

Session 8

PATHFIT II-Activity 2 Legs and Glutes Exercise

A. Introduction

The legs and glutes are important parts of the body because they carry us whenever we move and they bear the weight of our body. To name the major muscles that compose the legs and the glutes are the quadriceps, hamstring, calves and the gluteus.

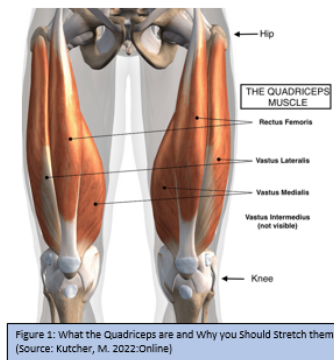
B. Session Objectives

- Identify the different types of legs and glutes muscles and muscle group.
- Determine the significance of legs and glutes activities or workout in everyday movement routine.
- Identify the various exercises in improving legs and glutes muscles that is useful to personal fitness plan.
- Perform basic locomotor and non-locomotor legs and glutes exercises that can be incorporated to PE class activities.

C. Session Content

1. Topic 1: MAJOR MUSCLES OF THE LEG AND GLUTES

- a. Quadriceps
- b. Hamstrings
- c. Calves
- d. Gluteus



Quadriceps

- ✓ The quadriceps (Quads) are located in the anterior part of the thigh muscles.
- ✓ The primary function is to flex and extend which are commonly happening on the knee.
- ✓ This is one of the strong muscles of the body.

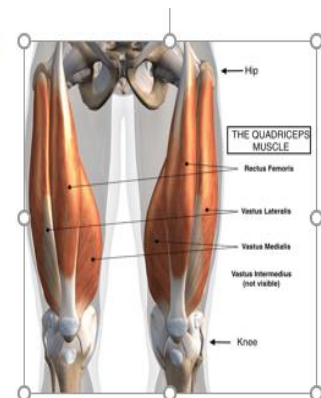


Hamstrings

- ✓ The hamstring muscles provide the stability and balance of your knees.
- ✓ Facilitates flexion and controls extensions on knee joint



The quadriceps and hamstring are twin muscles that are working together to activate efficient movement on thigh muscles.





Calves

- ✓ Responsible for standing, walking, running and walking.

Figure 3: Calf Muscle Tightness
(Source: Davda, K. ND. (Online))



Glutes

- ✓ Situated at the posterior part of the pelvis.
- ✓ Gluteus maximus, medius and minimus
- ✓ Responsible for abduction and adduction, rotation and hip extension

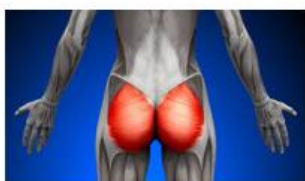


Figure 4: Importance of Glute Activation.
(Source: IntoWellness Administrator. 2021:Online)

2. Topic 2: BASIC ACTIVITIES FOR LEGS AND GLUTES

Basic Step Up & Down	Front to Side Knee Raise
Alternate Knee to Chest	Squats
Alternate Forward Lunge	Squat Jumps
Side Lunges Alternate	Donkey Kicks
Double High Knee Raise	Side (Lateral Jumps)
Single High Knee Raise	Stamping

Basic Step up & Down

- Alternate step up and down
- Maintain the line of the body when doing the activity to bring the weight of the body to the glutes and legs while at work.



Figure 5: Photos owned by the author. In the photos is the author's PE students.

Step up & Down

- Alternate step up and down
- Maintain the line of the body when doing the activity to bring the weight of the body to the glutes and legs while at work.
- This pace is another variation activating the flexibility of the knee joints and ankle



Figure 6: Photos owned by the author. In the photos is the author's PE students.

Alternate Knee to Chest

- Alternately raise the knee to the chest level and bring the leg to the rear.
- This activates the glutes, quads, hamstring and calves.



Figure 7: Photos owned by the author. In the photos is the author's son.

Alternate Forward Lunge

- Bring the legs in front alternately then bend the knee keeping the body a little low, return to base.
- Check on your balance to avoid wobbly movements.



Figure 8: Photos owned by the author.

Double High Knee Raise

- Combine the idea of jogging in place and high knee raise in a double count pace.
- This activity enhances balance and coordination of movement.



Figure 9: Photos owned by the author. In the photos is the author and her colleague.

Single High Knee Raise

- This is a good activity for all sports that needs leg muscle endurance.
- Execution must be consistently done to achieve the efficiency and effectiveness of movement.
- Do not lean back and forward to keep your balance.



Figure 10: Photos owned by the author. In the photos is the author and her colleague.

Squats

- This is just one of the squats variations.
- You can consider holding a ball or anything that is safe to add weight on the arm.



Figure 12: Photos owned by the author. In the photos is the author's son.

Stamping

- Speed development for the legs. Stamping is commonly done in basketball, running, volleyball.

Figure 15: Photos owned by the author. In the photos is the author and her colleague.



3. Topic 3: SAMPLE ASSESSMENT OF STUDENTS' PERFORMANCE

Activities	Execute 8 Repetitions	Identify which muscle is primarily being targeted (quads, glutes, hamstring, calves)
Basic Step Up & Down		
Step Up & Down		
Alternate Knee to Chest		
Alternate Forward Lunge		
Side Lunges		
Double High Knee Raise		
Single High Knee Raise		
Front to Side Knee Raise		
Squats		
Squat Jumps		
Alternate Donkey Kicks		
Side (Lateral Jumps)		
Stamping		

Buddy-system Exercise Work Out

	YES	NO
Basic Step Up & Down		
Step Up & Down		
Alternate Knee to Chest		
Alternate Forward Lunge		
Side Lunges		
Double High Knee Raise		
Single High Knee Raise		
Front to Side Knee Raise		
Squats		
Squat Jumps		
Alternate Donkey Kicks		
Side (Lateral Jumps)		
Stamping		

E. Conclusion

Legs and glutes are important parts of our body because it helps us to move from one place to another without using material support or aid. It is likewise important not just to take care of them but also we need to

strengthen them because health will deteriorate when people get old so is our muscles.

E. References

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