SHAPE America Professional Learning Institute
“Exploring the Mind-Body Connection: SEL in HPE”
August 1, 2019; 8:00-9:00 am
Ballroom B

“Band Together with Me and Together We Can Succeed”
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Welcome & Introduction

Discussion (developing behavioral expectations, collaboration skills, building trust, etc.)
Full Value Contract (Project Adventure)
“What does it look like/What does it sound like”

High School
1. Be Present
2. Be Attentive
3. Speak Your Truth
4. Be Open to Outcomes
5. Create a Safe Environment

Middle School
“Be Here; Be Safe; Be Honest; Set Goals; Let Go – Move On”

Challenge by Choice

Warm-up (10 x/each)
- Jumping Jacks
- Push-ups
- Flap Jack
- Groiners
- Air Squats

Band workouts

<table>
<thead>
<tr>
<th>Warm-up (individual)</th>
<th>Partner exercises (stationary)</th>
<th>Partner exercises (moving) “I go, you go”</th>
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</thead>
<tbody>
<tr>
<td>Squat – Front Squat</td>
<td>Squat Jump</td>
<td>Squat</td>
</tr>
<tr>
<td>Lunge – Right/Left</td>
<td>Horizontal Skater</td>
<td>Assisted Lunge</td>
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<tr>
<td>Push – Shoulder press</td>
<td>Forward run (4 steps)</td>
<td>Reverse Lunge</td>
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<tr>
<td>Pull – Seated Row</td>
<td>Backward run (4 steps)</td>
<td>Squat</td>
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<tr>
<td>Hinge – Deadlift</td>
<td>Side Shuffle right/left (4 steps)</td>
<td>Assisted Lunge</td>
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<td>Plank/Mountain Climber</td>
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<td>Reverse Lunge</td>
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<td>Pull Apart</td>
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<td>Lunge Forward</td>
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</tbody>
</table>

4. Partner exercises (moving)
- Squat Jump
- Horizontal Skater
- Forward run (4 steps)
- Backward run (4 steps)
- Side Shuffle right/left (4 steps)
Use of Resistance Bands

Program Design Example
Work Set Time: 45
Rest Between Sets: 15
# of Total Sets Per Round: 12
# of Exercises Alternated Through Per Round: 2
# of Recommended Rounds: 1
(Rounds can always be modified based on time available)

“I go you go method”

General Value:
Benefits
- Elastic resistance – unique
- The Band functions like a muscle. Stretching the band creates the load and is when muscles respond.
- The body is very adaptable to the bands as they function in a similar manner.
- Bands are very portable. They can be used outside, inside, at the beach, w/music, etc. You can create an environment that leads to success while exercising.

Bands versus weights
- Bands are more convenient than weights making it easier to stay consistent with workouts. Consistency = Better Results
- Bands train muscles in all planes. Weights only train in one plane.
- Bands make muscles get tired and adapt just like weights

Partner attached training
- Teachers: Every person is engaged – both attached and unattached.
- Teachers: Training only half the group. Teaching the holding partner is simple.
- Students: Find success in fitness at all levels. All populations.
- Students learn basic movement patterns and movements they are interested in (surfing, etc.)
- For Efficiency – include body weight exercise w/band exercise.
- Partners *Must have band around hips (not hands)

Equipment:
RESISTANCEBANDTRAINING.com
Dave Schmitz: dave@resistancebandtraining.com