

Anatomical planes of movement

Warm up - Ground

Cardiovascular: Hula hoop and yoga block

- Hula with the hoop around your waist for 2 minutes. Hoop is on the Transverse plane.
- Jump hoop forwards and backwards 10 -15 times each direction. At each moment you jump through the hoop it is on the frontal plane.
 - ★ Imagine your hoop is a doorway which you can walk forward through or back out through.
 - Forwards jumping means your feet go into the hoop first from the back to front of the hoop.
 - Backwards jumping means your head goes into the hoop first from the back to front of the hoop.
- Squat roll candlestick roll squat jumps are performed on the sagittal plane. First place a yoga block between the ankles, then rock n roll backward on your mat to candlestick shape. Roll forward, grab the block with your hands and then jump while lifting the block towards the ceiling. Repeat 10 times.

Strength, balance, and dynamic flexibility

- Parallel leg lunge arm circles. Front leg bends to right angle and straightens again with every arm circle. 3 arm circles forward and 3 backwards
- Lunge and place fingers on the floor on either side of your front foot. Straighten and bend the front leg 3 times. Push down bent knee with same side hand, lift other hand to the sky and hold. Put the high hand down on the ground by the front foot and twist torso to reach the other hand to the sky. Point back foot to place the back knee on the ground, then bend at the knee so the toes face the sky; squish the “thutt”! Option to grip the foot or ankle in hand.
- Shift hips backwards to straighten the front leg and kneel on the back knee. Hips stay square to the front leg for half split. Flex and point the foot in this position then, with a flexed foot and engaged quadriceps, rotate straight leg to turn out and in.
- Square hips split while pressing the legs down to rise up in the torso. See if you can balance with no hands on the ground. Hips stay facing forward!
- Repeat from lunge arm circles on the Other side.
- Straight arm front plank hold 10 counts. Opposite shoulder taps 10 times.
- Side plank switches 10 times. Starting with both hands on the ground roll to the outside of one foot, stacking hips sideways and raising the opposite arm to the sky. Pass through regular front plank to switch to the other side.

Wrist and forearm warm up (and shoulders): Off body hula hooping

- Sagittal plane. Hold the top of the hoop out to your side with the palm facing up. Throw the hoop by flipping your palm and letting go, allowing the hoop to rotate around the hand always landing in between the thumb and forefinger 10 times. Re grab the hoop and throw it the other direction allowing it to rotate 10 times.

- Repeat with the other arm and hand.
- Frontal plane. Hoop isolations. Hang the top of the hoop up overhead with the palm facing up as if it were at the 12 o'clock position of a clock. Grip the hoop and push it across your body moving towards a 9 o'clock position. Continue the arm circle around to the opposite side, or 3 o'clock position, then flip the hand and return to the beginning position. Keep your face in the center of the clock at all times. Do these arm circles with the right and left arm, in both clockwise and counterclockwise directions, 10 times each.
- Transverse plane. Hold the hoop horizontally above the head with the palm facing forward. Throw the hoop around your palm, allowing the hoop to rotate around the hand always landing in between the thumb and forefinger 10 times. Keep the elbows straight to feel the deltoid working! Repeat in the other direction of rotation and with the other hand.
- Yoga tabletop position with a cat back and hands flat on the ground in front of you to stretch hands, fingers and forearms. First with fingers facing forward, then fingers facing backwards. Do hand push ups with fingers facing backwards. Then flip hands palm side up with fingers facing you to gently spread the hand and fingers for a top of the forearm stretch.

Warm up - Air

- Pulling taffy. Hips stay facing "front" while you hang from straight arms encircling the body around anchored feet on the ground. Clockwise and counterclockwise directions 4-6 times each. Hips are moving on the Transverse plane.

More Cues:

- Lift the spine and ears up!
- Fingers face inward and elbows forward for external rotation of the upper arm bones.
- Straight and bent arm hangs. Straight arms have the same external rotation as the pulling taffy. Bent arms are done with elbows and triceps connected to the back or latissimus dorsi.

More Cues:

- Lift the spine and ears up!
- Squish a grape between your shoulder blades to push the heart forward.
- Pull over to swan then forward roll out 5 times. Movement is on the Sagittal plane, toes go through the Sling (doorway) from front to back.
- Pull over to swan and twist to straddle back right then left. Sagittal, then transverse.
- Pull over to swan and twist to chair right then left. Sagittal, transverse and frontal.

More Cues:

- Torso and legs remain at the same level to twist to straddle back position.
- Torso and legs act as a lever, dip torso and lift legs to twist to chair position.
- Standing front and back lean outs. Sagittal plane.

Verbal Self formative assessment

Which way is your body moving through the poles in front lean out? Back lean out? (answer: forwards; backwards. mnemonic device = Out the front door and out the back door)

Which way are your hips facing in both front and back lean outs? (answer: forward)

- Standing side lean outs. After standing up with the hips in between the poles, stand on one foot. Bring the free leg, hips and torso out the back door and close the fabrics in front of you. The free leg then works to stag shape with the knee directly in front of the belly button. Press the standing leg out from underneath the torso in the direction of the free leg. The free leg hip crease hooks over the top of the poles. Repeat 2 times on both right and left sides.

More Cues:

- Torso and legs move on the frontal plane and become horizontal.
- Stack hips sideways like in the side plank switches.

Exit slip for recorded formative assessment (cognitive domain)

Name _____ Date _____

What are the three anatomical planes of movement? (circle your answers)

Forward Sagittal Frontal Sideways Transverse

Recorded Teacher formative assessment:

Name _____ Date _____

Student hangs from the fabrics with external rotation of the upper arm bones.

Always Does with a reminder from the teacher Never

Student stacks hips sideways in the standing side lean out.

Always Does with a reminder from the teacher Never

Student performs the splits on the floor and front and back lean outs with hips facing forwards.

Always Does with a reminder from the teacher Never

Comments: