

Long Term Development (Fitness & Strength)

In Lincoln Public Schools Physical Education



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Mr. Stewart Venable

CSCS, RSCC, USAW-2

Strength and Conditioning Coach
& Physical Education Teacher at Lincoln High

2017 Nebraska High School Strength program of the year.

2016 National Strength and Conditioning Association Strength of America Award.

Dr. Matt Avey

District Curriculum Specialist
K-12 Health and Physical Education

Oversee, manage & develop the district Physical Education & Health Education programs for nearly 41,000 students in 60 buildings.

What is “Long Term Development”??

“Since 2015, LPS Physical Education has been seeking ways to coordinate efforts at the Elementary School, Middle School and High School setting to offer a scaffolded, vertically aligned curriculum to develop the students uniformly in basic locomotor “athletic” movement patterns. With an LTD plan coordinated through our fitness curriculum, we think we’ve found it.”

Dr. Matt Avey (LPS PE & Health)



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Do we really need to teach middle school kids how to move??

- YES!! Students develop movement skill through stages that are “age-related” as opposed to “age-determined”.
 - Like health risks, reading comprehension, and emotional growth, there are a number of factors that contribute.
 - Environment (parents, siblings, opportunities to grow, distractions)
 - Socioeconomic Status (income and access)
 - Culture (gender stereotype, beliefs)
 - Individual (cognition, motivation, efficacy)



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TYPES OF MOVEMENT:

Reflexive: Survival reflexes (up to 12 months)

Preadapted: Improved posture, walking (infant-2)

Fundamental Patterns: Running, jumping, leaping, object manipulation/control

Context-Specific: Similar to skillful, develops particular skill-set

Skillful: More time and effort increasing sport participation.

Compensation Periods: Old-age. Decline in motor function.



“Unfortunately,
most individuals do
not attain high level
of proficiency in
fundamental motor
skills by adulthood.”



IYCA, Long Term Athlete Development, 2015

<https://shechive.files.wordpress.com/2014/07/not-athletic-6.jpg?quality=100&strip=info>



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Motor skill development
will optimize physical
development and create
most opportunities for fit
and active lifestyle
throughout life.

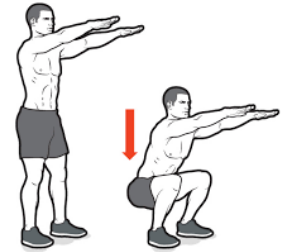
IYCA, Long Term Athlete Development, 2015



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Basic Movement Patterns in Physical Development in LPS

- Push
- Pull
- Twist
- Squat
- Lunge
- Bend/Hinge



It CAN be done....

Walk the talk and REINFORCE the absolutes and fundamental movement patterns.

Make it a priority to TRAIN appropriately. Reinforce the foundational.

HIGH SCHOOL STUDENTS STILL MUST COMPLETE THE SAME EXERCISES.



The LTAD Model for Developing Youth

Movement Foundations (Ages 2-5)

Guided Discovery (Ages 6-9)

Learning Exploration (Ages 10-13)

Train with Application (Ages 14+)



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LEARNING EXPLORATION PHASE:

Comparing themselves to peers, begin to develop self awareness and can get comfortable with structure and routine.

Develop skills of movement learned in Guided Discovery.

Keep it FUN

Add resistance, low weight and high repetitions IF students are competent in fundamental movement patterns.



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Training Progression for Middle School Phase:

Bodyweight Mastery Early On:

- Master bodyweight training with 6 motor patterns (squat, lunge, twist, hinge, push and pull).
 - Helps control the environment. No preconceived notions to actual strength.
 - Can train the body naturally as a functional tool. Ground based, natural movements that do not isolate specific muscles unless related to movement.
 - Appropriately stabilizes the core when performing natural ground based or gravity movements.



Principles of the program:

LARGE VARIETY OF MOVEMENTS

FOUNDATIONAL MOVEMENT PATTERNS (Health/Skill Related)

QUALITY over QUANTITY (Perfect Technique & repetition)

Begin with NEURAL training and work toward METABOLIC.



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The 6 Absolutes of proper mechanics

- 1) Athletic Stance
- 2) Be Tall
- 3) Spread The Chest
- 4) Toes Aligned
- 5) Knees Aligned
- 6) Eyes on Target



OBJECTIVES OF LPS LONG TERM DEVELOPMENT:

- To promote fundamental movement patterns which are critical to providing a solid foundation of coordination, strength, power, agility & long term quality of life.



Movement Menu for Middle School Development:

MUSCLE ACTIVATION & ACTIVE RANGE OF MOTION EXERCISES

GENERAL PREPARATION EXERCISES

COORDINATION EXERCISES

TEACHING TECHNIQUE

DEVELOPING STRENGTH

GAME PLAY



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Purpose of Movements in the Menu:

Muscle Activation: Waking up the muscles. It is the mind-muscle connection (awareness).

Active Range of Motion: As you are waking the muscles, you take the muscle(s) through a full range of motion while stretching.

General Preparation: A warm up of the muscle chains (groups) to prepare for more complex movement.

Coordination: The ability to use different parts of the body together smoothly and efficiently.

Strength: The ability to apply force. Developed through 6 basic movement patterns.

Game Play: The time allotted for kids be kids and put some fun in fundamentals.



MUSCLE ACTIVATION & ACTIVE RANGE OF MOTION

Prone Extensions	Cobra Stretch Variation
Bird Dogs	Child's Pose Variation
Bootstrap Stretch	90-90 Torso Rotation Drill
Figure-4 Hip Lift	
Hand Taps	
Lateral Planks	
Ankle Rockers	
Hip Circles	
½ Kneeling Hip Flexor Stretch	
Spiderman with Rotation	



GENERAL PREPARATION:

Active Quad	Bottle Caps
High Knee Pull	Bottle Caps Lateral
Straight Leg March	Skipping Patterns
Cradles	
Lunge with High Hands	
Toe Walks	
Heel Walks	
2-Step Side Shuffle	
Carioca	
Back Pedal	



Cross the River
Skipping Patterns
180/360 Jumps
Around the World
Scramble to Balance
Balance Wars
Red Blue Game
Single Leg Lateral Hops
Hip Turn and Go
Peaks and Valleys
Side Shuffle red Light Green Light
Skip Loops



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Wrap Up/Questions