Name/Title: Push Up Routine

Purpose of Event: Push-ups are one component of most fitness tests and the only way to improve scores is to use activities to improve upper body strength. The purpose of this activity is for students to improve upper body strength (push-ups). Can be used as part of a strength warm-up or as a fitness station.

Prerequisites: The students should be able to hold a push-up position for at least 30 seconds.

Suggested Grade Level: 5-12

Materials Needed: If used as a station, a print out of the directions is helpful.

Description of Idea

Students work with one partner. Explain and demonstrate some movements students can do from a push-up positon synchronized with a partner. With two people facing one another in push-up position, demonstrate:

- Shake hands (right hand)
- Shake hands (left hand)
- High five (right hand
- High five (left hand)
- Pat the floor with right hand
- Pat the floor with left hand
- Lift right foot
- Lift left foot

Let them practice some of these and encourage them to create their own movements. Have students make a routine with their partners. The movements should be synchronized and they must remain in a push-up position. You may want to make an acceptable timetable, so students know how long the routine should last. When students have had time to prepare their routine, have them perform it for the class.

Variations:

Use groups of 3 or 4 to create different routines.

Have students do this as part of their warm-up.

Offer props such as small balls (tennis sized foam balls for example) to use as part of the routine.

Assessment Ideas:

Ask students what muscles are being strengthened in this routine(biceps, triceps, pectoralis, deltoids, etc.).

Have students track their push-up performance throughout the year.

Adaptations for Students with Disabilities:

Students with physical challenges should be included in groups with the goal of improving everyone's upper body strength while including all students in the routine.

Submitted by **Bob Wright** in Richboro, PA. Thanks for contributing to PE Central! **Posted on PEC: 11/2/2001**.
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