



Session 9

C-PE 2 (3 units) **PATHFIT II Exercise-based Program**

Spring Semester 2024



Arms, Shoulder & Back

Basic Exercises for PE Classes



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.



Session Objectives:

- Assess the level of performance in terms of execution using a guide rubric.



Simple 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.

Spring Semester 2024

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

Spring Semester 2024

**Lunges and
forward-back arm
swing**

➤ **8 repetitions**



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



Other variations:

- Combine with squats
- Diagonal side-to-side



C-PE2: Physical Activities Toward Health and Fitness 2

Spring Semester 2024

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Student 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			



C-PE2: Physical Activities Toward Health and Fitness 2

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines

Spring Semester 2024

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			
Total Score			

Grand Total: _____
25 points



C-PE2: Physical Activities Toward Health and Fitness 2

Spring Semester 2024

Lecturer:

May S. Flores, LPT, Ed.D.
Professor, School of Education
University of the Assumption
The Philippines



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



C-PE2: Physical Activities Toward Health and Fitness 2

Lecturer:

May S. Flores, LPT, Ed.D.

Professor, School of Education
University of the Assumption
The Philippines

Spring Semester 2024

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			
Total Score			

Grand Total: _____
30 points



C-PE2: Physical Activities Toward Health and Fitness 2

Lecturer:

May S. Flores, LPT, Ed.D.
 Professor, School of Education
 University of the Assumption
 The Philippines

Spring Semester 2024

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			
Total Score			



Grand Total: _____
 30 points

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.



What traditional games in your region or country that you can relate to arms and shoulder strength?



Students' Task:

Create a variety of arms and shoulder exercise routine with music accompaniment.



Teachers' Task:

Create an appropriate scoring rubric to score /grade students' task.



References:

Bryant, M. (2023). The New Science of Arm Day Training. [Online Article] [Accessed on May 10, 2024]
<https://www.menshealth.com/fitness/a42885173/arm-muscle-training-science/>

Callo, L. (2017) Physical Education and Health Manual, DepEd, Philippines

Jonhson, J. (2021). Which Muscle Groups can People Work out Together. [Online Article] [Accessed on May 10, 2024] <https://www.medicalnewstoday.com/articles/muscle-groups-to-work-out-together>

Kuschmider, R. (2021). Best Exercise for Arms. [Online Article] [Accessed on May 10, 2024]
<https://www.webmd.com/fitness-exercise/features/the-best-arm-exercises>



References:

Lagyap, C. (2017) Physical Education and Health Manual, DepEd, Philippines

Lindberg, S. (2021). At-home Arm Work outs are Simple with these 12 Exercises. [Online Article] [Accessed on May 10, 2024] <https://www.healthline.com/health/fitness/arm-workouts-at-home>

Oyco, V. (2000). "Physical Fitness for College Freshmen" Revised Edition

Pabelico, N. (2017) Health Manual, DepEd, Philippines



References:

Resvito, J. (2024). Effective Exercises for Building a Strong Back. . [Online Article] [Accessed on May 10, 2024]] <https://www.health.harvard.edu/exercise-and-fitness/effective-exercises-for-building-a-strong-back>

Sloboda, G. (2023). Build Strong Arms and Shoulders with these 9 Exercises. [Online Article] [Accessed on May 10, 2024] <https://www.cnet.com/health/fitness/want-toned-biceps-and-shoulders-try-these-nine-arm-exercises/>