

## Session 9

### PATHFIT II-Activity 4 Arms, Shoulder and Back Exercise

#### A. Introduction

Arms, shoulder and upperback exercises can be considered as everybody's exercise. It allows an individual to exercise even when seated. In doing properly selected exercise activities, it helps people to efficiently carry, pick-up or any other related everyday movements.

#### B. Session Objectives

- Identify the various exercises in improving the arms, shoulders and the chest region that be integrated to personal fitness plan.
- Perform basic non-locomotor core exercises that can be incorporated to PE class activities.
- Assess the level of performance in terms of execution using a guide rubric.

#### C. Session Content

##### 1. Topic 1: EASY TO FOLLOW ACTIVITIES FOR PE CLASSES

###### Arm Circles

- 12 counts small inward circles
- 12 counts small outward circles
- 12 counts big inward circles
- 12 counts big outward circles



Figure 1: Photos owned by the author.  
In the photos is the author and her colleagues.

### Arms Swing Clap

- 8 swing count forward and 8 counts backward



Figure 2: Photos owned by the author.  
In the photos is the author and her colleague.

### Arm scissors

- 16 counts of continuous scissors movements



Figure 3: Photos owned by the author.  
In the photos is the author and her colleague.

### Upward Slide

- 16 counts of continuous upward slide movements



Figure 4: Photos owned by the author.  
In the photos is the author and her colleague.

### Bicep Curl

- 8 counts bicep curl (R)
- 8 counts bicep curl (L)
- 16 counts bicep curl (R&L)
- 16 counts bicep curl (Alternate L&R)



Figure 5: Photos owned by the author.  
In the photos is the author and her colleagues.

### Lateral Raise

- 16 counts lateral raise



Figure 6: Photos owned by the author.  
In the photos is the author and her colleagues.

### Front Raise

- 8 counts front raise (R)
- 8 counts front raise (L)
- 16 counts front raise (R&L)
- 16 counts front raise (Alternate L&R)



Figure 7 : Photos owned by the author.  
In the photos is the author and her colleagues.

### Lateral Arm Pull

- 16 counts lateral arm pull



Figure 8 : Photos owned by the author.  
In the photos is the author and her colleagues.

### Push & Pull Press

- 16 counts push and pull press



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

## Diagonal Forward Press

- 16 counts diagonal forward press



Figure 8: Photos owned by the author.  
In the photos is the author and her PE students and players.

### ***Other variations:***

- Perform with a partner
- Materials: sticks or baston
- Barbell plate
- Elastic band

## Lunges and forward-back arm swing



➤ 8 repetitions

### ***Other variations:***

- Combine with squats
- Diagonal side-to-side

Figure 8: Photos owned by the author.  
In the photos is the author and her PE students and players.

## Bunung Braso

- Philippine traditional games that challenges the strength of the arm of both opposing individual.



Figure 10: Photos owned by the author.  
In the photos is the author and her PE students and players.

## 2. Topic 2: SAMPLE GRADING RUBRICS

Name: \_\_\_\_\_ Grade/Section: \_\_\_\_\_

### *Individual Performance*

(Write the exercise activity here)	YES	MODERATE	NO
Ability to perform properly			
Maintained proper posture during performance			
Followed the required number of repetitions			
Department			

Student Name: \_\_\_\_\_ Grade/Section: \_\_\_\_\_

### *Group Performance*

(Write the exercise activity here)	5-4	3-2	1-0
Ability to perform properly			
Maintained proper posture during performance			
Followed the required number of repetitions			
Synchronization			
Over-all group performance			
<b>Total Score</b>			

**Grand Total: \_\_\_\_\_**  
**25 points**

Student Name: \_\_\_\_\_ Grade/Section: \_\_\_\_\_

### *Group Performance*

(Write the exercise activity here)	5-4	3-2	1-0
Ability to execute with proper form			
Maintained proper posture during performance			
Ability to sustain energy level for the duration of performance			
Synchronization			
Mastery			
Over-all group performance			
<b>Total Score</b>			

**Grand Total: \_\_\_\_\_**  
**30 points**

Student Name: \_\_\_\_\_ Grade/Section: \_\_\_\_\_

**Group Performance : Own Choreography or exercise design**

(Write the exercise activity here)	5-4	3-2	1-0
Ability to execute with proper form			
Maintained proper posture during performance			
Ability to sustain energy level for the duration of performance			
Synchronization of movements			
Mastery of the			
Used appropriate music accompaniment			
Infuse other related movements like marching, jog in place...			
Display at least 3 directional formations			
Over-all group performance			
<b>Total Score</b>			

**Grand Total: \_\_\_\_\_**  
**45 points**

**E. Conclusion**

There are numbers of exercises in strengthening the arms, shoulder and the upper back. In doing an exercise to strengthen these parts of the body is considered economical because even without an equipment it is still possible to perform appropriate activities. The design can start from simple to complex, from easy to difficult.

**E. References**

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