

# Push-Up Trainer

Item #15682

## What the Educational Applications?

Being able to follow directions and respond to visual cues, as well as doing skills using correct form, are important elements of any level in Physical Education. Fitness activities are also an important component. Many of the activities require muscular strength and muscular endurance which students are not always so fond of, however, by teaching proper technique for skill acquisition and creating practice situations, students will increase skill level and be less apprehensive about performing skills. When teaching these types of activities, an important component of discussion is lifelong fitness and understanding; which exercises strengthen which muscles; as well as the importance of maintaining a level of fitness that reflects a high quality of life.

## How can I Use This Product With My Students?

A great teaching aid for beginners. This blue polyvinyl spot trainer features colorful hand and face graphics that aid participants in performing proper push ups. Includes sturdy foam block in center for support and to aid in proper formation as users lower their chest. Instructions printed right on the trainer. SIZE: 19 1/2"L x 30 1/2"W.

### Activity #1 Basic Push Up

Place the trainer flat on the floor and follow the directions on the mat by placing hands on corresponding color for body frame. User should start in the up position and bend elbows out to the sides until touching the foam pad or until elbows form a 90 degree angle in the down position, then straightening elbows and slowly move back to the up position. Challenge students by having them move their hands to any of the other colored hand graphics on the trainer.

### Activity #2 Modified Mat Push Up

Place the trainer flat on the floor and place legs on folded gymnastics mat. How much of the leg will vary by modification. This technique allows the student to be in a straight body push up position without fully supporting body weight. Follow the directions on the mat by placing hands on corresponding color for body frame. User should start in the up position and bend elbows out to the sides until touching the foam pad or until elbows form a 90 degree angle in the down position then straightening elbows and slowly move back to the up

position. Challenge students by having them move their hands to any of the other colored hand graphics on the trainer.

### Activity #3 Bleacher Push Ups

Place the trainer flat on the bottom bleacher and get into straight body push up form with toes on the floor leaning into the bleacher. This technique allows the student to be in a straight body push up position without fully supporting body weight in a traditional push up. Follow the directions on the mat by placing hands on corresponding color for body frame. User should start in the up position and bend elbows out to the sides until touching the foam pad or until elbows form a 90 degree angle in the down position, then straightening elbows and slowly move back to the up position. Challenge students by having them move colors in or out.

### Activity #4 Wedge Mat Push Ups

Place the trainer flat on a wedge or triangular shaped mat and get into straight body push-up position. This technique allows the student to be in a straight body push-up position without fully supporting body weight or adding resistance to the push up, depending on the position at the top or bottom of the wedge mat. Follow the directions on the mat by placing hands on corresponding color for body frame. User should start in the up position and bend elbows out to the sides until touching the foam pad or until elbows form a 90 degree angle in the down position, then straightening elbows and slowly move back to the up position. Challenge students by having them move their hands to any of the other colored hand graphics on the trainer.

### Activity #5 Practice for Physical Best Test

Using the Physical Best CD Push-Up track, students can practice push up timing with any of the activities listed in numbers 1-4.

### Activity #6 Cup Stacking Push Ups

Placing hands in proper position on trainer on the floor, use alternating hands to do a 3 or 6 stack doing a pushup between each alternation. When up-stacked do the same process but for down-stacking.

### Activity #7 Tag Out Alternative

When students are tagged in a tag game, instead of

### Activity #8 While Waiting

When waiting for a turn in lines, students can perform activity 1-4 for a designated amount of times or see how many s/he can do before the person in the front of the line finishes his or her turn.

### How Do I Make This Product Developmentally Appropriate For My Students?

The wonderful thing about this product is it is appropriate for multiple levels. In addition, it does not require a high physical skill ability level to use because it is more of an instructional aid to help with skill acquisition. However, in order to be successful it is imperative the participants follow the designated directions to the activities.

### How Does This Product Relate to Current Educational Thinking?

It is important to give students a well-rounded physical education. Although it is important to teach the basic fundamentals of sports, with today's obesity and type 2 diabetes issues, lifetime fitness is a must for all levels. The Push-Up Trainer promotes muscle development.

If weight training is introduced in this environment, students have a familiar association with the activity because they have used the Push Trainer.

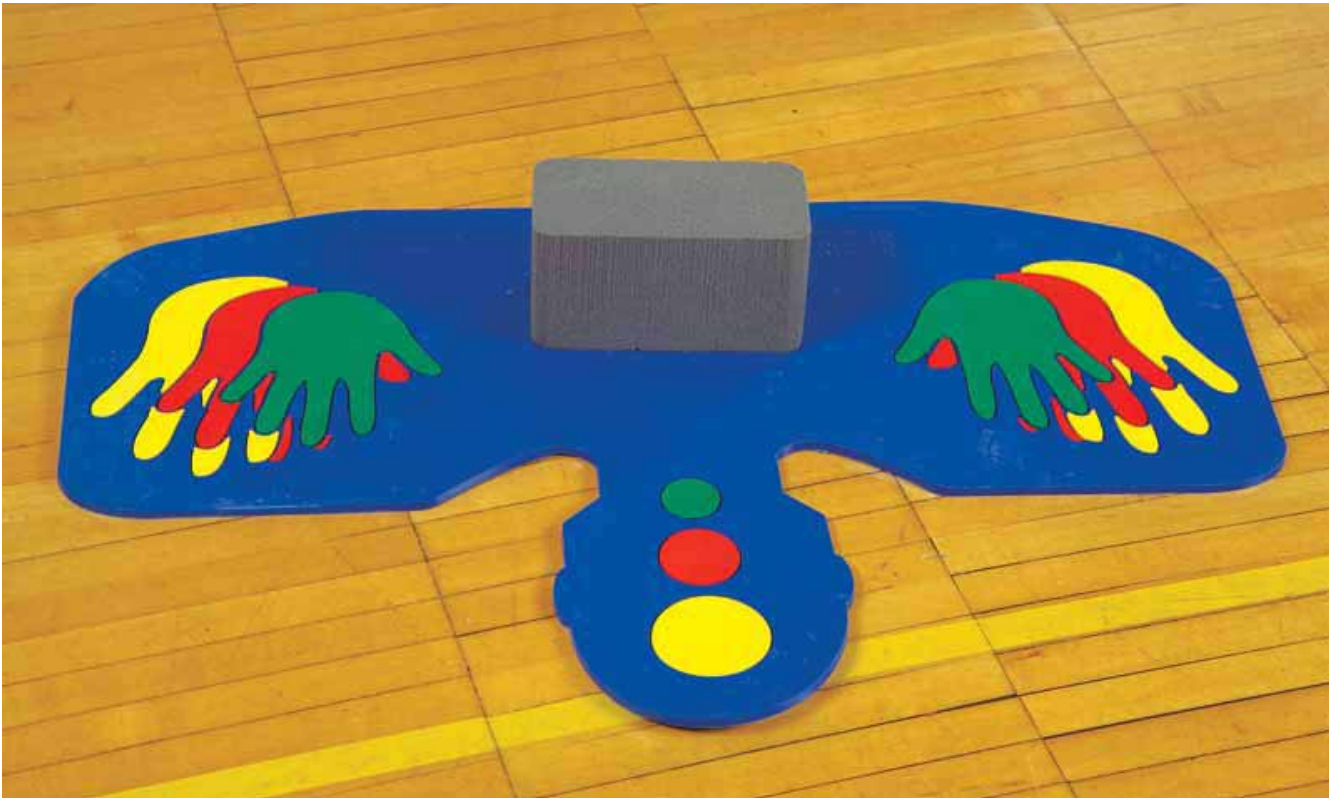
**In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.**

- Does not require sport-related skills
- Appropriate for a variety of age ranges
- Can be used indoors and outdoors
- Can be used as an instructional tool
- Provides differentiated challenges

### Safety Issues & Concerns

- Make sure students are paying attention and follow directions
- Place on flat surface
- Make sure students use appropriate color for needs
- Do not allow students to do more challenging activities until they have mastered basic activities





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*Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time*

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