



NEXUS

SINGLE-LEG STABILITY BALL OVERHEAD REACHES (APPLE PICKERS)

The scholar will sit in an upright position with both feet planted firmly on the ground. Reaching into the air as high as they can one hand at a time, as if reaching to pick an apple from a tree. Whichever hand they are reaching with, you will instruct them to lift the opposite leg off the ground as well while still sitting on the stability ball.

For example, if reaching with the right hand, then the left leg is off the ground and vice versa. Have the scholar hold each reach for a count of 2 seconds, continue until the scholar has picked ten apples. If a leg touches the ground while reaching, it does not count as an apple picked.

DIAPHRAGM STRETCH (HICCUP STRETCH)

The scholar will lie supine on the stability ball with mid-back being the main point of contact. Slowly have the scholar drop their hips downward while reaching with both arms overhead and then have the scholar tilt their head back along with their arms. While doing this, instruct the scholar to take slow controlled breaths in on the count of 6 seconds (through the nose) and a 4-second breath out (through the mouth).

ONE POINT OF CONTACT BALANCE DRILL (HOT STOVE DRILL)

Lying prone on the stability ball with the main point of contact being the abdomen/pelvis area. While maintaining this point of contact on the ball, the scholar will balance their body on the stability ball while only letting one of their limbs touch the ground.

For example, if their right hand is touching the ground, then their left hand and both legs need to be off the ground. The key to this is to not let the scholar touch the ground any longer than 2 seconds at any given time. Do so for 20 seconds.

4 STABILITY BALL ACTIVITIES IN THE CLASSROOM

Introduction Activities (Kindergarten – 1st Grade)

PARTNER BALL PUSH

Paired scholars will hold the ball in between them with both hands on the front of the ball. With both feet planted firmly and evenly on the floor, scholars will push on the count of three until one of them takes a step back or the ball drops. Repeat 3-5 times. To make it more challenging, scholars may have one hand on the ball at all times.

STABILITY BALL ACTIVITIES



Beginner Activities (2nd Grade – 3rd Grade)

BALL WALKOUTS (WALRUS WALK)

Starting with the chest on the stability ball and feet planted firmly on the ground, scholars will walk themselves forward onto the ball until they have to put their hands down on the ground. Once their hands touch the ground, their feet have to come up. Now with only their hands on the ground and the rest of the body being supported by the ball, scholars will walk out onto the ground until only his/her feet are touching the ball. Once they are in that position, have the scholar look up, down, left, and right before returning to resting position. Repeat 3-4 times. Then rotate.

BALL SQUAT ON THE WALL

The scholar will put the ball between themselves and the wall with the ball's main point of contact being on the low back/hips. They are to keep their feet shoulder width apart, even, and toes pointed slightly outward. Then have the scholar lower his/her body until the ball is resting between their shoulder blades. While keeping the pressure against the ball at all times, raise their body back up to resting position. Repeat 6 times. For an added challenge, scholars will use each other for back support, instead of the wall, and try to squat up and down at the same. They can do this while balancing the stability ball overhead. Once this is too easy, they can place the stability ball in between them both and squat up and down together.

BALL BODY SURFER (THE SUPERMAN)

Scholars will place all four exercise balls in a single line. Now one at a time, have each scholar thrust themselves forward onto the balls keeping the body prone, with hands extended overhead and head looking up (like superman when he's flying). The goal is to use the momentum and be able to thrust their body over all four stability balls, and land on the other side.

Intermediate Activities (4th Grade – 6th Grade)

STANDING ON THE STABILITY BALL (HOVER-BALL)

While standing up against a wall, place both feet evenly on both sides of the stability ball while maintaining balance with their hands on the wall. Once scholars obtain balance and are standing firmly on the ball, they are to take one hand at a time off the wall until only the ball beneath their feet is supporting them.

PLANK ON BALL WITH CIRCLES

Put both forearms on the ball with feet planted on the ground, shoulder-width apart, while keeping body stable and balanced (just like a normal plank position). Now once the scholar is there, have them use their arms to go in a circular motion, 5 circles both ways for a total of 10 circles.

STABILITY PARTNER SQUAT

In pairs or groups of 3, scholars will place the ball in between them with their backs on the ball. Once they are all in position, have them squat down together until they are almost sitting on the floor. Hold at the bottom for a count of 3, then stand up. Repeat 6 times.

DONKEY KICKS

Lie prone on the stability ball, using their arms for support and balance while keeping their feet off the ground. The scholar will kick back as far and as high as they can, one leg at a time. Repeat until each leg has done at least 5 repetitions.

Introduction Activities (Kindergarten – 1st Grade)

AB ROLLER PLANK

Have scholars place their hands on the handles of the ab wheel firmly. Once they are there, have them get into a push-up position while still using the support of the ab roller. As they're doing this, have them take 5 deep breaths, counting 4 seconds in and 4 seconds out. Time may be varied per child.

AB ROLLER BEAR CRAWL

Once the scholar masters the ab roller plank position, they may now move onto the bear crawl. This activity will be like a traditional bear crawl except their hands are holding onto the ab roller. While using this as support and balance, have the scholar use their legs to crawl to the designated spot and back. (Note: this could be used in a race/obstacle course setting).

Introduction Activities (Kindergarten – 1st Grade)

KNEELING ROLLOUTS

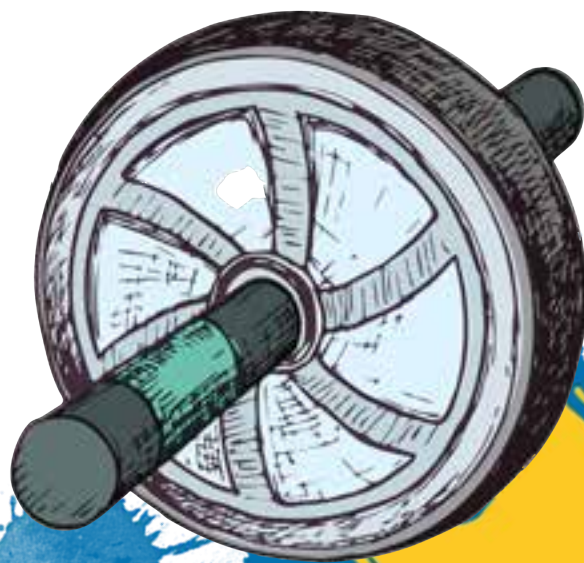
While grasping hands firmly onto the roller, have the scholar return to the kneeling position. From that position, use the roller to roll the body forward until their arms are completely extended overhead. Be sure they keep their head neutral and back straight, not allowing it to arch or dip.

KNEELING V ROLLOUTS

This is the same as the kneeling rollout; the only difference is that while rolling their body forward, they will do so at a 45-degree angle both ways. Complete 5 repetitions each way.

AB ROLLING WHEEL

* This piece of equipment is very difficult to master; therefore, we will have all scholars start with Introduction activity and work their way up until they get a grasp of doing the introductory activities.



Intermediate Activities (4th Grade – 6th Grade)

This activity is like a traditional partner wheelbarrow – but instead of having their hands on the floor and walking, they will be supporting themselves with the ab roller. (Note: this could be used in a race setting/obstacle course setting.)

5 FOAM ROLLER

Introduction Activities (Kindergarten – 1st Grade)

STATUE POSITION

Sit on the foam roller while it's upright and balance any way possible while holding their best "Statue" pose.

Beginner Activities (2nd Grade – 3rd Grade)

STANDING ON FOAM ROLLER

As it sounds, the scholar will stand on the foam roller and try to balance there as long as possible.

FOAM ROLLER BOWLING

Setup 5 foam rollers as bowling pins. Then the scholars will push each other on PE scooters towards the "Bowling Pins" to try to knock as many down as possible.

BASIC INTRODUCTION TO FOAM ROLLING (POWER POINT)

Scholars will learn the importance of foam rolling and what it actually does for the body and muscles. They will also learn a little about the muscles and groups of muscles involved.

FOAM ROLLERS (11.5)



Intermediate Activities (4th Grade – 6th Grade)

BASIC FOAM ROLLING (MYOFASCIAL RELEASE)

Scholars continue to grow in understanding the importance of foam rolling and what it does the body. They learn to foam roll different parts of the body, including the calf, the hamstrings, the quadriceps, the glutes, the back, and the neck. Scholars also learn what limiting factors affect the majority of today's population, how foam rollers help the body's range of motion (ROM), and how it can help prevent knee pain, hip pain, back pain, etc.

IMPLEMENT DEEP BREATHING INTO FOAM ROLLING

In addition to introducing the scholars to foam rolling, we stress the importance of deep breathing while doing these practices and how it can affect your body.

FOOT SLIDERS

Introduction Activities (Kindergarten - 1st Grade)

ICE SKATER

The scholar will place each foot on one of the Synergee Sliders with the soft side down. Then “skate” back and forth like an ice skater to try to get to the designated location. This movement can also be done while standing in place by simply moving back and forth.

DEER ON ICE

This movement will require four Synergee Sliders, one for each foot, and one for each hand. The scholar will then get on their hands and knees with a slider (soft side down) beneath each extremity. The scholar will then try to move however possible to get to the designated location. (Note: this activity can also be used in an obstacle course setting where scholars have to utilize this to get to the next component.)

MOUNTAIN CLIMBERS

The scholar will place their feet onto the Synergee Sliders with feet about shoulder-width apart. The scholar will then place both hands on the floor with their feet all the way to the top of their head in line and perfectly flat. They will then alternate feet as if they were climbing a mountain (whatever that is to them), while keeping both hands on the floor and back as flat as possible. This is best done in intervals of 15-30 seconds.





Beginner Activities (2nd Grade – 3rd Grade)

SINGLE LEG REVERSE LUNGES

The scholar will place one foot on a Synergiee Slider and keep the other foot planted firmly on the ground. They will then slide the foot back that is on the slider into a lunge position. Hold for a count of two. Then slide the foot back into standing position. Repeat on both legs.

SELF-WHEELBARROW

The scholar will place each hand on a Synergiee Slider and both feet on the ground in a modified plank position. The scholar will then propel themselves forward one step at a time; this will look somewhat like the mountain climbers. The goal of this activity is to complete some sort of course or race to see who can go from one side of the room to the other. It's the same concept as the wheelbarrow except the scholar is both the body and the motor.

SINGLE-LEG SIDE LUNGES

The scholar will place one foot on a Synergiee Slider and keep the other foot planted firmly on the ground. They will then slide the foot (that's on the slider) to the side, into a side lunge position. Hold for a count of two. Then slide the foot back into standing position.

SKIER

The scholar will place one foot on a Synergiee Slider and keep the other foot planted firmly on the ground. They will then slide the foot (that's on the slider) to the side, into a side lunge position. Hold for a count of two. Then slide the foot back into standing position.

Intermediate Activities (4th Grade – 6th Grade)

SPIDER PUSH-UPS

The scholar will place one foot on a Synergiee Slider and keep the other foot planted firmly on the ground. They will then slide the foot back that is on the slider into a lunge position. Hold for a count of two. Then slide the foot back into standing position. Repeat on both legs.

CLOSE TO WIDE SQUATS

Scholar will start standing straight up with both feet together each on their own Synergiee Slider. Then sliding both feet outward with toes pointed slightly outward to about a foot past shoulder width. As they are doing this, they will also drop their hips and fall into a wide stance squat position. They will take a deep breath at the bottom of their hold then push themselves back up into the starting position.

HAMSTRING CURLS

The scholar will be lying on their back with both feet on a Synergiee Slider. They will then be keeping their shoulders planted firmly on the ground thrusting their hips upward to hold that position. Once they are there, they will slide one foot at a time out completely straight while keeping hips off the ground. They will utilize their hamstrings to pull or curl the leg back to the start position.

SPEED SKIER

The scholar will place both feet onto a Synergiee Slider and move down into a push-up position. Then sliding both feet up to the furthest outside position, they can go next to their hands on the floor, returning both feet back into the starting position as quickly as possible with as much control as they can.

