



Physical Literacy Kit Guide:

Be Fit Kit

This guide has been created to help your library utilize this physical literacy kit in your daily programming and community.

The intent of the kit is to promote movement, physical activity opportunities, and fun! Physical literacy is a foundational skill for everyone in the community. The health-related benefits of being able to move are endless!

This is an opportunity for your library to create barrier-free, movement-based programs and integrate physical literacy into existing programs.



Why a Physical Literacy Kit?

Physical Literacy lays the foundation for one to have an active lifestyle. Just as children learn math skills through teaching and practicing, they also need to learn movement skills through playing and moving; this is “physical literacy”. The contents of this kit have been carefully selected to promote a wide range of movement skills. Have fun using the equipment and games provided. Do not be constrained by the suggestions found in the kit – use your imagination and get moving! The skills emphasized in the kit include using different materials to move your body as a workout!

Links and Resources for more inspiration:

<http://letsmovelibraries.org/>

<https://activeforlife.com/physical-literacy/>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-eat-healthy-without-dieting>

<http://sportforlife.ca/physical-literacy/>

<http://physicalliteracy.ca/>

Items in the kit:

- 10 Yoga Blocks



- 10 Resistance Bands – Heavy
- 10 Resistance Bands – Medium



- 2 Agility ladders with carry bag and hooks



- 2 sets of Ab gliders for floor/rug with carrying bag



- 10 Speed Sports Rope



- 10 Ab wheels



Feedback Sheet

It is imperative that we receive feedback on the impact and usefulness of this kit! Please complete the feedback sheet, so we can improve our physical literacy kits. We also ask your library to share with us “kits in action” stories, photos, videos, so that we can promote the great programming and activities that are happening.

Terms of use:

- Physical Literacy Kits are only for use by the Southeast Regional Library branches
- The Physical Literacy Kits are intended for branch staff, volunteers, and board members to put on new and unique branch programs as well as give guidance to how these kits can be used.

Final Reminder:

Physical Literacy Kits are a shared Regional Resource. Please be considerate of other branches and HQ staff when using the Physical Literacy Kits:

- Ensure all items are returned
- Any losses or damage is reported right away
- The Kits are returned on time
- Kits are returned in the same state you received them (i.e. clean, complete, operable)
- Please complete the feedback sheet and return it with the kit

Programming Ideas

Resistance Band Full Body Workout

(Can be done individually or as a group)

<https://www.mensjournal.com/health-fitness/full-body-resistance-band-workout/>

Workout instructions:

Complete three rounds with 30 seconds of rest in between.

Exercises:

1. Band-thruster – 10-15 repetitions
2. Bent over row – 10-15 repetitions
3. Resisted pushup – 10-15 repetitions
4. Reverse flye – 10-15 repetitions
5. Monster walk – 10-15 repetitions
6. Split squat to curl – 10-15 repetitions

Workout benefits:

Resistance bands are versatile, easy on the joints, and target muscle groups with controllable, constant tension.

- **Exercise-specific benefits:**
- The **band-thruster** is a two-in-one exercise that strengthens the legs, shoulders, and triceps.
- **Bent-over rows** strengthen the back and shoulders (rear deltoids).
- The **resisted pushup** strengthens the upper body while focusing on the chest, shoulders, and triceps. Using the resistance bands bumps up the intensity to your traditional pushup.
- **Reverse flyes** are an isolation exercise that singles out the shoulders, more specifically the rear deltoids.
- The **monster walk** is a lower-body exercise that strengthens the quads and glutes. The monster walk is also an effective prehab exercise to warm up the hips and hip flexors.
- **Split squat to curls** is a two-in-one exercise that targets the quads, glutes, and hamstrings while also increasing strength in the biceps and forearms.

Yoga Blocks

<https://www.self.com/gallery/yoga-block-workout-slideshow>

Yoga blocks can be used in a variety of ways whether it be a tough workout or for post-workout stretching! These links provided can direct you to both using the blocks for workouts and for stretching!

High, Low—Let's Go!

Place blocks flat on floor wider than hip-width apart, one vertical to body, one horizontal. Stand with right foot on vertical block, left knee raised to hip level, arms extended to right at shoulder level. With right foot on block, lunge left leg to left side just outside of other block, reaching right arm to touch left foot, left arm overhead (as shown). Return to start. Repeat for 1 minute. Switch sides; repeat.



Reach for It

Sit on edge of block, right leg extended with heel on other block; lean back so left forearm rests on floor. Extend left leg straight up, and grab ankle with right hand (as shown) to start. Lower left foot to block, rotate torso to right, and hug right knee to chest with left arm as right hand comes to floor. Return to start. Repeat for 30 seconds. Switch sides; repeat.



Stretches:

This video is a great introduction for beginners:

https://www.youtube.com/watch?v=Wc_9ZMDiOjk

It includes Chaturanga, Pigeon Pose, Seated Forward Fold, and Bridge Pose.

Other Poses

Upward Facing Dog

1. Get on all fours on your yoga mat with the blocks below your hands and your hands shoulder width apart.
2. Lean slightly forward and drop your hips towards the floor. Your hips probably won't touch the floor but this is natural.
3. Pressing your hands into the blocks, push your upper body towards the ceiling to elongate your spine. You should have a strong arch in your back and feel a deep stretch in your hips.
4. Hold the pose for 5-10 seconds and relax.



Downward Dog

1. Begin by getting on all fours on your yoga mat. Place the two yoga blocks shoulder width apart underneath your palms.
2. Ensure your fingers are spread and pointing towards the top of your yoga mat.
3. Draw your belly in and tighten your core. Press your hands into the blocks and lift up into an "A" frame.
4. Relax your head, take 5-10 breaths and release.



Agility Ladder:

Agility ladders can be utilized in a variety of ways, but they are used for the combination of speed and coordination. Being able to move fast, stop, and change direction is crucial for sport performance and injury prevention.

For beginner, intermediate, and advanced drills, take a look at the list and video here:

<https://redefiningstrength.com/agility-ladder-drills-improve-coordination-mind-body-connection/>

“11 Agility Ladder Drills that Burn Serious Calories”

Check out the video on this page for visuals of the drill below:

<https://getthehealthyu.com/agility-ladder-drills-to-burn-calories/>

1. Single Foot in Each Square

2. Two Feet in Each Square

3. Lateral Stepping

Two feet in each square

4. Jumping Jack Feet

Two feet jump together in a square, then jump out while moving down the ladder

5. In in, Out Out

6. Lateral Carioca

Grapevine as you move across the ladder; do each side and lead with right then left

7. Crossovers

One-foot crosses front and steps in square; two feet step to the side and then keep repeating, keeping one foot in the square, two feet on the side

8. Icky Shuffle

Two feet step in a square; one foot to the outside

9. Single Foot Hops

Do right, then left

10. Side Shuffle

Inside foot moves in and out of each box while the outside foot is keeping pace with an alternate step

11. Walking Push-ups

In each square as you move laterally down the ladder

Ab Glider Exercises

See more at:

<https://www.womenshealthmag.com/uk/fitness/strength-training/a705418/best-glider-exercises-abs-core/>

Reverse Reach

1. Begin in a semi-seated position with your hips lifted, heels on the gliders and hands behind you, fingers pointing forwards. Now engage your core.
2. Maintaining this position and with core engaged, extend your right leg forwards, return it, then repeat with the left.



Sliding Lunge Jumps

1. Standing with each foot on a glider, slide your right foot back into a 90° lunge. Steady as you go.
2. Slide along the floor to swap legs and end with your left foot back in a lunge.



Curtsy Glide

1. Stand with each foot on a glider and your legs hip-width apart.
2. Slide your right foot behind your left and bend both knees to lower into a deep curtsy. Slide back to your start position and repeat with the left leg.

Using the Ab Wheel

<https://www.livestrong.com/article/540936-the-ab-wheel-for-beginners/>

Starting Out

When you first use an ab wheel, start from a kneeling position to learn technique and experience how much stress the exercises place on your abs, back and arms. Place the wheel in front of you, under your chest in a spot where you feel balanced. Move yourself forward, letting the wheel roll you forward as your arms and torso straighten. Use your core to push you forward and roll you back. Don't roll forward so that your arms are completely straight, or it may be too difficult to roll yourself back. Experiment with different forward roll lengths to see which one lets you roll yourself backward using your abs. Roll slowly, stop, then roll backward. Repeat this series 10 times, then take a break.

Building Muscle

As you are able to do this roll with more ease, begin rolling farther forward. This requires more muscular effort and helps increase your muscle size. When you are able to do longer rolls without failing, try rolling from the plank position, with your knees off the ground and toes supporting you, similar to a push-up position. When you first move to the plank position, start with shorter forward rolls, adding length as you build muscle. Keep your back in a straight line, rather than sticking your buttocks upward, to avoid back strain.

The Next Level

When you are able to perform multiple, long forward rolls from the plank position, add oblique turns. Instead of rolling straight forward and back, start rolling forward, then turn to the left and finish the roll in that direction. Roll back, then roll forward to the right. This works the obliques, located on the sides of your stomach area. When you have built enough muscle strength that your ab rolls are easy to do, start from a standing position to perform your exercises.

- Avoid arching your lower back as you roll out. You can tell if this is happening if you begin to feel a slight pinching in your lower back. This can be avoided by shortening your roll and/or doing the roll on your knees while pulling in your lower abs.
- Keep your head down in neutral position with your chin slightly tucked during the roll. This will help protect your lower back and neck.

Find out more here:

<https://yurielkaim.com/ab-wheel-exercises/>



Jump Rope Workout Suggestions

<https://www.mensjournal.com/health-fitness/best-jump-rope-workout/>

Before you begin using a rope, measure it to your height. When you stand on the middle of the rope, the handles should extend to your armpits. Adjust the length as necessary. You have to gradually prepare your lower body for the impact of jumping, so begin on a waxed wooden floor or rubber floor. Hold the rope with hands at about hip height and elbows slightly bent, keeping your upper arms close to your sides. Your chest should be out and your shoulders back and down. Make your jumps small and land on the balls of your feet.

Directions

The workout consists of three training blocks. You'll practice different jumps, rest two minutes, and move on to the next block. Follow the instructions.

The Workout

Block 1

1. Forward Jump

Reps: 60 sec.

Jump over the rope with both feet on every revolution, swinging the rope forward (the most basic jump).

2. Side-to-Side

Reps: 60 sec.

Jump a few inches to your left as you swing the rope. Then to your right. Get into a rhythm.

3. Backward Jump

Reps: 60 sec.

Swing the rope backward for each jump.

4. Single-Leg Jump-Left

Reps: 60 sec.

Jump on one foot; land softly.

5. Single-Leg Jump-Right



Reps: 60 sec.

Jump on the other foot.

Block 2

1. Forward Jump

Reps: 60 sec.

2. Alternating Jump

Reps: 60 sec.

Jump on one foot and then the other, back and forth.

3. Foot-Cross Jump

Reps: 60 sec.

Cross your feet over each other on each rep. Alternate the foot that lands in front.

4. Single-Leg Jump-Left

Reps: 60 sec.

5. Single-Leg Jump-Right

Reps: 60 sec.

Block 3

1. Forward Jump

Reps: 60 sec.

2. Double Jump

Reps: 30 sec.

Jump high enough that you can pass the rope under your feet twice on every revolution. If you can't do it fluidly, practice it for 30 seconds—it doesn't matter how many times you miss.

3. Backward Jump

Reps: 60 sec.

4. Double Jump

Reps: 30 sec.

Other programming ideas for your library!

Don't be afraid to invite a member of the community to lead a fitness session. Find people that are trainers, exercise enthusiasts, or someone that just has experience in the program you wish to lead at the library.

Move and Groove at the library:

<https://www.webjunction.org/news/webjunction/community-members-move-and-groove.html>

Run Fun Walk:

<https://www.psdispatch.com/news/43442/pittston-memorial-library-to-hold-book-it-through-pittston-literacy-5k-runfun-walk-in-september>

Yoga in the library:

www.yogainthelibrary.com/sample-programs.html and letsmovelibraries.org/yoga/

Fit Fair or 5K Club:

www.letsmovelibraries.org/running/

Roaming Readers Walking Club:

<http://www.programminglibrarian.org/programs/roaming-readers-walking-club>

Webinars/YouTube Videos:

Check out these videos that provide best practices and ideas for movement-based program in libraries!

Movement-Based Programs in Public Libraries: Best Practices from the U.S. and Canada:

<https://www.youtube.com/watch?v=i6t-CDZTCoM>

Senior Fitness Programs in the Library: <https://www.youtube.com/watch?v=FYze8uQDwK0>

The 'Library of Things' and Active Living (Let's Move in Libraries Webinar):

<https://www.youtube.com/watch?v=9qE06RsI5WU>

Music, Movement and More - A Let's Move in Libraries Video Featuring Bucyrus Public Library:

<https://www.youtube.com/watch?v=Z7ggbd-0Kjw>

Our library system offers plenty of fitness resources!

Check out books and DVDs on fitness, yoga, workouts, and much more to help supplement your program.