

Northside ISD

Move to Live, Live to Move Modules

Circuit Training Module #1 (10+)

Curriculum- Basic 15 Days w/enhancements 20-40 Days

Circuit Training is designed to provide opportunities for the development of multiple physical fitness components, aligned with TEKS, through an exercise program that utilizes a circuit training approach and a variety of exercise training tools.

Equipment per unit includes: Stability Balls, BOSU Trainers, Wobble Boards, Body Bars, Dumbbells, Medicine Balls, Versa-Rings, Speed Ropes and Cardio Bells (in a 14' trailer).

Flex Core Training Module #2 (10+)

Curriculum- Basic 25 Days w/enhancements 25-40 Days

Flex-Core is designed to provide opportunities for the development of flexibility, strength and endurance of the core muscles, aligned with TEKS, through an exercise program that utilizes activities adapted from Yoga and Pilates.

Equipment per unit includes: Pilates rings, Stretching Straps, Stability Balls, Yoga Mats and 5 Stability Ball Racks.

Cardio High Tech Training Module #3 (NA)

Curriculum- Basic 15 Days w/enhancements 15-25 Days

Cardio High Tech is designed to condition and monitor the fitness component of cardiovascular endurance and increase knowledge of training principles, prevention of coronary heart disease and the relationship towards overall wellness. This will be accomplished through the utilization of a variety of machines and equipment. The unit will meet the TEKS of physical activity and health standards.

Equipment per unit includes: 10 Rowing machines, 5 Stair Steppers, 10 Spin Bikes, 5 Elliptical Trainers, 1 Arm Ergometer and 50 Heart Rate Monitors (in two 20' trailers).

Frisbee Activities Module #4 NA

Curriculum- Basic 15 Days w/enhancements 25+ Days

Frisbee Activities is designed to provide opportunities for students to develop skills that will help them successfully participate and enjoy Disc Golf and Ultimate Frisbee.

Equipment per unit includes: Disc Golf sets that contain: long range, medium range and a putter, Ultimate Frisbee and 18 targets (all in a 10' trailer)

Fencing Module #5 NA

Curriculum- Basic 20 Days w/enhancements 20-25 Days

Fencing is designed to teach a dual sport that can provide opportunities for participation as a lifetime sport. Instruction on the history, rules, movement patterns, and bouting strategies of Foil Fencing will be included. The unit will meet the TEKS of individual and dual sport standards.

Equipment per unit includes: Foils, Gloves, Masks, Jackets (half male/female), Groin and Breast Protectors.

Lacrosse Module #6 NA

Curriculum- Basic 20 Days w/enhancements 25-30 Days

Lacrosse is designed to provide opportunities for the development of speed, agility, endurance, eye-hand coordination and finesse through a games approach model. The games approach model begins with modified and simplified games that emphasize discovering what to do first, then how to do it.

Equipment per unit includes: Lacrosse Sticks, Balls, goals, goggles, buckets and Text: Coaching Youth Lacrosse 2nd edition. American Sport Education Program

Rock Climbing Module #7 (10+)

Curriculum- Basic 8 Days w/enhancements 10 Days

Rock Climbing students will have fun, gain technical skills and develop new insight into their own capabilities. This process will enhance student's kinesthetic awareness and physical abilities. Students will gain a unique sense of accomplishment and appreciation for both physical fitness and adventure activities.

Equipment per unit includes: Trailered Climbing Structure with 5 Belay Systems and Quick Harnesses, Helmets, Carabineers and Safety Manual.

Orienteering Module #8 (2+)

Curriculum- Basic 10 Days w/enhancements 10-15 Days

The Orienteering Module is designed to provide opportunities to develop the skills and knowledge of compass use and navigational skills required to successfully participate in outdoor adventures, like mountaineering, backpacking, hiking, and even traveling in downtown San Antonio. The unit will meet the Texas Essential Knowledge and Skills Outdoor Adventure standards.

Equipment per unit includes: Base Plate Compasses, Cones, Stakes or Sticks, Punches, Orienteering Course Markers and Compass Teaching Aid.

Live to Cycle Module #9 (25+)

Curriculum- Basic 20 Days w/enhancements 20-25 Days

Live to Cycle module is designed to condition the fitness component of cardiovascular endurance and provide knowledge and experience of different training techniques utilizing Spin Cycles. Spin Cycle training simulates outdoor cycle riding on a specially designed stationary bicycle. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

Equipment per unit includes: 30 Spin Cycles (in a 24' trailer).

Live to Lift Module #10 NA

Curriculum- Basic 15 Days w/enhancements 15-20 Days

Live to Lift module is designed to condition the fitness components of Muscular Strength and Muscular Endurance and provide knowledge and experience of weight lifting through varied resistance training tools. The format is structured as a group activity class, but allows individual training through selection of amount of resistance utilized. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

Equipment per unit includes: Barbells, Spring Collars, Barbell/Weight racks (black), Medicine Balls, Aerobic Steps, Aerobic Risers, 2.5 lb. plates, 5 lb. plates, 7.5 lb. plates, Metal Baskets, Step Racks w/casters, Riser racks w/casters, and Dumbbell Racks.

Tennis Activities Module #11 (2+)

Curriculum- Basic 15 Days w/enhancements 15-25 Days

Tennis Activities and **Cardio Tennis** are designed to promote and develop the growth of Tennis. Skills learned will enable students to embrace an active lifestyle throughout their lives. Tennis stimulates the mind, body and emotions and fosters cooperative and competitive skill development. Studies indicate that Tennis cuts the risk of heart disease, helps foster sociability, mental focus, teamwork and discipline. It is also a great stress reducer and burns more calories than many other popular sports. All this can be achieved without limitations based on gender, physical size and age.

Equipment per unit includes: 27" Tennis Racquets, Large Foam Balls, Stage II Tennis Balls, Pop Up Tennis Nets, Sets yellow court lines, Sets floor dots, and Roll caution tape.

Omnikin Games and Kin-ball Module #12 (12+)

Curriculum- Basic 15 Days w/enhancements 15-25 Days

Omnikin Games and Kin-Ball is designed to motivate participants into physical activity on a regular basis by offering innovative game concepts and products.

Equipment per unit includes: 4' Kin-balls, Inflators w/attachments, Kin-ball Scoreboards, Game Manuals, Kin-ball videos, Rules Handbooks, Pink Pinnies, Gray Pinnies, Black Pinnies, and Red containers.

Move to Radical Fitness Module #14 (2+)

Curriculum- Basic 15 Days w/enhancements 15-20 Days

Move To Radical Fitness takes performance to the next level and effectively improves **MOTOR** performance of all skills through the use of a variety of training tools and workouts. Radical fitness module is designed to condition the skilled related fitness components of Total Wellness. The 5 health related fitness components provide the base for healthy living and are the prerequisite for athletic performance. The skill related components complete the total fitness package. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

Equipment per unit includes: Quick Cone Hurdle Sets, Sets of Agility Rings, Reflex Balls, Impulse Agility Ladders, Outdoor Agility Pole Sets, 8' Speed Ropes, 9' Speed Ropes, 10' Speed Ropes, Sets 6" Versa Step Hurdles, Sets 12" Versa Step Hurdles, Pro Agility Ladders, Agility Dome Sets, Indoor Agility Pole Sets, Sets Versa Rings, and Power Chutes.

BOSU Module #15 (15+)

Curriculum- Basic 15 Days w/enhancements 15-20 Days

The BOSU Balance Trainer Module is designed to train both the physical and mental fitness components. BOSU training involves integrating physical movement challenges with a fully engaged mind. The acronym BOSU stands for; **BO**th **S**ides **U**tilized. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

Equipment per unit includes: BOSU Balance Trainers w/60 plugs, Pairs of Dumbbells w/ 2 racks, Jump Ropes, Slotted Cones, BOSU Racks, and 20-Gallon Westward Air Compressor.

Golf Module #16

Curriculum- Basic 15 Days

The Golf Module is designed to teach golf as a target game that requires hand-eye coordination, gross motor-skill coordination, fitness, decision-making, honesty, and etiquette. Lessons are activity-based, encouraging movement, skill development, and self-exploration.

Equipment per unit includes: Walkers Golf Bags, 3-Woods, 5-Irons, 9-Irons, Putters, Birdie Balls on PVC Sticks, Chipping Nets, Striker Pads, Golf Cage, Slotted Cones, Green Duffle Bag with Wheels, Tee Markers, Velocity Tees, In-Zone 6' target (white), 9 Targets with Spike and Flag and Large Putting Mat.

Floor Hockey Module #17 (8+)

Basic Curriculum Module: 15 days

Floor Hockey Module is a fast paced team sport that requires continuous movement, manipulative skills and strategies in order to score a goal. Skills learned in this module will transfer to the development and learning of other activities that require striking. The game rules are adaptable to meet the needs of the program regarding available space, class size, and ability levels. The module is designed to meet the Texas Essential Knowledge and Skills Team Sport section.

Equipment Included:

Indoor Hockey Sticks	Goals
Indoor Hockey Pucks/Balls	Goalie Protection
Stick Guards	Cones

Heart Rate Monitor Module #18 (2+)

E600 Polar Heart Rate Monitors w/ E-Series Software

The Polar Heart Rate Monitor Module is designed to show students how active they are throughout the day, track the quality of student's daily activity and provide an easy way to motivate students towards a healthier lifestyle. Monitors can be used as a standalone lesson or combined with any other fitness unit to give feedback on student's activity zones.

Equipment Included: 30 E600 Polar heart rate monitors, 30 straps, 30 coded transmitters in three Polar carry bags and 1 Razor for uploading.

Team Handball Activities Module #19 (12+)

Basic Curriculum Module: 14 days

Curriculum with Enhancements: 30+ days

The Team Handball Module is designed to provide opportunities for students to learn about the second most popular team sport in the world (next to soccer) and to develop skills that will help them successfully participate and enjoy Team Handball in the future.

Equipment Included: 2 Team Handball Goals, 10 Team Handballs, set of disc cones, 40 Pinnies (20 each of two colors), and 1 promotional video (if available)

HopSports Module #20 (10+)

Basic Curriculum Module: 10 days

For information go to: <http://www.hopsports.com/> click Resources, Your HopSports System, then HopSports User Guide or How to videos.

Mountain Biking Module #21 NA

Curriculum- Basic 15 Days

The Mountain Biking Module is designed to take an individual with basic bicycle riding capabilities to an intermediate bicycle rider level. The rider will become a safe bicycle rider and become familiar with the Texas rules for riding bicycles on roadways and parkways. Student will learn how to use a bicycle as a safe fitness tool and as a means of transportation. Special trail handling skills and use of the bicycle as a fitness tool will be presented.

Equipment per unit includes (in a 20' trailer): 40 Mountain Bikes, 40 Helmets, 20 Cones, Hand pumps, Portable Display/Work stand and Stop watch.

Live to Dance Module #22

Basic Curriculum Module: 10 days

The "Live to Dance" Module is to exercise aerobically using modern and current dance moves such as Hip/Hop and Latin Cardio. According to the National Heart, Lung, and Blood Institute, dancing can lower the risk of coronary heart disease, decrease blood pressure, manage weight, and strengthen the musculo-skeletal system. Module is designed to meet the middle school and high school Aerobic Activities Texas Essential Knowledge and Skills.

Equipment Included:

Music CD's:

"Hip Hop Fusion" Ulises Puiggos – www.fitnessbeat.com

"Latin-Cardio" CD iTunes

Functional Fit Module #23

Curriculum- Basic 15 Days

The Functional Fit Module is designed to target the components of basic physical fitness and address common areas of instability, poor mobility, and restricted motion that negatively affect daily function. Each class is 60 minutes in length and is intended to be performed in a small or large group setting. With workouts categorized by strength training foci and themes, students will utilize the entire gym to perform functional and movement-based drills and exercises. Functional Fit sessions are characterized by anaerobic physical activities that involve low technical aptitude, a sustained and elevated heart rate, and low external resistance. This program is ideal for students who have low to moderate fitness levels, few movement restrictions and prefer traditional, moderately-paced fitness programs.

Equipment Included:

Sets of Perform Better Solid Hex Dumbbells (5-30lbs), 10yd Perform Better ABC Quick Foot Agility Ladders, Sets of 45, 55, 65cm Perform Better Gymnic Physioballs, Sets of 4lb, 6lb, and 8lb Perform Better First Place Elite Medicine Balls, Chin Up Bar (optional), Sets of 10-25lb Weight Plates, (4-6ft) Wooden Dowel Rods, Sets of Perform Better JC Exercise Bands (Pink-Yellow), 4" Perform Better Stackable Steps, 6" Perform Better Stackable Steps and Perform Better Mini-Slide Training Boards.

Archery (NASP) Module #24 NA

Basic Curriculum Module: 10-15 Days

The Archery Module: As a result of this unit, the history, physical, emotional, and social benefits will be learned. In addition, safety strategies, skills, and archery techniques necessary to participate in and enjoy archery as a lifetime activity will be fully addressed.

Equipment Included: 13 Genesis Compound bows, 6 dozen Easton arrows, 1 shooting curtain with cable, 5 Reinhardt targets, 30 string bows, 4 banners, 1 bow rack, 3 heavy duty volleyball standards, 1 padded bow case, 2 rolls of tape and 1 dozen slotted 18" cones.