

Group Exercise Band

Item #5410

Function: Group cooperative and challenge band**Audience:** Upper elementary through high school students**Overview:** The Group Exercise Band is an exciting piece of equipment that can be used to stimulate balance, fitness, cooperative, and challenge tasks with students.

The Group Exercise Band can be integrated into physical

education, classroom, and recreational settings. It can be stretched, pushed, pulled, used as a resistance tool, and changed into multiple shapes and sizes.

Key concepts: resistance, push, pull, shape, range of motion, coordination, core stability, balance, cooperation.**Group Exercise Band Activities:**

Warm-up activities with the Group Exercise Band:

While sitting or standing in a circle with a group of 5-9 students holding the Group Exercise Band in front of you.

- How high can you lift it?
- Can you lift the Group Exercise Band up and down with arms straight?
- Can you hold your arms out straight and then curl your arms up to your shoulders?
- Can you sit with feet toward the center of the circle, holding the Group Exercise Band, and perform curl-ups?
- Can you stand around the circle holding the Group Exercise Band with your right hand while facing the student on your left and lift the band up and down, and then pull it towards your left shoulder? (Repeat with left arm facing right.)

Group Activities:

- While sitting or standing inside the band with a group of 8-10 students, have every other student push slowly outward on the band and the other student pull in. This makes the band form a star-like formation. Change the roles and have the pushers pull in and the pullers push out.
- Follow the Leader: Have students take turns demonstrating a balance, push, pull, lift, or stretch and the other students follow the task. Have the groups make the following shapes, pushing



and pulling in different directions: square, rectangle, triangle, pentagon, hexagon, octagon, star, diamond.

- While standing inside the band holding the band at chest level, have everyone walk outward to make a bigger circle (stop at medium resistance).
- Form a shape using inward, outward, upward, and downward pushing and pulling resistance on the band.
- Switch: Students are all inside the band pushing the band slightly outward. The

students must change positions on the band when their color or number is called. While changing positions, the students must not touch each other and the other students that are still holding the band must keep its shape and resistance.

- Group Sit-Ups: While sitting and holding the band in front of them, every other student starts in the up sit-up position and the students perform sit-ups going up and down coordinating their movements with the students on each side of them. Students 1,3,5,7 go up while 2,4,6,8 go down.
- Group Curls: This is the same concept as group sit-ups. Every other student pushes or pulls the band, coordinating the pushing or pulling with the students on each side of them.

Core Stability Activities:

Sitting balanced on your seat and holding the band at chest level, try these activities moving the band up and down, in and out.

- Lift your feet off the floor.
- Lift your feet, bend your knees.
- Lift your feet, bend your knees, and pull your knees toward your chest.
- Lift your feet, bend your knees, and alternate pulling your left and right knees up.
- Lift your feet and pull the band from knees to nose.

Standing: Try these activities first standing still and holding the band and then moving the band in and out, up and down.

- Stand on one foot, then the other foot.
- Stand on one foot and slightly bend the knee.
- Stand on one foot and lean forwards, backwards and side to side.
- Stand with one foot in front of the other.

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