

Hold Your Posture

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What do you teach?

The background of the slide is a dark, almost black, gradient. On the right side, there is a bright, white light source that creates a series of radiating light rays or beams that spread out towards the left. The rays are most intense near the source and become more diffuse as they move across the frame. The overall effect is one of dynamic energy and focus.

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 BREATHE!

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

Hold Your Posture

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

Hold Your Posture

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

Hold Your Posture

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

Hold Your Posture

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

Hold Your Posture

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.

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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