side next to an 18” beam or bench placing feet hip-width apart and pointed straight ahead. Step the right leg up onto the center of the beam and lift the body up onto the beam. Pause with both feet on the beam. Step off the beam leading with your right leg again. Place the right leg on the ground next to the beam and bring the left leg to the ground. Repeat this to the left. If you don’t have a Patch beam, side step one direction lifting the lead leg as high as possible, as if you were stepping up onto a beam.

Three-Minute Drill—*Ground only*

This drill consists of three maneuvers that are performed for one-minute each:

Option #1

1. Jump Rope
2. Knee Up Run
3. Double Knee Hop Ups

Option #2

1. Jumping Jacks
2. Butt kicker Run
3. Hop Scotch

STATIONARY MOVEMENTS:

Ab Crunches—*Ground only*

Lie on the back with the feet placed against a wall or on the floor about hip-width apart and pointed straight ahead. The hips and knees are both flexed to a 90 degree angle. Interlace the fingers and place the hands behind the head. Pull the elbows back to the side of the body so the arms are aligned with the chest. While keeping the back straight, raise the torso up about two inches off the floor. Keep the neck aligned with the back by looking up at the ceiling throughout the movement. Keep the elbows back the entire time.



Air Bench—*Against a wall*

Stand against a wall with feet hip-width apart and pointed straight ahead. Lean your back against the wall and slide the body down the wall while walking the feet out to a place where the knees are flexed at a 90 degree angle and the hips are flexed at a 90 degree angle. The hips can be slightly higher than the knees and the feet can be slightly in front of knees. Keep the torso tall, the shoulder blades back into the wall and the abdominal muscles contracted. Hold this position for 30 seconds to one minute.



Donkey Kicks—*Ground or POC.*

From a standing position, bend over and place both hands shoulder-width apart on the ground. With a little momentum generated in the forward bend, kick both feet up behind the body while keeping the knees bent through the first half of the motion. As the hips reach a point where they are directly above the shoulders, extend the legs out behind the body, like a donkey rearing up its hind end and kicking both legs back.

Full sit ups—*Ground only*

Lie on your back with your knees bent and feet flat on the floor directly under the knees and pointed straight ahead. Interlace the fingers and place both hands behind the head with the elbows opened out wide so they are in line with the chest. Anchor your feet to the ground or have a partner hold your feet down. While keeping the back straight, lift your torso off the ground and sit all the way up until the torso is vertical to the ground. Lower the back down to the ground, keeping it straight.

Hand Stand (assisted)—*Ground or Base of POC*

Bend over and place both hands shoulder-width apart on the ground. Kick both feet up behind the body while keeping the knees bent through the first half of the motion. As the hips reach a point where they are directly above the shoulders, extend the legs up to the sky and balance in a vertical hand stand. The teacher will be standing next to the base to assist with and hold the vertical movement as well as to help lower the student down to the floor. Hand Stand (free) is performed with no assistance.

Hand/Leg Supine Opposite Lifts—*Ground only.*

Lie on the back with both legs extended at the knee and forming a wide “V” and both arms extended back behind the head, also in a wide “V” position. Raise the left leg and right arm up at the same time and bring them together—touching the hand as close to the opposite ankle as possible. Lower both limbs back down to the starting position and repeat on the other side.

Hip Flexor Lifts—*Ground only*

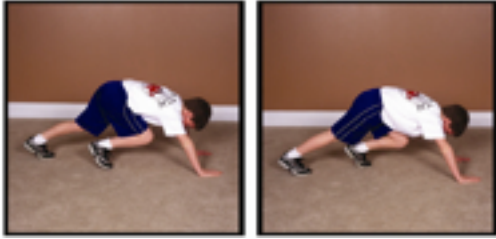
Lie on your back with your knees bent and feet placed on the floor about hip-width apart. The feet are flat on the floor directly under the knees and pointed straight ahead. Interlace the fingers and place both hands behind the head with the elbows opened out wide so they are in line with the chest. While keeping the back straight, lift the torso up about two inches off the floor and, at the same time, lift the legs off the floor so that the feet come up about six inches.

Hip Lifts—*Ground only*

Lie on your back with your feet on the floor. Cross one ankle/foot over to the opposite knee, just above the knee. Lift the foot that is still on the ground up until your calf is parallel to the ground and the knee is bent at a 90 degree angle. Put your arms out to the sides, level with the chest and palms up. Relax your shoulders. As you pull the knee with your ankle on it toward you, press the other knee away from you. Hold this position for 30-seconds to a minute and then switch sides.

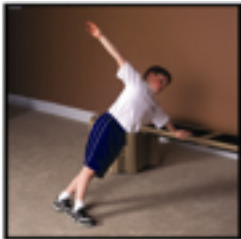
Hip Ups—*Base of POC*

Set a step box about half the height of a Patch base against the base. Step up onto the step with your feet hip width apart and pointed straight ahead. Place your hands on the top of the Patch base shoulder-width apart. With a push off from your feet, hop up with both legs onto the base—keeping your knees bent. Hop back off. Repeat this 10 times.



Mountain Climbers—*Ground only*

Stand with both feet on the floor about hip-width apart and pointed straight ahead. From a standing position, bend over at the hips and place both hands shoulder-width apart on the ground. Walk out half way to a piked push up plank position similar to the position in a Bear Crawl. Holding that position, hop the legs continuously forward and back so the right is drawn toward the chest and the left leg extends behind the body. Be sure to keep the feet pointed straight ahead.



One-Arm Side Bridge—*Ground or POC*

Stand facing the beam. First, position the body as if you were going to do a pushup with both hands on the beam and feet on the floor. Once you have the desired pushup plank position, rotate the body so the side of the body faces the ceiling and you are balanced with one hand on the beam and the other hand extended above the body toward the ceiling. One foot shifts to the front of the other foot and the feet are tilted onto the edges of the shoes. Hold this position for 30 seconds to one minute and then do the same thing on the other side.

NOTE: *If you don't have a Patch "O" Course, this can be done on the ground. For a right bridge on the ground, sit on the ground with both legs extended out to the left side of the body and the arms to the right side of the body. Place the top foot on its inside edge in front of the bottom foot, which will be on its outside edge. Keeping the right hand on the ground and directly under the right shoulder, reach the left arm up to the sky as you lift the hips up off the ground. Hold the body in a bridge or side plank position for one minute. Repeat on the left side.*

Pull Ups (perpendicular to the beam)—*POC*

Sit on the ground facing a beam. Scoot in to the beam so that both hands can contact the edge of the beam closest the body. The hands are placed on the edge of the beam shoulder-width apart and palms down. Place the feet under the beam and on the opposite side of the beam. At this point the rear end is still in contact with the ground. With the effort coming from the arms, pull the body up off the ground toward the beam and then lower the body back down to the ground.



Pull Ups (under the beam)—POC

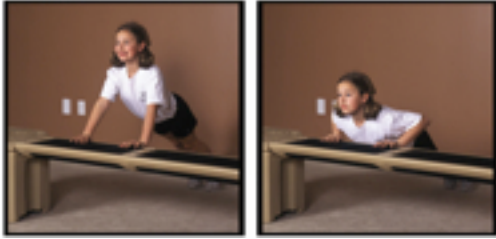
Sit on the ground under the beam with the length of the body running parallel to the beam. Place the hands on the outer sides of the beam with the palms pointed in. With the effort coming from the arms, pull the body up off the ground toward the beam and then lower the body back down to the ground.



Push Ups (decline)—POC

NOTE: *The decline is achieved by propping the feet up on something higher than the hands, therefore, if you do not have a bench or beam, you will be performing a regular push up.*

Stand next to an 18" base, beam or bench facing away from the beam. Bend over and place hands shoulder-width apart or wider on the ground with the fingers pointed straight ahead. Walk hands out away from the feet about 3 feet. Place each foot, one at a time, onto the beam. Then, continue to walk hands away from the beam to achieve a challenging push-up plank position. Keeping the head, neck and back level, do pushups by bending the elbows and lowering the body toward the ground. When the elbows reach a 90 degree bend, push the body back up to the starting position. Hand placement can vary from directly under shoulders to about 6" to the outside of the shoulders, depending on the preference of the participant.



Push Ups (incline)—POC

NOTE: *The incline is achieved by propping the hands up on something higher than the feet, therefore, if you do not have a bench or beam, you will be performing a modified pushup on the ground.*

Place both hands on an 18" or 36" beam about shoulder-width apart. Walk the feet back away from the beam to achieve the desired pushup plank position. Keeping the head, neck and back level, do pushups by bending the elbows and lowering the body toward the beam. When the elbows reach a 90 degree bend, push the body back up to the starting position. Just as with the regular pushup, the hand placement can vary.

Push Ups (modified)—Ground only

Get down on your hands and knees and place both hands shoulder-width apart or wider on the ground. The knees are placed hip-width apart. Keeping the knees on the ground, walk the hands away from the knees anywhere from one to three feet out. Keeping the head, neck and back level, do pushups by bending the elbows and lowering the body toward the ground. When the elbows reach a 90 degree bend, push the body back up to the starting position. Hand placement can vary from directly under shoulders to about 6" to the outside of the shoulders, depending on the preference of the participant.

Push Ups (regular)—Ground only

Get down on your hands and knees and place both hands shoulder-width apart or wider on the ground. The knees are placed hip-width apart. Lifting the knees off the ground, walk the hands away from the knees anywhere from three feet out to a fully extended body. Keeping the head, neck and back level, do pushups by bending the elbows and lowering the body toward the ground. When the elbows reach a 90 degree bend, push the body back up to the starting position. Hand placement can vary from directly under shoulders to about 6" to the outside of the shoulders, depending on the preference of the participant.

Push Ups (wall)—Against a wall

Stand facing a wall (with no obstacles on the wall) with feet hip-width apart and pointed straight forward. Stand 2-3 feet away from the wall. Place both hands on the wall shoulder width apart or wider. Keeping the head, neck and back level, bend both elbows and lower the torso toward the wall until the nose almost touches. At this point, the elbows are at about a 90 degree angle. Push back up to the starting position.



Sloth—POC

Sit under the beam. Hold both sides of the beam with hands. Lift one foot at a time up on each side of the beam with heels contacting the beam and set adjacent to the hands. Hold the body off the floor—hanging under the beam.

Supermans—Ground only.

Get down on your hands and knees. The hands are placed on the ground shoulder-width apart and the knees are hip-width apart and directly under the hips. Keep the head, neck and back level—like a table top. Holding this position and keeping the hips square to the floor, lift the right arm forward and parallel to the floor while simultaneously extending and lifting the left leg back and parallel to the floor. Bring both limbs back to the starting position and repeat this movement with left arm forward and right leg back.

Supine Back Bend Bridge—Ground only

Lie on the back with the knees bent to a 90 degree angle and the feet directly under the knees pointed straight ahead. Take both arms back over the head keeping the elbows bent. Place the hands in an inverted palms-down position on the ground (fingers will be pointed toward the feet). Pushing up from the hands and feet, lift the hips as high as possible up into a bridge. Arch the back to the point where the elbows are extended. If the back does not feel comfortable here, bend the elbows and come out of the arch until the back feels comfortable.



Supine Hip Bridge—Ground or POC (18" beam)

Lie on the floor with the back on the ground and both feet up on the edges of an 18" beam pointed straight up. The knees should be bent to a 90 degree angle. Both arms are along the side of the body with the palms down. Lift the hips up toward the ceiling and stop when the back is straight or slightly arched. Hold the bridge for 30 seconds to one minute.

Two-Arm Prone Bridge—*Ground or POC (18" or 36" beams)*

Stand facing the beam with feet hip-width apart and pointed straight ahead. Place both hands on the beam about shoulder-width apart. Walk the feet away from the beam to achieve the desired pushup plank position. Keeping the hands under the shoulders and elbows extended, hold this position for 30 seconds to one minute.

Two-Arm Supine Bridge—*Ground only*

Sit on the ground. Place your hands directly underneath your shoulders with the fingers pointed straight ahead. Extend your legs out in front of the body so that the heels are anchored into the floor and the toes are pointed up to the ceiling. With hand and foot support, lift the hips up until the body is in a straight bridge. If this position is too difficult, flex the knees and walk the feet closer to the hands. Hold the bridge for 30 seconds to one-minute.

RANGE OF MOTION MOVEMENTS AND STRETCHES

...for Warm Ups or Cool Downs. These are all done on the ground.

STANDING:

Ankle Circles—Stand with feet about hip-width apart and pointed straight ahead. Balancing on one leg, un-weight the other leg and point the toes to the floor. Circle the ankle 5 times to the right and 5 times to the left. Repeat on the other foot.

Ankle Turns In and Out—Stand with feet about hip-width apart and pointed straight ahead. Balancing on one leg, un-weight the other leg and set the heel of that foot on the ground. Turn the foot inward and outward 10 times. Repeat on the other foot.

Arm Circles—Stand with feet about hip-width apart and pointed straight ahead. The arms are extended laterally and parallel to the ground. Circle the arms forward 10 times and circle them backward 10 times.

Balanced Touches—Standing on the right leg, bend over, reach down and touch the floor with the left hand and extend the left leg back and parallel to the ground. Repeat with the other foot. Alternate sides five times.

Head Tilts—The body position is the same as above. Tilt the head directly to the right, as if you were lowering your ear to touch your shoulder. Repeat to the left. Alternate sides 10 times.

Head Turns—The body position is the same as above. Turn the head directly to the right as far as possible and turn it back to the left as far as possible. Repeat 10 times to both sides.

Heel/Toe Raises—Stand with feet about hip-width apart. Rock the feet back and forth between standing on the tip toes and bringing the heels to the floor and lifting the toes up. Repeat 10 times both directions.

Neck Flexion and Extension—Stand with feet about hip-width apart and pointed straight ahead. Keep the shoulders down and arms along side the body. Flex the neck by dropping the chin toward the chest. Lift the chin back up and extend the neck by lifting the chin toward the ceiling. Repeat 10 times both directions.

Scapular Contractions—Stand with feet hip-width apart and pointed straight ahead. The arms hang down along the sides of the body. Keeping the shoulders down (don't shrug) squeeze the shoulder blades together and release them 10 times.

Shoulder Shrugs—Stand with feet hip-width apart and pointed straight ahead. The arms hang down along the sides of the body. Start with the shoulders down (don't shrug) and then lift both shoulders up into a shrug and back down to the starting position. Repeat 10 times.

Windmills—Stand with feet about hip-width apart and pointed straight ahead. Place the arms out to the sides parallel to the ground. The elbows are locked straight and palms are facing out. Flex and rotate the torso forward and down toward the ground so the right hand touches the left foot. Rise back up to the starting position and repeat the motion—left hand touches the right foot. Alternate directions five times each.

PRONE:

Cats and Dogs—Get on your hands and knees. The hands are placed on the floor shoulder-width apart and directly under or slightly in front of the shoulders. The knees are hip-width apart and directly under the hips. **CAT:** Arch your back like a hissing cat by pushing yourself away from your hands (the shoulder blades will move apart), dropping your head toward the floor and pulling your hips under into a posterior pelvic tilt. Arch yourself as much as you can. And hold for a few seconds. **DOG:** Come out of the arch and go the opposite direction. Lift the head up and back, drop the torso toward the floor drawing the shoulder blades together and take the hips into an anterior tilt creating a sway back position. Hold for a few seconds and repeat the two movements 20 times slowly.

Child Pose Stretch—Start on the hands and knees, placing the hands shoulder-width apart on the ground and out in front of the head about one foot. The knees are directly under the hips. Push the body back away from the hands so the rear end sits on the heels of the feet. Lower the head to the floor. Continue to walk the hands out farther in front of the body for a bigger stretch. Hold 30 seconds.

Downward Dog—Start on your hands and knees, placing the hands directly below your shoulders and the knees under the hips. Pull your toes under to grip the floor and then proceed to lift your knees off the floor into a piked position. Your arms and knees should be straight. The goal is to pull the hips high to the ceiling while dropping your upper body through your arms toward the floor. Attempt to bring your heels to the floor, but only go as far as your flexibility allows. Eventually, the goal is to be able to bring your heels all the way to the floor. Hold 30 seconds.

Static Extension—Get down on your hands and knees. The hands are placed shoulder-width apart on the ground and the knees are hip-width apart on the ground. Walk the hands about 6” forward and move the body forward so that the shoulders are above the hands. The hips are forward of the knees and the low back is slightly arched. Point the head towards the ground so that the back of the neck is lengthened.

SUPINE:

Crocodile Twist—Lie on the back with the body fully extended and the ankles, knees, hips and shoulders are all aligned. The arms are extended to the side of the body at the level of the chest and the palms are down. Place the heel of one foot on top of the 1st and 2nd toes of the other foot—one stacked on top of the other with the feet pointed straight up to the ceiling. Rotate the body so that the hips are stacked—one hip bone directly above the other. Turn the head to the other side. Hold this position for 30 seconds to one minute.

Foot Circles with Foot Point/flex—Lie on your back with one leg extended on the ground—the foot, knee and hip joint are aligned and the foot is pointed straight up to the ceiling. The other leg is lifted off the floor with the knee held at a 90 degree angle so that the leg is parallel to the floor. Once again, the leg is positioned so that the ankle, knee and hip joint are aligned. Both hands support the leg by wrapping around the back of the thigh; however the upper body should be completely down on the ground with the shoulders and head in contact with the floor. Circle the foot on the lifted leg 10 times to the right and 10 times to the left. Then, point (plantar flex) and flex (dorsiflex) the foot 20 times. Switch the legs and repeat.

Frog—Lie on your back with your knees bent and arms stretched out to the side at the level of the chest with the palms up. Bring the bottoms of your feet together and pull the feet as close to the buttocks as possible. Open the knees as far apart as possible maintaining the feet to buttocks position and keeping the shoulders and head on the floor. Hold this position for one minute.

Hip Cross Over Stretch—Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead. Place your arms out to the side at shoulder level. Cross your right ankle over the left knee and drop both knees to the left and toward the floor. Turn your head to the right and hold throughout the stretch. Press your right knee outward and away from your body with the right hip musculature. Keep the right hip contracted. Hold for one minute and repeat this exercise on the opposite side.

Static Back—Lie on the back with the legs propped up on a flat box or chair so that both the hips and knees are at a 90 degree angle. The arms are extended out to the sides at the level of the chest with the palms up. The face is pointed straight up toward the ceiling. Relax into this position for one minute.

Supine Groin Stretch—Lie on you back with one leg up over a flat block or chair so that the hip and knee are both at a 90 degree angle. The other leg is extended out in front of the body with the ankle,

knee, hip and shoulder all aligned. The foot of the extended leg should be propped up so the toes face the ceiling and don't fall out to the side. This foot can be set up against another box. Relax into this position for one minute and then switch sides.

Upper Spinal Floor Twist—Lie on your side in a fetal position with the arms extended out in front of the chest and over-lapped and the hips and knees are both bent to a 90 degree angle. The hips should be stacked with one hip bone directly over the other. Holding this lower body position, the arms open up—the top arm reaches up and over to extend out to the other side of the body. Open the arms up so that they are extended out to the side of the body at the level of the chest with the palm up to the ceiling. Only open the arms up as much as you can without affecting the position of the lower body. The head is turned to the opposite direction of the knees. Relax into this position for one minute and switch sides.

Chapter 4...

PATCH FITNESS ON THE GROUND

Lesson Plans for Physical Education Teachers

STRATEGIES FOR DEVELOPING GROUND-BASED LESSON PLANS

Each lesson presented in this chapter is designed to take your class through a warm up, Patch Fitness exercises on the ground and a cool down. Each lesson is based upon a 45 to 50 minute class. Adjust your workout and the exercises to fit the needs of your schedule and your students.

The students should be lined up so that no student has to wait very long to progress into the next exercise. If you have 20 students in the class, it is recommended to have 10 lines with two students per line. That way, all the students are active. There are many possibilities for setting up a Patch Fitness class, so use the following lesson plans as a guide to get you started and then create your own Patch Fitness configurations.

As with any group of people, there will be a variety of fitness levels and skill levels within the class. Therefore, it is important to set a precedent that the exercises should be performed as the instructor demonstrates, to the best of the student's ability. The exercises are not intended to create a competition; therefore racing is not appropriate or safe. In fact, all the exercises are more beneficial if performed in a controlled, precise manner.

If a skilled student follows a lesser skilled student, they can wait a few seconds before following, they can modify their pace to match the student in front of them, or they can be moved to another line that is moving at their pace. As with any group exercise class, the instructor will have to monitor the progression of the exercises to keep the class flowing and help each student be successful at their level.

All Patch Fitness exercises can be modified to help each student be successful. As the teacher observes each student moving through a Patch Fitness sequence, they can offer modifications for the specific need of any child. To create an atmosphere of team work, teachers can partner a less skilled student with a student of greater skill to help everyone improve.

PATCH FITNESS GROUND-BASED LESSON PLAN #1

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Scapular Contractions
9. Standing Shoulder Shrugs
10. Windmills
11. Head Turns Right and Left
12. Ankle Circles Right and Left

Patch Ground Based Workout:

Duration: 30 minutes

1. Function Run-- going up and coming back
2. Knee Up Run--going up and coming back
3. Bear Crawl (forward)—going up
4. Bear Crawl (backward)—coming back
5. Side Unders (right)—going up
6. Side Unders (left)—coming back
7. Crab Walk (sideways)—right going up/left coming back
8. Hop Ups—stationary X 10
9. Cartwheels—Spread out X 10
10. Ab Crunch—stationary X 25
11. Push Ups (wall)—spread students out along the walls X 20
12. One-Arm Side Bridge—stationary
13. Right 30-seconds & Left 30-seconds

Repeat Sequence If Needed

Cool Down:

1. Downward Dog
2. Static Extension

PATCH FITNESS GROUND-BASED LESSON PLAN #2

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Arm Swings (F/B)
9. Standing Shoulder Circles
10. Balance Touches
11. Head Flexion & Extension
12. Ankle Heel/Toe Raises

Patch Ground Based Workout:

Duration: 30 minutes

1. Bunny Hops—going up and coming back
2. Stork Walk—going up and coming back
3. Inch Worm—going up
4. Front Unders—coming back
5. Karaoke—going up and coming back
6. Mountain Climbers—stationary X 25
7. Jumping Jacks X 50
8. Cartwheels—stationary—X 10
9. Full Sit Ups—stationary X 20
10. Push Ups (modified)—stationary—X 20
11. Two-Arm Prone Bridge—stationary
Hold 30-seconds to one minute

Repeat Sequence If Needed

Cool Down:

1. Cats and Dogs
2. Hip Cross Over Stretch

PATCH FITNESS GROUND-BASED LESSON PLAN #3

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Arm Swings Sideways Up and Down
9. Standing Arm Circles
10. Hip Lifts
11. Head Tilts Right and Left
12. Ankle Turn Ins and Turn Outs

Patch Ground Based Workout:

Duration: 30 minutes

1. 2-Legged Hops—going up
2. Butt-kickers—coming back
3. Crab Walks (forward)—going up
4. Crab Walks (backward)—coming back
5. Side Squats—right going up/left coming back
6. 3-Minute Drill--stationary
7. Bear Crawls (sideways)—right/left : up/back
8. Donkey Kicks—stationary X 5
9. Jump Ropes—stationary X 25
10. Hand/Leg Opposite Lifts—stationary X 20
11. Push Ups (regular)—stationary X 10
12. Supine Back Bend Bridge—stationary X 5

Repeat Sequence If Needed

Cool Down:

1. Child Pose Stretch
2. Static Back

PATCH FITNESS GROUND-BASED LESSON PLAN #4

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Scapular Contractions
9. Standing Shoulder Circles
10. Torso Twisters
11. Head Circles Right and Left
12. Heel Walks & Tip Toe Walks

Patch Ground Based Workout:

Duration: 30 minutes

1. 1-Legged Hops—Right going up; Left coming back
2. Duck Walks—going up
3. Army Crawl Walkouts—coming back
4. Walking Lunges (forward)—going up
5. Walking Lunges (backward)—coming back
6. 3-Minute Drill--stationary
7. Spiderman—going up
8. Hopscotch—coming back
9. Hand Stands—stationary and spread out
10. Hip Flexor Lifts—stationary X 20
11. Push Ups (modified)—stationary X 20
12. Supine Hip Bridge—stationary X 20

Repeat Sequence If Needed

Cool Down:

1. Crocodile Twist
2. Supine Groin Stretch

PATCH FITNESS GROUND-BASED LESSON PLAN #5

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Scapular Contractions
9. Standing Shoulder Shrugs
10. Windmills
11. Head Turns Right and Left
12. Ankle Circles Right and Left

Patch Ground Based Workout:

Duration: 30 minutes

1. Function Run—going up
2. Side Shuffle (right and left)—going up & back
3. Bear Crawl (forward)—going up
4. Crab Walk (backward)—coming back
5. Stork (forward)—going up
6. Stork (backward)—coming back
7. 3-Minute Drill—stationary
8. Supermans—stationary X 20
9. Airbench—stationary against a wall—one min.
10. Crocodile—5 forward and 5 backward
11. Ab Crunch—stationary X 25
12. One-Arm Side Bridge—stationary
(right & left) 30 seconds each

Repeat Sequence If Needed

Cool Down:

1. Frog
2. Cats and Dogs

PATCH FITNESS GROUND-BASED LESSON- PLAN #6

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Arm Swings (F/B)
9. Standing Shoulder Circles
10. Balance Touches
11. Head Flexion & Extension
12. Ankle Heel/Toe Raise

Patch Ground Based Workout:

Duration: 30 minutes

1. Function Run—going up and coming back
2. Duck Walks—going up
3. Bear Crawl (forward)—coming back
4. Bunny Hops—going up and coming back
5. Side Shuffles (right)—going up
6. Side Shuffles (left)—coming back
7. 3-Minute Drill
8. Crab Walk (forward)—going up
9. Crab Walk (backward)—coming back
10. Ab Crunch—stationary X 25
11. Push Ups (wall)—stationary against a wall X 25
12. Two-Arm Supine Bridge—stationary—30 sec.

Repeat Sequence If Needed

Cool Down:

1. Downward Dog
2. Hip Cross Over Stretch

PATCH FITNESS GROUND-BASED LESSON PLAN #7

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Arm Swings Sideways Up and Down
9. Standing Arm Circles
10. Hip Lifts
11. Head Tilts Right and Left
12. Ankle Turn Ins and Turn Outs

Patch Ground Based Workout:

Duration: 30 minutes

1. ButtKicker Run—going up and coming back
2. Stork Walk (forward)—going up
3. Stork Walk (backward)—coming back
4. Spiderman—going up
5. Karaoke—coming back
6. 1-Legged Hops—Alternate 4 right foot/4 left foot—going up
7. Side Unders—alternate right and left—coming back
8. Hop Ups (pretend there is a Patch beam)—stationary X 10
9. One-Arm Side Bridge—stationary—Right and Left
10. Supine Hip Bridge—stationary X 20
11. Full Sit Ups—stationary X 10 – 20
12. Modified Push Ups—stationary X 10 - 20

Repeat Sequence If Needed

Cool Down:

1. Upper Spinal Floor Twist
2. Static Extension

PATCH FITNESS GROUND-BASED LESSON PLAN #8

Set up: Designate 10 straight lines—going up and coming back. Have two to three students in each line, so that there is minimal waiting time. Each student in each line does the first exercise. If there are two or three students in a line, they keep about 5 feet apart and follow each other. After all students return back to the start, they start the second exercise. Some of the exercises will move—going up and coming back. Some of the exercises will be done with the whole group spread out in their own space.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jog Forward & Jog Backward
4. Side Shuffle Right and Left
5. Jumping Jacks
6. Shallow Squats
7. Side/Side Lunges
8. Standing Scapular Contractions
9. Standing Shoulder Circles
10. Torso Twisters
11. Head Circles Right and Left
12. Heel Walks & Toe Walks

Patch Ground Based Workout:

Duration: 30 minutes

1. Knee Up Run
2. Inch Worm
3. Army Crawl Walkout
4. Side Squats Right and Left
5. Front Unders
6. 3-Minute Drill
7. Cartwheels
8. Bunny Hops
9. Skip
10. Hip Flexor Lift
11. Push Ups (regular)
12. Supine Back Bend Bridge

Repeat Sequence If Needed

Cool Down:

1. Child Pose
2. Static Back

PATCH FITNESS ON GROUND WITH OTHER EXERCISE STATIONS

Patch Fitness classes can include exercises that are not designated as “Patch Fitness.” There are many possibilities to set up circuits that offer a wide variety of beneficial and fun activities. The stations you can have depend on the types of additional equipment and apparatus in your facility that is available to you. *The following are examples of other potential exercise stations:*

1. Stability Ball (SB) Ab Crunches
2. Step Ups on wooden boxes or Steps
3. Jump Ropes
4. Volleyball bounces
5. Basketball shots
6. Agility ladders
7. Medicine Ball (MB) throws against a wall
8. Short hurdles made from strings attached to cones

The following is an example of how to incorporate Patch Fitness into an exercise circuit with other equipment. Each station is across the gym or length of a room from another station. A Patch Fitness exercise is performed from one station to the next. Each station is a designated Patch Fitness or other apparatus exercise. The students are distributed equally between all stations and they flow in a pre-set direction so that all students finish all stations at approximately the same time. You can have as many stations as you need to accommodate the number of students in your class.

<p>10 Push Ups Station #1.....>.....>Functions Runs>.....>..... <.....<Function Runs<.....<.....</p>	<p>10 Push Ups Station #2</p>
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<p>10 Chair Dips Station #3.....>.....>Bear Crawls>.....>..... <.....<Bear Crawls<.....<.....</p>	<p>10 Chair Dips Station #4</p>
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<p>10 Rt B-Ball Bounces Station#5.....>.....>Right Side Shuffles>.....>..... <.....<Left Side Shuffles.....<.....</p>	<p>10 Lt B-Ball Bounces Station #6</p>
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<p>10 SB Ab Crunches Station #7>.....>CrabWalks.....>..... <.....<Crab Walks<.....<.....</p>	<p>10 SB Ab Crunches Station #8</p>
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<p>10 B-Ball Toss Station #9.....>.....>Stork Walks>.....>..... <.....<Stork Walks<.....<.....</p>	<p>10 B-Ball Toss Station #10</p>
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PATCH FITNESS GROUND-BASED LESSON # 9 - With Apparatus

Set up: Set up two rows of 10 stations each, like the example on page 54. There will be a total of 20 stations.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jumping Jacks
4. Shallow Squats
5. Side/Side Lunges
6. Standing Scapular Contractions
7. Standing Shoulder Circles
8. Torso Twisters
9. Head Circles Right and Left
10. Heel Walks & Toe Walks

Patch Ground Based Workout with Other Apparatus:

Duration: 30 minutes

1. Function Run to station #2. — Function Run back from station #2 to #3
2. 10 Push Ups on a mat
3. Right Side Shuffle to station #4. — Left Side Shuffle back from station #4 to #5
4. 10 Chair Dips on a step
5. Bear Crawl to station #6 — Bear Crawl back from station #6 to #7
6. 10 MB push-throw against wall
7. 2-Legged Hop to station #8. — 2-Legged Hop back from station #8 to #9
8. 10 SB Ab Crunches
9. Knee Up Runs to station # 10. — Knee Up Runs back from station #10 to #11
10. 5 Hops Ups on box
11. Stork Walks to station #12. — Stork Walks back from station #12 to #13
12. Agility Ladder maneuver
13. Inch Worms to station # 14. — Inch Worms back from station #14 to #15
14. Hurdle Side Hop Overs
15. Jog #16. — Jog back from station #16 to #17
16. B-Ball throw to a wall
17. Skip to station #18. — Skip back from station #18 to #19
18. SB Seated Bounces
19. Walk to station #20. — Walk back from station #20 to cool down area
20. B-Ball bounces 10 right and 10 left

Cool Down:

1. Child Pose
2. Static Back

PATCH FITNESS GROUND-BASED LESSON # 10 - With Apparatus

Set up: Set up two rows of 10 stations each, like the example on page 54. There will be a total of 20 stations.

Warm up: On the ground

Duration: 12 minutes

1. Walk Forward & Walk Backward
2. Side Step Right and Left
3. Jumping Jacks
4. Shallow Squats
5. Side/Side Lunges
6. Standing Scapular Contractions
7. Standing Shoulder Circles
8. Torso Twisters
9. Head Circles Right and Left
10. Heel Walks & Toe Walks

Patch Ground Based Workout with Other Apparatus:

Duration: 30 minutes

1. Bunny Hops to station #2. — Bunny Hops back from station #2 to #3
2. Right One-leg balance (on Bosu)
3. Karaoke to station #4. — Karaoke back from station #4 to #5
4. Left One-leg balance (on Bosu)
5. Crab Walks station #6. — Crab Walks back from station #6 to #7
6. Jump Rope
7. Hopscotch to station #8. — Hopscotch back from station #8 to #9
8. Right One-Arm Bridge
9. Butt-kicker Runs to station # 10. — Butt-kicker Runs back from station #10 to #11
10. Left One-Arm Bridge
11. Duck Walks to station #12. — Duck Walks back from station #12 to #13
12. Backward Jump Rope
13. Spidermans to station # 14. — Spidermans back from station #14 to #15
14. SB Supine Hip Bridge
15. Jog #16. — Jog back from station #16 to #17
16. B-Ball throw to Hoop
17. Skip to station #18. — Skip back from station #18 to #19
18. SB Two-Arm Prone Bridge
19. Walk to station #20. — Walk back from station #20 to cool down area
20. V-Ball volleys in air X 10

Cool Down:

1. Downward Dog
2. Frog Stretch

Chapter 5...

PATCH “O” COURSE

LESSON PLANS FOR PHYSICAL EDUCATION TEACHERS

Strategies for Developing “O” Course Lesson Plans

Each lesson is designed to take your class through a warm up, a Patch “O” Course workout and a cool down. Time for each lesson is based upon a 45 to 50 minute class. Adjust your workout and the exercises to fit the needs of your schedule and your students.

The Patch “O” Course incorporates most of the Patch Fitness exercises that are performed on the ground, but we categorized certain exercises as easy or difficult to guide the teacher to design their own sequences depending on the ability of the class. For example:

Beginner (all on flat beams)	OR	Advanced (all on rounded beams)
Walk the Beam		Stork Walk the Beam
Bear Crawls (forward)		Bear Crawls (backward)
Step Overs (front)		Hop Ups (front)
Modified Over Drills		Over Drills
Incline Pushups		Decline Pushups
Two-Arm Prone Bridges		One-Arm Side Bridges

Keep in mind that the beams on the Patch “O” Course are reversible, therefore you can use a flat or rounded beam to create the necessary challenges for your group. There are a lot more exercises that can be done on the Patch “O” Course. Use your imagination!

STANDING EASY	STANDING DIFFICULT	CRAWLING EASY	CRAWLING DIFFICULT
Walk Beam	Walk Lunge	Bear Crawl (forward or backward)	Crocodile
Side Step	Side Squat	Crab Walk (forward or backward)	Bear Walk Sideways (on double beam)
Side Shuffle	Karaoke	Inch Worm	Crab Walk Sideways (on double beam)
Step Overs (front)	Hop Ups (front)	Spiderman	
Step Overs (side-ways)	Hop Ups (sideways)		
Modified Overs	Overs		
Side Unders	Front Unders		
Stork Walks (forward)	Stork Walks (backward)		
STATIONARY EASY	STATIONARY DIFFICULT	EXAMPLE: EASY & DIFFICULT	EXAMPLE: EASY & DIFFICULT
Incline Push Ups	Decline Push Ups	Walk Beam	Walk Lunge Beam
Two-Arm Prone Bridge	One-Arm Side Bridge	Side Squat (right)	Side Step (right)
Pull Up (parallel to beam)	Pull Up (perpendicular to beam)	Side Squat (left)	Side Step (left)
Supine Hip Bridge	Donkey Kicks	Bear Crawl (forward)	Crocodile
		Donkey Kicks	Inch Worm
		Step Overs (front)	Hop Ups (front)
		Crab Walks (forward)	Bear Crawls (backward)
		Overs	Modified Overs
		Side Unders	Front Unders

STANDING EASY	STANDING DIFFICULT	CRAWLING EASY	CRAWLING DIFFICULT
		Two-Arm Prone Bridge	One-Arm Side Bridge
		Push Ups (decline)	Push Ups (incline)
		Pull Ups (parallel to the beam)	Pull Ups (perpendicular to the beam)

Each lesson is designed to take your class through a warm up, Patch Fitness exercises on the ground and a cool down. Time for each lesson is based upon a 45 to 50 minute class. Adjust your workout and the exercises to fit the needs of your schedule and your students.

In order to minimize inactivity while waiting to get on a Patch “O” Course, it is recommended that the students be distributed between enough exercise stations to keep everyone involved in some type of activity. There are many possibilities to set up circuits that not only use the Patch “O” Course, but include other stations of exercises. The stations you can have depend on the types of additional equipment and apparatus in your facility that is available to you.

The following are examples of potential stations:

- a) **Patch exercises on the ground**
- b) **Stability balls**
- c) **Step ups on wooden boxes or Steps**
- d) **Jump ropes**
- e) **Volleyball throws**
- f) **Basketball shots**
- g) **Agility ladders**
- h) **Cones**
- i) **Short hurdles made from strings attached to cones**

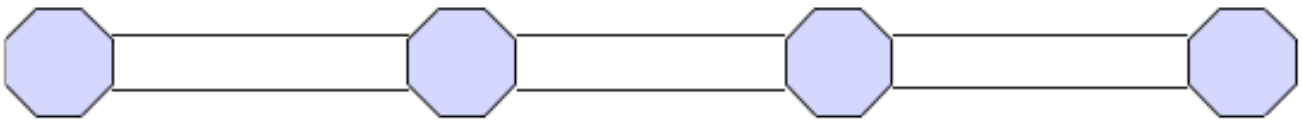
As with any group of people, there will be a variety of fitness levels and skill levels within the class. Therefore, it is important to set a precedent that the exercises should be performed as the instructor demonstrates, to the best of the student's ability. The exercises are not intended to create a competition; therefore racing is not appropriate or safe. In fact, all the exercises are more beneficial if performed in a controlled, precise manner.

If a skilled student follows a lesser skilled student, they can wait a few seconds before following or they can modify their pace to match the student in front of them. As with any group exercise class, the instructor will have to monitor the progression of the exercises to keep the class flowing and help each student be successful at their level.

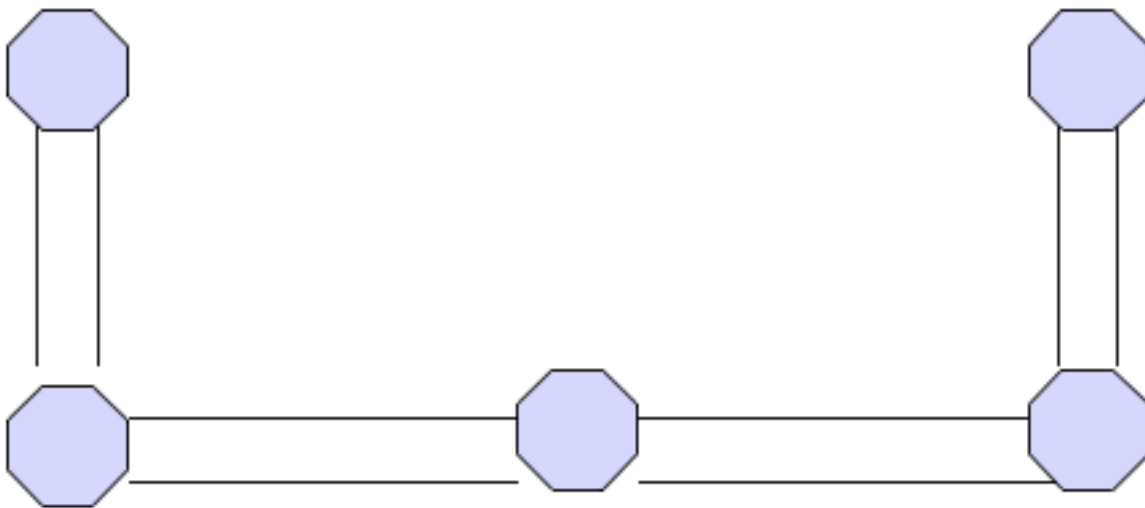
All Patch Fitness exercises can be modified to help each student be successful. As the teacher observes each student moving through a Patch Fitness sequence, they can offer modifications for the specific need of any child. To create an atmosphere of team work, teachers can partner a less skilled student with a student of greater skill to help everyone improve.

PATCH “O” COURSE STRAIGHT LINE CONFIGURATION (Lesson Plans 1 - 3, 8 & 9)

4 Bases with 3 Beams:



PATCH “O” COURSE “L” CONFIGURATION (Lesson Plans 4 & 5)



PATCH “O” COURSE—TWO PARALLEL BEAMS CONFIGURATION (Lesson Plans 6 & 7)



PATCH “O” COURSE LESSON PLAN #1

Set up: Obstacle Course arranged in two straight line configurations with all beams flat side up. Four bases with three beams linked between them or three bases with two beams linked between them per course.

Warm up: On the ground

Duration: 10 minutes

1. Stork Walk
2. Side Steps (right and left)
3. Bear Crawls
4. Side Shuffles (right and left)
5. Crab Walks
6. Standing Scapular Contractions
7. Standing Arm Circles
8. Balance Touches
9. Foot Circles/ Point Flexes
10. Ab Crunches
11. Cats and Dogs

Patch “O” Course:

Duration: 30 minutes

Discuss safety rules and procedures for the Patch “O” Course.

1. First base, second base, third base, and etc.
2. Always be aware of the person in front of you at all times.
3. You must wait to go to the next base until person in front of you has left that base.
4. Discuss how to get up on the Patch “O” Course and how to jump or dismount down from the Patch “O” Course.

Begin to check for understanding of the rules and procedures by observing the students doing the exercises.

1. Walk 1x
2. Stork Walk 2x
3. Side Step (right) 2x
4. Side Step (left) 2x
5. Side Shuffle (right) 2x
6. Side Shuffle (left) 2x
7. Bear Crawls 2x
8. Step Ups (front)
9. Two-Arm Prone Bridge (hold 30-seconds to one minute)
10. Supine Hip Bridges

Cool Down: Supine Groin Stretch with one leg up over the 18” Patch “O” Course beam. Repeat on other leg.

Duration: At least 2 minutes per leg

PATCH “O” COURSE LESSON PLAN #2

Set up: Obstacle Course arranged in two straight line configurations with all beams flat side up. Four bases with three beams linked between them or three bases with two beams linked between them.

Warm up: On the ground

Duration: 10 minutes

1. Stork Walk (forward and backwards)
2. Side Steps (right and left)
3. Side Shuffles (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Balance Touches
7. Hip Lifts
8. Foot Circles/ Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Side Unders (ground)
12. Duck Walks
13. Bear Crawls
14. Crab Walks

- **Patch “O” Course:**
- **Duration:** 30 minutes

Review safety rules and procedures for the Patch “O” Course.

1. *Stork Walk 2x*
2. *Step Overs (sideways)*
3. *Side Shuffle (right) 2x*
4. *Side Shuffle (left) 2x*
5. *Bear Crawls 2x*
6. *Bear Crawls 1x (weaving under the beams)*
7. *Modified Over Drill*
8. *Two-Arm Prone Bridge*
9. *Supine Hip Bridge*

Cool Down: Supine Groin Stretch with one leg up over the 18” Patch “O” Course beam. Repeat on other leg.

Duration: At least 2 minutes per leg.

PATCH “O” COURSE LESSON PLAN #3

Set up: Obstacle Course arranged in two straight line configurations with some beams flat side up and the others round side up. Four bases with three beams linked between them or three bases with two beams linked between them.

Warm up: On the ground

Duration: 15 minutes

1. Stork Walk (forward and backwards)
2. Side Shuffles (right and left)
3. Bear Crawls
4. Karaoke (right and left)
5. Standing Scapular Contractions
6. Standing Arm Circles
7. Standing Windmill
8. Hip Lifts
9. Foot Circles/Point Flexes
10. Ab Crunches
11. Cats and Dogs
12. Front Unders (ground)
13. Inch Worms

Patch “O” Course:

Duration: 30 minutes

Review safety rules and procedures for the Patch”O” Course.

1. *Stork Walk 1x*
2. *Side Shuffle (right) 2x*
3. *Side Shuffle (left) 2x*
4. *Inch Worms under beam (spread out students beside and facing the beams, go under to the other side, stand up and return back to the other side by going under again)*
5. *Step Ups 5x per leg (arrange students beside and facing beams)*
6. *Bear Crawls 2 x*
7. *Duck Walk 1x*
8. *Crab Walk 2x*
9. *Over Drill (or Modified Over Drill) 2x*
10. *Push Ups (incline)*

Cool Down: Static Back with both legs up over the 18” Patch “O” Course beam.

Duration: 5 minutes.

PATCH “O” COURSE LESSON PLAN #4

Set up: Obstacle Course arranged in two zig zag or L configurations with all beams flat side up. Configuration will depend on the number of bases and beams available to you.

Warm up: On the ground

Duration: 10 minutes

1. Stork Walk (forward and backwards)
2. Side Shuffles (right and left)
3. Karaoke (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Windmill
7. Hip Lifts
8. Foot Circles/ Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Duck Walks
12. Side Unders (ground)
13. Spidermans
14. Inch Worms

Patch “O” Course:

Duration: 30 minutes

Review safety rules and procedures for the Patch”O” Course.

1. *Stork Walk 2x*
2. *Side Shuffle (right) 2x*
3. *Side Shuffle (left) 2x*
4. *Bear Crawls 2x*
5. *Duck Walk 1x*
6. *Inch Worms 2x*
7. *Hop Ups (sideways right and left on 18” beam)*
8. *Duck Walk 1x*
9. *Over Drill (or Modified Over Drill) 2x*
10. *Push Ups (incline)*

Cool Down: Static Back with both legs up over the 18” Patch “O” Course beam.

Duration: 5 minutes.

PATCH “O” COURSE LESSON PLAN #5

Set up: Obstacle Course arranged in two zig zag or L configurations with some beams flat side up and the others round side up. Configuration will depend on the number of bases and beams available to you.

Warm up: On the ground

Duration: 12 minutes

1. Stork Walk (forward and backwards)
2. Side Shuffles (right and left)
3. Karaoke (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Shoulder Shrugs
7. Standing Windmill
8. Hip Lifts
9. Foot Circles/ Point Flexes
10. Ab Crunches
11. Cats and Dogs
12. Mountain Climbers
13. Spidermans
14. Side Crab Walks

Patch “O” Course:

Duration: 30 minutes

Review safety rules and procedures for the Patch “O” Course.

1. *Stork Walk 2x*
2. *Karaoke (right) 2x*
3. *Karaoke (left) 2x*
4. *Front Unders 2x*
5. *Inch Worms 2x*
6. *Duck Walk 1 x*
7. *Over Drill (or Modified Over Drill) 2x*
8. *Side Duck Walk 1x*
9. *Inch Worms 1x*
10. *Over Drill (or Modified Over Drill) 2x*
11. *Two-Arm Supine Bridge*

Cool Down: Supine Groin Stretch with one leg up over the 18” Patch “O” Course beam. Repeat on other leg.

Duration: At least 2 minutes per leg.

PATCH “O” COURSE LESSON PLAN #6

Set up: Arrange beams into two lines with beams parallel to each other and flat side up. The distance between the bases will be 8” to 16” depending on age group. Class will work as one group.

Warm up: On the ground

Duration: 12 minutes

1. Function Run
2. Butt Kickers
3. Karaoke (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Windmill
7. Crocodile Twist
8. Foot Circles/ Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Side Unders (ground)
12. Spidermans
13. Bear Crawls
14. Crab Walks

Patch “O” Course:

Duration: 30 minutes

Review safety rules and procedures for the Patch “O” Course.

1. Stork Walk 2x
2. Lateral Shuffles 1x (down right, step forward to the next beam and back left)
3. Side Bear Crawls (right) 2x
4. Side Bear Crawls (left) 2
5. Walk with one foot on each beam 2x
6. Side Crab Walks (right) 2x
7. Side Crab Walks (left) 2 x
8. Walk backward with one foot on each beam 2x
9. Bear Crawls forward (right hand, right foot on right beam and left hand, left foot on left beam) 1x
10. Bear Crawls backward (reverse of #9) 1x
11. Two-Arm Supine Bridge

Cool Down:

1. Static Back
2. Air Bench
3. Downward Dog

Duration: 5 Minutes

PATCH “O” COURSE LESSON PLAN #7

Set up: Arrange beams into two lines with beams parallel to each other and round side up. The distance between the bases will be 8” to 16” depending on age group. Class will work as one group.

Warm up: On the ground

Duration: 12 minutes

1. Stork Walk (forward and backwards)
2. Side Shuffles (right and left)
3. Bunny Hops
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Windmill
7. Crocodile Twist
8. Foot Circles/ Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Downward Dog
12. Side Unders (ground)

Patch “O” Course:

Duration: 30 minutes

1. Spidermans 1x
2. Side Shuffle 1x (down right, step forward to the next beam and back left)
3. Side Bear Crawls 2x
4. Side Crab Walks 2x
5. Walk with one foot on each beam 1x
6. Bear Crawls (right hand, right foot on right beam and left hand, left foot on left beam) 2x
7. Stork Walk backwards 1x
8. Inch Worms 2x (right hand, right foot on right beam and left hand, left foot on left beam)
9. One-Arm Side Bridge

Cool Down:

1. Static Back
2. Air Bench
3. Downward Dog

Duration: 5 Minutes

PATCH “O” COURSE WORKOUT #8

Set up: Obstacle Course arranged in a straight line configuration with beams flat side up. Arrange one end beam at a height of 36” and the other beams at 18” and connected to the 36” beam.

Warm up: On the ground

Duration: 10 minutes

1. Stork Walk (forward and backwards)
2. Side Shuffles (right and left)
3. Karaoke (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Windmill
7. Upper Spinal Floor Twist
8. Foot Circles/Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Downward Dog
12. Air Bench

Patch “O” Course:

Duration: 30 minutes

****WHEN MOVING ON TOP 36” BEAM, USE SAFETY MATS****

Start at the 18” end of the course for the exercises.

1. Stork Walk 1x
2. Lateral Shuffle right 2x
3. Lateral Shuffle left 2x
4. Side Unders 5x per leg (under 36” beam)
5. Front Unders 5x per leg(under 36” beam)
6. Bear Crawls 2x (start at 18”end and crawl up to 36” beam)
7. Over Drill 2x (18” beam only) to Modified Pull Ups (36”Beam)
8. Inch Worms under beam
9. Donkey Kicks (2 X off last base)One-Arm Side Bridge (right and left—hold each for 30 seconds)

Cool Down:

1. Static Extension
2. Static Back
3. Supine Groin Stretch

Duration: 10 Minutes

PATCH “O” COURSE WORKOUT #9

Set up: Obstacle Course arranged in a straight line configuration with beams flat side up. Arrange one end beam at a height of 36” and the other beams at 18” and connected to the 36” beam.

Warm up: On the ground

Duration: 10 minutes

1. Stork Walk (forward and backwards)
2. Lateral Shuffles (right and left)
3. Karaoke (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Windmill
7. Upper Spinal Floor Twist
8. Foot Circles/Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Downward Dog
12. Air Bench

Patch “O” Course:

Duration: 30 minutes

****WHEN MOVING ON TOP 36” BEAM, USE SAFETY MATS****

Start at the 36” end of the course for the exercises unless noted.

1. Stork Walk 1x
2. Lateral Shuffle right 2x
3. Lateral Shuffle left 2x
4. Side Unders 5x per leg (under 36” beam)
5. Front Unders 5x per leg (under 36” beam)
6. Bear Crawls 2x (start at 36” end and crawl down to 18” beam)
7. Over Drill 2x (18” beam only) to Modified Pull Ups (36” Beam)
8. Inch Worms under beam
9. Donkey Kicks (2 X off of last base)
10. One-Arm Side Bridge (right and left—hold each for 30 seconds)

Cool Down:

1. Static Extension
2. Static Back

Duration: 10 Minutes

PATCH "O" COURSE WORKOUT #10

Set up: Obstacle Course arranged in two U configurations with beams 18" high. One U is flat side up and the other U round side up

Warm up: On the ground

Duration: 10 minutes

1. Stork Walk (forward and backwards)
2. Lateral Shuffles (right and left)
3. Karaoke (right and left)
4. Standing Scapular Contractions
5. Standing Arm Circles
6. Standing Windmill
7. Hip Lift
8. Foot Circles/Point Flexes
9. Ab Crunches
10. Cats and Dogs
11. Downward Dog
12. Bear Crawls

Patch"O" Course:

Duration: 30 minutes

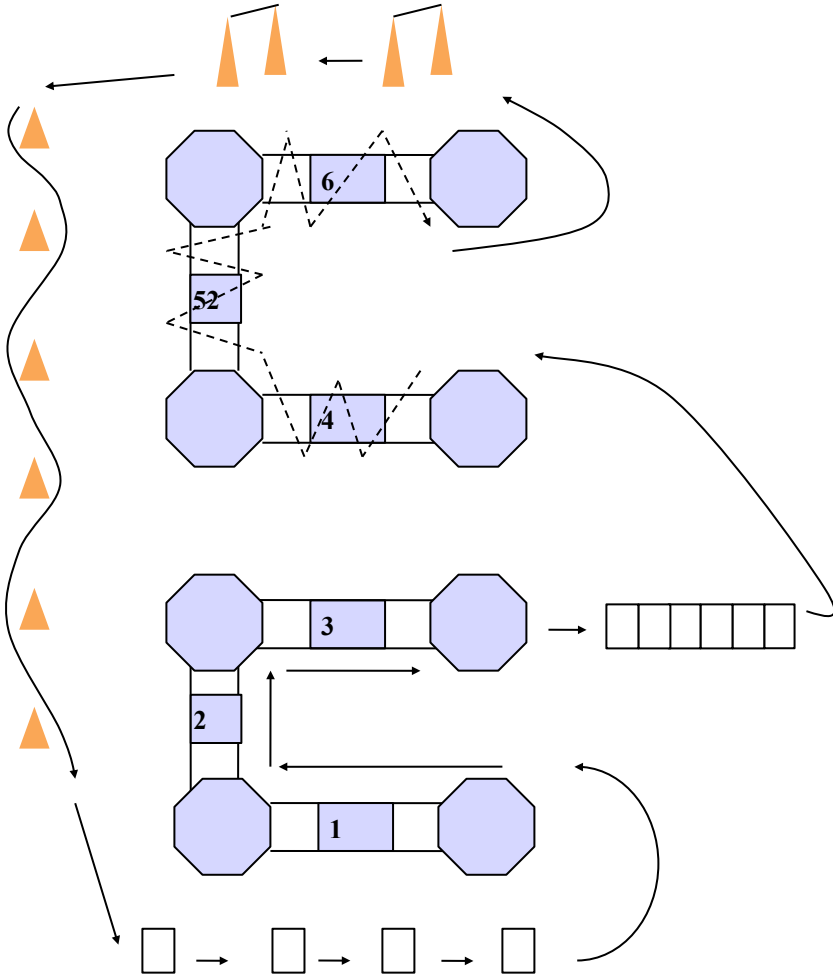
****WHEN MOVING ON TOP 36" BEAM, USE SAFETY MATS****

1. Bear Crawls on one of the U Beams
2. Agility Ladder
3. Over Drill on one of the U Beams
4. Side Unders (use four 3' cones and two elastic cords or something else to go under safely)
5. Side Shuffles Through Cones (use six cones)
6. Step Ups over Steps

Cool Down:

1. Static Extension
2. Static Back

2U's PATCH FITNESS CIRCUIT
6 BEAMS - 8 BASES - 6 TOPS



Beams 1, 2 and 3 (18")
Bear Crawls

Agility Ladder

Beams 4, 5 and 6 (18")
Over Drill

3' Foot Cones/Cord
Side/Front Unders

Small Cones
Weaves Lateral Shuffles

Aerobic Steps
Step Ups

Total Time: 15 to 20minutes (Varies on class fitness level.) The Patch Fitness circuit is a great way to integrate the Patch "O" Course into your classes on a daily basis. Bear Crawls will be on done on beams 1, 2 and 3. The agility ladder is next and then the Over Drill on beams 4, 5 and 6. Move on to the 3 foot high cones for the Side Under drill. Weave through the cones by doing Lateral Shuffles and end with the Step Up drill. Repeat for the desired time. If need be, add more floor stations for larger class sizes.

PATCH “O” COURSE WORKOUT #11

Set up: Obstacle Course arranged in the number 6 configuration.

Warm up: On the ground

Duration: 12 minutes

1. Stork Walk (forward and backwards)
2. Lateral Shuffles (right and left)
3. Bunny Hops
4. Two Foot Hops
5. Standing Scapular Contractions
6. Standing Arm Circles
7. Standing Windmill
8. Hip Lifts
9. Foot Circles/ Point Flexes
10. Ab Crunches
11. Cats and Dogs
12. Spidermans
13. Crab Walks

Patch “O” Course:

Duration: 30 minutes

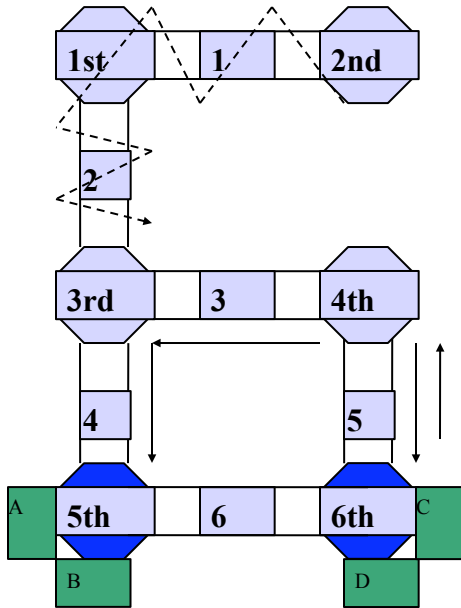
1. Stork Walk 2x
2. Bear Crawls 2x
3. Side Unders 5x per leg
4. Front Unders 5x per leg
5. Incline Push Ups
6. Patch Fitness Circuit (see diagram) Each group spends 3 minutes at each exercise and rotates to the next exercise on the teachers command.
7. Over drill on beams 1 and 2
8. Bear Crawls on beams 3 and 4
9. Side Bear Crawls on beam 5
10. Modified Pull Ups on beam 6 (10 reps and then invisible jump rope until it is your turn again)
11. Hop Ups on aerobic steps

If need be, add more floor stations for larger class sizes.

Cool Down: Supine Groin Stretch with one leg up over the 18” Patch “O” Course beam.
Repeat on other leg.

Duration: At least 2 minutes per leg.

**PATCH FITNESS CIRCUIT
THE SIX CONFIGURATION
6 BEAMS - 8 BASES - 6 TOPS
4 or 5 per group**



Total Time: 12 to 18 minutes (Varies on class fitness level.) The Patch Fitness circuit is a great way to integrate the Patch “O” Course into your classes on a daily basis. Each group spends 2 to 3 minutes at each exercise and rotates to the next exercise on the teachers command. The Over Drill will be on beams 1 and 2, Bear Crawls on beams 3 and 4, Side Bear Crawls on beam 5, Modified Pull Ups on beam 6, and Hop Ups on aerobic steps; A, B, C, or D; with hands on either base 5 or base 6. If need be, add more floor stations for larger class sizes.

**Beam 1 & 2 (18”)
Group 1
Over Drill**

**Beams 3, and 4 (18”)
Group 2
Bear Crawls**

**Beam 5 (18”)
Group 3
Side Bear Crawls
Down and back**

**Beam 6 (36”)
Group 4
Modified Pull Ups**

**Aerobic Steps
Group 5
Hop Ups**

**Floor
Group 6
Crab Walks**

Chapter 6...

WHAT PEOPLE HAVE TO SAY ABOUT PATCH FITNESS

Harold Schnell Elementary in West Carrollton, Ohio is the First Elementary School in the USA to use the Patch Fitness Obstacle Course

(West Carrollton, Ohio) Harold Schnell Elementary in the West Carrollton School district is the first Elementary school in the United States to use the Patch Fitness Obstacle Course in Physical Education classes. Used by professional and elite athletes such as football players John Lynch, Junior Seau, and professional baseballs' all time saves leader Trevor Hoffman, Patch Fitness exercises are geared towards attaining optimal body alignment, proper functioning and coordination of the entire musculoskeletal system. The jumping, crawling, climbing, ducking and movement involved on the Patch Obstacle Course provides children with strength, cardio, stamina, balance, and coordination. All exercises in a Patch Fitness workout require dynamic tension from front to back and bilateral function on both sides of one's body. Patch Fitness puts students back in alignment much like a front end alignment does for automobiles. As a result, students have more energy, focus and enthusiasm throughout their school day.

Patch Fitness challenges not only a young body, but a young mind. Creativity is natural on the Patch Obstacle Course and confidence will grow as a child experiences the thrill of successfully executing Patch exercises. Recent research from Charles Hillman, Associate Professor of Kinesiology and Community Health at the University of Illinois Urbana-Champaign shows cognitive benefits related to fitness and exercise in school age students. The studies show that exercise helps people process information faster, helps the brain to produce new cells and strengthen memory throughout life. Dr. Hillman's findings show the value of exercise in young people and the impact the Patch Obstacle Course and Patch Fitness will have on Harold Schnell students as we move forward with Patch Fitness blended daily into the student's day.

Students at Harold Schnell Elementary participate in Patch Fitness on a daily basis. Each school day begins with all students participating in a five minute Patch Fitness routine that is televised by students to each classroom and lead by Physical Education teacher, Doug Stebbins. The exercises are designed to improve posture by reducing or eliminating muscle dysfunction that can interfere with a child's ability to perform physical and mental tasks and to elevate a student's heart rate to get them alert and ready to learn. Students also take part in a Patch floor routine and a workout on the Patch Obstacle Course during Physical Education class. Classroom teachers and parents are also able to add Patch Fitness into their classroom or home by utilizing Stebbins' Physical Education website www.commit2bfit.com that has exercise video routines, sample workouts and other resources to promote physical fitness and its benefits.

Patch Fitness is not only for kids, but for adults as well. It is not uncommon to find teachers, staff and parents from throughout the district going through a Patch workout after school at Harold Schnell Elementary. The workouts consist of 20 minutes of vigorous and thoughtfully designed sequences of floor exercises that help to balance strength and flexibility of all joints in one's body. The second part of the workout involves 40 minutes of fun and challenging exercises on the Patch Obstacle Course.

The Patch Obstacle Course was created over 16 years ago by Pete Egoscue founder of the Egoscue Method in San Diego. The Patch exercises were originally developed on an equestrian course and then moved to a permanent location by a tomato patch, hence the name The Patch. Fitness industry expert Lee Spieker, producer of the Buns of Steel videos from the 1980's, owner of Therapyzone.com and distributor of the Patch Obstacle Course, has partnered with Harold Schnell Elementary to provide support and training on the Patch Fitness Obstacle Course. Funding for the Harold Schnell Elementary Patch Obstacle Course was made possible by the Harold Schnell PTO.

WHAT THEY ARE SAYING:

1) What Physical Education teacher Doug Stebbins is saying about the Patch Obstacle Course

"Kids love Patch Fitness and working out on the Obstacle Course. You can see the excitement and energy they have for working out on the Patch "O" Course. What I like about the Patch Obstacle Course is it is fun, challenging, and students can work at their own level of fitness and feel confident and comfortable doing so. The real benefits of the Patch Obstacle Course are masked to the students by the fun and challenge it provides to them. What they do not see is the improved muscular strength, endurance, flexibility and aerobic endurance. Patch Fitness and Patch Fitness Obstacle Course blends perfectly with NASPE National Standards and is the most powerful piece of Physical Education equipment I have used in my 18 year teaching career."

Doug Stebbins Physical Education teacher, Harold Schnell Elementary

2) What classroom teachers are saying about the Patch Obstacle Course:

"The best part of the Patch Fitness activities is that it automatically sets lots of kids up for success. What a great way to start their day. I like it because the movement is structured. If it weren't for Patch on the A.M. announcements, students would walk into the room and be expected to sit and that sitting would happen for the next 3 hours. Students LOVE the exercises and know that the first task of their day is one that they can succeed at. As result they are more focused for the rest of their day in the classroom." Sarina Alesi, a First Grade teacher Harold Schnell Elementary

"What I first noticed about students working out on the Patch Obstacle Course is how motivated they are! I was impressed with how easily the routine can be easily modified so that everyone is working at their own challenge level. No one seems to be afraid to try and no one seems reluctant to participate. In a nutshell, it's amazing!" Sarina Alesi, First Grade teacher Harold Schnell Elementary

3) What students are saying about the Patch Obstacle Course

"Patch is fun and makes me sweat" Adam age 8

"The Patch Obstacle Course is fun and challenging. It is helping me get faster and stronger" Claire age 11

"The obstacle course has improved my gymnastics skills and given me more power and balance" Lauren age 11

4) What Teachers and Staff are saying about the workout on the Patch Obstacle Course....

"I loved the Patch workout! I thought it was wonderful to get such a great workout and truly have a lot of fun doing it. It was also very nice to have a change to my usual workouts. It really was awesome."

- Lisa Coy, Media Specialist, West Carrollton Middle School

"Our students are eager to participate on the Patch Obstacle Course, and its many challenges enable them to stretch their abilities to another level. As they work on the Patch Course, they have to move and think to be successful. We see our students creating personal goals to continue to get better each time, so they can finally claim their personal best!"

- Barbara Gardecki, Principal, Harold Schnell Elementary

"The Patch Obstacle Course is a great piece of instructional equipment that promotes interest, meaningful physical fitness, and personal challenges for students and staff."

- Barbara Gardecki, Principal, Harold Schnell Elementary

"After seeing my son workout on the obstacle course, I can see the physical demands it requires from him and the positive impact it will have on his level of fitness."

- Mary Beth Knoll, Parent

"My daughter raves about how much fun the obstacle course is and loves it. After seeing her class workout on it, I can see why. I was ready to jump on the course and play."

- Denise Moore, Parent

"The Patch is an amazing workout that challenges me to reach beyond what I thought I was capable of Physically."

- Elizabeth Heft, Middle School Teacher, West Carrollton Middle School

TO LEARN MORE

For more information about the Harold Schnell Obstacle Course
visit www.commit2bfit.com or contact Doug Stebbins

For more information about the Patch Obstacle Course
visit www.therapyzone.com or contact Lee Spieker

Visit www.patchfitness.com and become a **PatchFitness Member**.
View news, events, sample routines and videos.



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