

Name: _____

Block: _____

Date: ___/___/___

FITNESS HOMEWORK : PLYOMETRICS 1

What is Plyometrics?

- Drills or exercises designed to produce power.
- Also known as “Jump Training”.
- Developed in Eastern Europe in the 1970’s.
- Coined by American track coach Fred Wilt, the term derives from the Latin plyo+metrics, or “measurable increases”.
- Improves your ability to run faster, jump higher, and maneuver in multidirectional sports.

Jump Squat: Feet parallel and shoulder distance apart slowly lower into a squat. Quickly explode up and then land gently. Repeat.

Run-Stance Squat: Start with feet in a ready to run stance. Perform 4 squats. After the fourth squat jump and twist (180) to face the opposite direction. Repeat.

Airborne Heisman: This is lateral leaping. Start with feet together and jump sideways landing on one foot and bring the other knee to the chest (pose). Repeat back and forth.

Swing Kick: Stand directly behind a chair and lift one leg after another, back and forth over the chair. Use the seat of the chair if the back is too high.

Squat Reach Jump: This is the same as the Jump Squat but this time when you jump reach up into the air as high as you can. Repeat.

Run-Stance Squat Switch: This is the same as the Run-Stance Squat except this time you will twist after every squat instead of every 4. Repeat

Double Airborne Heisman: This is the same as the Airborne Heisman except when you switch directions you should take to lateral (sideways) high knee steps before landing in your pose. Repeat back and forth.

Circle Run: Roll up a towel or shirt and place it on the ground. Without looking at the towel/shirt you will run in a clockwise direction (try to keep your head and shoulders up and not look at the ground) then halfway switch to a counter-clockwise direction.

Assignment- Physical- 10 minutes. Make sure you do a warm up before beginning the exercises and make sure to stretch your quads and hamstrings thoroughly. (Warm up ideas: March in place, Run in Place, Jumping Jacks, Lunges) Also make sure you **cool down** following the workout.

- 1) Jump Squats for 30 Seconds
 - 2) Run-Stance Squats for 30 seconds
 - 3) Airborne Heisman for 30 seconds
 - 4) Swing kicks for 60 seconds
- Repeat exercises 1-4
- 5) Squat Reach Jump for 30 seconds
 - 6) Run-Stance Squat Switch for 30 seconds
 - 7) Double Airborne Heisman for 30 seconds
 - 8) Circle Run for 60 seconds (change direction after 30 seconds)
- Repeat Exercises 5-8.

Parent Signature (Required): _____

I participated with my child: Yes _____ (.5 extra credit) No _____

1) What fact about plyometrics stands out to you? Why?

2) Why should you perform plyometrics?

3) Were you able to complete the full workout? If not how far were you able to get and what could you do differently in order to make it next time.

4) Why is it important to do a warm up with stretching and also a cool down with stretching when exercising?
