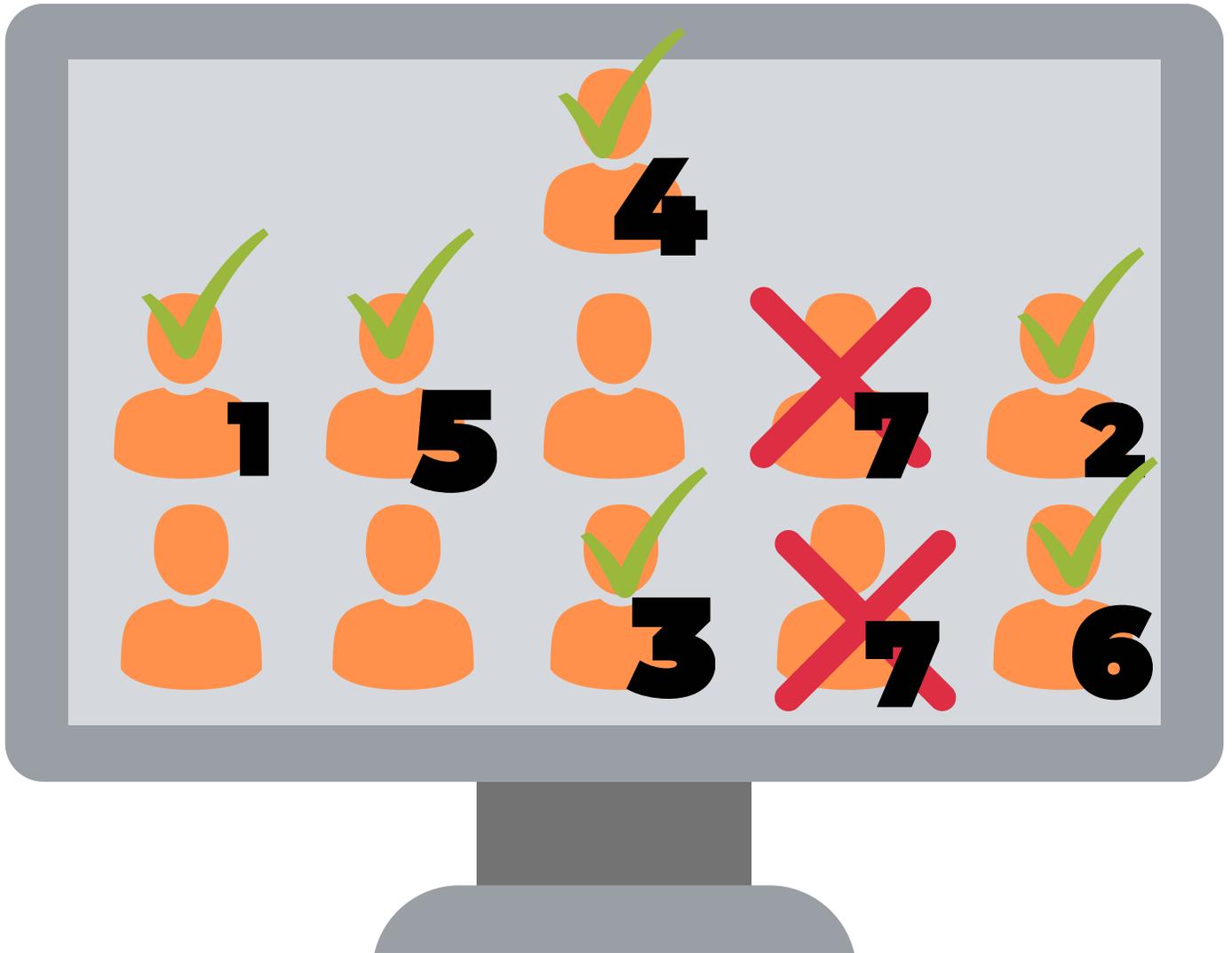




Collective Counts: Isometric Contraction Challenge

InterActive4Life

INTERACTIVITY IN A SNAP SHOT

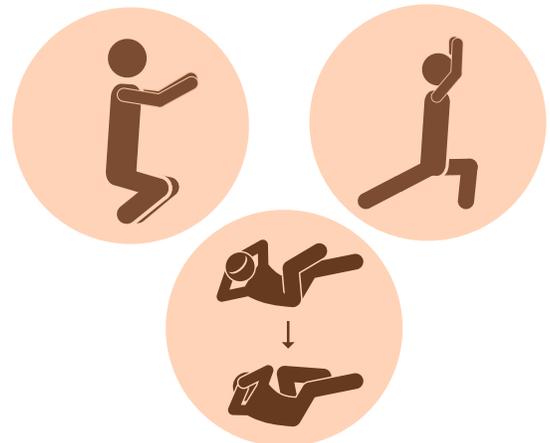


Students count in a sequential fashion to a specified number while assuming an isometric contraction in proper form.

The students call numbers at random QUICKLY but they try not to speak at the same time!

If they speak at the same time, they must start over (see 7 & 7)!

You can also do this interActivity with...





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WARM UP INTERACTIVITIES

Student Targets



Movement Competence

Safely develop health related fitness components to increase physical literacy and demonstrate ability to perform a locomotor movement.



SEL

Develop self-awareness and healthy relationship skills by monitoring their bodies and other's bodies' physical and mental responses when they are participating in a physical activity. Develop critical and creative thinking skills as they learn to make decisions by becoming aware of the timing and force required to communicate.



Relationship

Develop awareness of postural signs/tells of their partner so that they can meet and match their movements; determine how to 'read' others postures and positions in order to react so that they can reach their number easily and seamlessly.



Physical Distance

This InterActivity can be performed 2 meters away from a partner.



Online

This game can be performed online using visual educational technology.

Activity Overview

Participants will work together to hold an isometric contraction such as a plank, wall-sit, or bridge with proper alignment and flowing breath. The collective goal is to sustain the position and count to 20 with the constraint that no two people can say a number at the same time. If two people say the same number at the same time such as "3", then the class begins at "1" again.



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WARM UP INTERACTIVITIES

Getting Started:

With family members, friends, or a class find a safe, open space with physical distancing measures in mind or meet online through visual technology (i.e., Google Classroom or Zoom). Let's see how students can broaden their connection to a larger group setting.

- Students work together as a class to perform an isometric contraction, i.e., plank, wall-sit, or bridge.
- Each member of the class calls out a number from 1 to 20 (or more if there are more students). Each student should call at least once and at random.
- If two students speak at the same time or if the group is not working together, start over.
- The goal of this activity is for students to develop a collective consciousness where they can feel when it is time to speak and when it is time to listen.

Modifications to the Game:

- **Locomotor movement:**
 - **Jump Squat Challenge:** Try this InterActivity instead with a sustained squat. The person calling out a number jumps in and out of the held squat position.
 - **Many ways to move:** Try counting from 1 - 20 for example, but change the movement that is performed every time two students accidentally speak at the same time (i.e., begin with a plank, then a squat, then a raised leg balance, etc.).
- **Speed of locomotor movement:** Count as fast as you can as a group.
- **Communication:** Change the method of communication (i.e., students hold up a card to represent a number).

Adaptations to Rules of the Game:

- **Cooperative Rally:** Everybody chants and says the number at the same time while performing the isometric contraction or movement to build up the feeling of connection.
- **For younger grades:** Count to 5 or 10 as a group or assign numbers to students, i.e., you are a "3", you are a "5" to establish a sequential and predictable order.
- **For older grades:** Increase the numeric goal, i.e., count to 30 or 50 or 100 or add layers of challenge in the isometric itself, i.e., 1 hand plank, 1 leg isometric squat etc.



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WARM UP INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function

(Connecting Postures)

- What are the physical indications of readiness for the game to begin? Are you able to maintain a flow of breath in your selected isometric position?

InterActive Form

(Connecting Positions)

- What ways can you modify your sustained pose to make it easier or harder?

InterActive Feeling

(Connecting Sensations
of Timing & Force)

- What interpersonal cues help you feel when it is time to say a number? What cues help you feel when it is time to listen and not say a number?

InterActive Flow

(Connecting Energies)

- What does it feel like when you are on a roll? What helps you get on a roll so that you are effortlessly able to count to 20?