Hold Your Posture

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Handouts - http://ceellis.aurorak12.org/presentations/
What do you teach?
National Standards:

**Standard 1** - The physically literate individual demonstrates competency in a variety of *motor skills* and movement patterns.

**Standard 2** - The physically literate individual applies knowledge of *concepts*, principles, strategies and tactics related to movement and performance.

**Standard 3** - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and *fitness*.

**Standard 4** - The physically literate individual exhibits *responsible* personal and social behavior that respects self and others.

**Standard 5** - The physically literate individual recognizes the *value* of physical activity for health, enjoyment, *challenge*, self-expression and/or social interaction.
Hold Your Posture

Calm Classroom
Sitting Peacefully
Body Scan
Feel the Breath
Balance Walk
Hold Your Posture

Balance Walk

3 Centers of Gravity on your feet

Big Toe

Pinky Toe

Heel

Stack the Balls – Pelvis & Chest
Hold Your Posture

Daily Dozen Exercises For Better Posture

1. Maintain Core Posture – Balanced, not leaning forward (May be performed seated or standing)
2. Maintain Sternum to Scapula position – Shoulder blades anchored down. Abs in!
3. Stack the balls! Imagine a squeezing a ball between the lower abdomen and the spine and between the sternum and spine. Align them on top of each other.
4. Maintain Proper Head Position – Chin level
5. Don’t forget to BREATH!
Hold Your Posture

1. Core Posture –
   - Maintain Core Posture – Balanced, not leaning forward (May be performed seated or standing)
   - Pull your belly in toward the spine
   - Imagine preparing for a punch, tighten up your muscles
   - 5 Reps or hold for 10-15 seconds
Hold Your Posture

2. Reverse Shoulder Circles
   - Imagine you have markers on your shoulders.
   - Draw Complete and full circles. - 12 reps
3. Reach and Pulls -

• Hold both arms at shoulder level with **palms down**.

• Use Shoulder blades to pull back and open the chest.

• Pull elbows to your side with **palms up**. – 12 Reps
Hold Your Posture

4. Triangles and Squares

- Hold arms at shoulder level in front.
- Form a small triangle with your thumbs and index fingers.
- Keep upper arms parallel to the ground and keep shoulders down.
- Hinge arms back at 90 degree angles to form a square. Standing against a wall may be helpful - 12 Reps
Hold Your Posture

5. Front Raise and Open to a W

• Lift arms up with the palms down to shoulder level.
• Turn palms toward each other and bend elbows to create 2 V’s.
• Hinge arms back and Open to a W.
• Standing against a wall may be helpful
• - 12 Reps
6. Right Angle - Box – Open Up

- Hold arms up in front at 90 degree angles.
- Palms, elbows and forearms touching each other, open up to a square or rectangle.
- Standing against a wall may be helpful
- 12 Reps
7. Upper Body Trunk Rotations

• Hold one arm straight up in front at shoulder level with the palm down.
• Hold the other arm at shoulder level with the palm down and the elbow back.
• Alternating reach and pulls with the palms down rotating the trunk
• - Alternate arms for 12 Reps on each side.
Hold Your Posture

8. Right Angle Rotators

• Anchor shoulders down and elbows against your side with the palms facing each other.
• Maintain right angle – (Rotator Cuff exercise), hinge or rotate forearms out at the elbow and maintain the right angle.
• Finish with the palms facing forward.
• - 12 Reps
9. Neck Rotations

- Maintain “Core Posture” facing forward.
- Turn your head to the right and hold. Return back to the middle.
- Turn head to the left. Return to the middle.
- Don’t force range of motion
- Alternate 5 reps in each direction
Hold Your Posture

10. Lateral Neck Flexion

- Maintain “Core Posture” facing forward.
- Maintain anchored shoulders.
- Tilt ear towards your shoulder and hold.
- Bring head back to center,
- Tilt ear towards other shoulder.
- - Alternate for 5 Reps on each side.
Hold Your Posture

11. Upper Trap and Neck Stretch

- Place your left arm behind your back.
- Grab left hand behind back with your right arm (Push down with your left hand)
- Keep Shoulders level tilt head towards the right shoulder or the gripping hand.
- Slowly lower head to stretch at different angles.
- Switch and complete with your right hand behind your back and tilting to the left.
- 30 seconds each direction
12. Wrist – Forearm Stretch

- Place palms together in front of the body, press against each other in the center (elbows out).
- Press with one hand to flex the other hand to stretch the wrists and forearms.
- Alternate 3 reps to each side,
- 3 reps twisting forward then back to center,
- Alternate 3 reps each side again.
Hold Your Posture

BONUS:

13. Shoulder Rotation –
- Maintain Core Posture.
- Raise arms straight up to the side at Shoulder level.
- Place one hand palm down, and the other palm facing up.
- Rotate your palms, alternating UP & DOWN
- 12 reps
Hold Your Posture

BONUS:

14. Marching Core -

• Seated in a chair, sit on the front edge.
• Engage your core and lean back slightly.
• Hold for 10 - 15 seconds
• More challenging:
  • Lift one foot off the ground for 10-15 seconds
  • Alternate legs
Hold Your Posture

BONUS:

15. Behind the back – Shoulder Opener

- Seated in a chair
- Place one hand behind your lower back, palms out
- Try to push your hand into your back, while attempting to pull your elbow and shoulder backwards.
- Alternate arms 3 times for 30 seconds each.
Hold Your Posture

1. Core Posture — 5 Reps or hold 10-15 sec.
2. Reverse Shoulder Circles — 12 Reps
3. Reach and Pulls — 12 Reps
4. Triangles and Squares — 12 Reps
5. Front Raise and Open to a W — 12 Reps
6. Right Angle - Box — Open Up — 12 Reps
7. Upper Body Trunk Rotations — 12 Reps each side
8. Right Angle Rotators — 12 Reps
9. Neck Rotations — Alternate 5 Reps each direction
10. Lateral Neck Flexion — Alternate 5 Reps each direction
11. Upper Trap and Neck Stretch — 30 secs, each direction
12. Wrist — Forearm Stretch — Alternate 3 reps to each side, 3 reps twisting forward then back to center, Alternate 3 reps each side again.
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Tai Chi – Pushing Hands