

Core exercise:

# *Slow Mountain Climber*

*Don't forget- one leg at a time slowly slides to chest and back before the other begins!*

Start:



Finish:



	Kindergarten	1	2	3	4	5
Recommended repetition ranges	Up to 10 depending upon their level	Up to 16 depending upon their level	Up to 20 depending upon their level	Up to 20+ depending upon their level	Up to 30 depending upon their level	Up to 40 depending upon their level
Progressions	-Adding a slippery surface or slider under their feet lessens the difficulty -If taught consistently during the year & across each school year improvements will compound (like interest \$!)					
Critical elements	-The <b><i>hips do not move</i></b> & stay level during the movement -The <b><i>feet slide in &amp; out slowly, one-at-a-time</i></b> -The <b><i>hands stay under the shoulders</i></b> like in a push-up					
Beneficial for:	-Core abdominal, hip & core musculature, chest, shoulders & triceps -Learning coordination & for the deep abdominal muscle to stabilize during lower body movement -Great training for the push-up, 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 assessment 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					