

Core exercise:

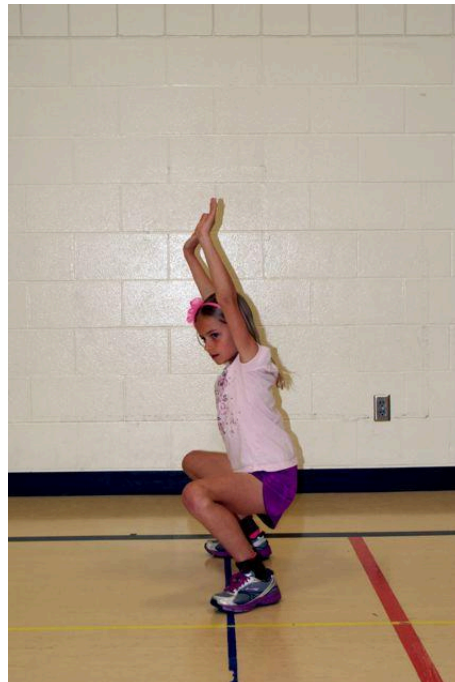
# *Power Squats*

*Don't forget- keep heels on the floor!*

Start:



Finish:



	Kindergarten	1	2	3	4	5
Recommended repetition ranges	Up to 3 depending upon their level	Up to 5 depending upon their level	Up to 7 depending upon their level	Up to 10 depending upon their level	Up to 15 depending upon their level	Up to 20+ depending upon their level
Progressions	-Keeping the arms at their side lessens the difficulty -Adding a lightweight object (hockey stick, etc) with straight arms above their head increases the difficulty -If taught consistently during the year & across each school year improvements will compound (like interest \$!)					
Critical elements	-The <b><i>heels stay on the floor</i></b> at all times. This keeps the knee even with or behind the toe - <b><i>Knees should not bow in or out</i></b> during the movement & bend to approximately parallel to the floor (bent 90 degrees) - <b><i>Arms stay outstretched</i></b> above head -Perform the <b><i>“down” part of the exercise slowly</i></b> , the “up” can be faster					
Beneficial for:	-Core hip, back & abdominal musculature, rear deltoid, gluteal muscles & leg muscles -Learning opposition, balance & coordination -Learning how to actually <b><i>squat</i></b> is a lost skill in humans nowadays, yet is the basis for doing so many things correctly & pain free -Great training for the PACER, sports, etc					
Assessment ideas	-Can be used to support <b><i>fitness</i></b> grading or even <b><i>movement concepts</i></b> on the report card. -Can be assessed quickly & easily at stations or as a large group walk-around. -An example might be to introduce 2 exercises per quarter to complete the 8 by the end of the year. Each year after then serves as review/improvement as students mature physically -Are students working on the exercises at home (bonus)? And are they teaching family members so they can join them (bonus)? -A sample grade level assess breakdown could be: Kinder & 1 <sup>st</sup> (familiarization), 2 <sup>nd</sup> & 3 <sup>rd</sup> (correctly executes critical elements), 4 <sup>th</sup> & 5 <sup>th</sup> (executes elements & performs desired # of repetitions, and/or can perform advanced progressions)  - or -  -A simple rubric could be made for each based upon your own style of evaluation					

