

## **Northside ISD**

### **Move to Live, Live to Move Modules**

#### **Circuit Training Module #1**

**Circuit Training** is designed to provide opportunities for the development of multiple physical fitness components, aligned with TEKS, through an exercise program that utilizes a circuit training approach and a variety of exercise training tools.

#### **Flex Core Training Module #2**

**Flex-Core** is designed to provide opportunities for the development of flexibility, strength and endurance of the core muscles, aligned with TEKS, through an exercise program that utilizes activities adapted from Yoga and Pilates.

#### **Cardio High-Tech Training Module #3**

**Cardio High Tech** is designed to condition and monitor the fitness component of cardiovascular endurance and increase knowledge of training principles, prevention of coronary heart disease and the relationship towards overall wellness. This will be accomplished through the utilization of a variety of machines and equipment. The unit will meet the TEKS of physical activity and health standards.

#### **Frisbee Activities Module #4**

**Frisbee Activities** is designed to provide opportunities for students to develop skills that will help them successfully participate and enjoy Disc Golf and Ultimate Frisbee.

#### **Fencing Module #5**

**Fencing** is designed to teach a dual sport that can provide opportunities for participation as a lifetime sport. Instruction on the history, rules, movement patterns, and bouting strategies of Foil Fencing will be included. The unit will meet the TEKS of individual and dual sport standards.

#### **Lacrosse Module #6**

**Lacrosse** is designed to provide opportunities for the development of speed, agility, endurance, eye-hand coordination and finesse through a games approach model. The games approach model begins with modified and simplified games that emphasize discovering what to do first, then how to do it.

#### **Rock Climbing Module #7**

**Rock Climbing** students will have fun, gain technical skills and develop new insight into their own capabilities. This process will enhance student's kinesthetic awareness and physical abilities. Students will gain a unique sense of accomplishment and appreciation for both physical fitness and adventure activities.

#### **Orienteering Module #8**

**The Orienteering Module** is designed to provide opportunities to develop the skills and knowledge of compass use and navigational skills required to successfully participate in outdoor adventures, like mountaineering, backpacking, hiking, and even traveling in downtown San Antonio. The unit will meet the Texas Essential Knowledge and Skills Outdoor Adventure standards.

#### **Live to Cycle Module #9**

**Live to Cycle module** is designed to condition the fitness component of cardiovascular endurance and provide knowledge and experience of different training techniques utilizing Spin Cycles. Spin Cycle training simulates outdoor cycle riding on a specially

designed stationary bicycle. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

### **Live to Lift Module #10**

**Live to Lift module** is designed to condition the fitness components of Muscular Strength and Muscular Endurance and provide knowledge and experience of weight lifting through varied resistance training tools. The format is structured as a group activity class, but allows individual training through selection of amount of resistance utilized. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

### **Tennis Activities Module #11**

**Tennis Activities** and **Cardio Tennis** are designed to promote and develop the growth of Tennis. Skills learned will enable students to embrace an active lifestyle throughout their lives. Tennis stimulates the mind, body and emotions and fosters cooperative and competitive skill development. Studies indicate that Tennis cuts the risk of heart disease, helps foster sociability, mental focus, teamwork and discipline. It is also a great stress reducer and burns more calories than many other popular sports. All this can be achieved without limitations based on gender, physical size and age.

### **Omnikin Games and Kin-ball Module #12**

**Omnikin Games and Kin-Ball** is designed to motivate participants into physical activity on a regular basis by offering innovative game concepts and products.

### **Move to Radical Fitness Module #14**

**Move to Radical Fitness** takes performance to the next level and effectively improves **MOTOR** performance of all skills through the use of a variety of training tools and workouts. Radical fitness module is designed to condition the skilled related fitness components of Total Wellness. The 5 health related fitness components provide the base for healthy living and are the prerequisite for athletic performance. The skill related components complete the total fitness package. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

### **BOSU Module #15**

**The BOSU Balance Trainer Module** is designed to train both the physical and mental fitness components. BOSU training involves integrating physical movement challenges with a fully engaged mind. The acronym BOSU stands for; **Both Sides Utilized**. The unit will meet the Texas Essential Knowledge and Skills physical activity and health standards.

### **Golf Module #16**

**The Golf Module** is designed to teach golf as a target game that requires hand-eye coordination, gross motor-skill coordination, fitness, decision-making, honesty, and etiquette. Lessons are activity-based, encouraging movement, skill development, and self-exploration.

### **Floor Hockey Module #17**

**Floor Hockey Module** is a fast-paced team sport that requires continuous movement, manipulative skills and strategies in order to score a goal. Skills learned in this module will transfer to the development and learning of other activities that require striking. The game rules are adaptable to meet the needs of the program regarding available space, class size, and ability levels. The module is designed to meet the Texas Essential Knowledge and Skills Team Sport section.

### **Team Handball Activities Module #19**

**The Team Handball Module** is designed to provide opportunities for students to learn about the second most popular team sport in the world (next to soccer) and to develop skills that will help them successfully participate and enjoy Team Handball in the future.

### **Drum Fit Module #20**

We started DrumFIT in schools as a simple, fun way to impact kid's lives both physically and mentally. Recognizing the need for innovative, high-quality P.E. curriculum resources, DrumFIT launched its Play N' Go Curriculum which led to DrumFIT being dubbed "Netflix for P.E." DrumFIT's streaming video curriculum reaches hundreds of thousands of students and educators every month, and is helping accomplish the DrumFIT mission: To Teach Students to LOVE Cardio Fitness for LIFE!

### **Mountain Biking Module #21**

**The Mountain Biking Module** is designed to take an individual with basic bicycle riding capabilities to an intermediate bicycle rider level. The rider will become a safe bicycle rider and become familiar with the Texas rules for riding bicycles on roadways and parkways. Student will learn how to use a bicycle as a safe fitness tool and as a means of transportation. Special trail handling skills and use of the bicycle as a fitness tool will be presented.

### **Archery (NASP) Module #22**

**The Archery Module:** As a result of this unit, the history, physical, emotional, and social benefits will be learned. In addition, safety strategies, skills, and archery techniques necessary to participate in and enjoy archery as a lifetime activity will be fully addressed.

### **Safe Routes to Schools Mountain Biking Module #23 (NEFF)**

**The Mountain Biking Module** is designed to take an individual with basic bicycle riding capabilities to an intermediate bicycle rider level. The rider will become a safe bicycle rider and become familiar with the Texas rules for riding bicycles on roadways and parkways. Student will learn how to use a bicycle as a safe fitness tool and as a means of transportation. Special trail handling skills and use of the bicycle as a fitness tool will be presented.

### **TFN Rock Climbing Module #24 (Rayburn, Ross, Neff, Jones)**

**Rock Climbing** students will have fun, gain technical skills and develop new insight into their own capabilities. This process will enhance student's kinesthetic awareness and physical abilities. Students will gain a unique sense of accomplishment and appreciation for both physical fitness and adventure activities.

### **Rookie Rugby Module #25**

Rookie Rugby is the safe, non-contact version of the game for kids of all ages. It is designed so be the 'catch-all' brand for youth rugby and can be fag or tag (two hand touch). It is recommended that fag rugby be promoted among programs for the following reasons:

1. Flag Rugby is Easier to Referee
2. Flag Rugby is Easier for Ball Carriers
3. Flag Rugby Keeps It Safe
4. Flag Rugby Encourages Coed Play

#### 5. Flag Rugby Simulates Actual Rugby During ‘Tackle’

It encourages offensive continuity with running forward, passing, supporting, etc. As well, it enhances sportsmanship and respect when the defense hands the flag back to the offensive player. In general, we want to make sure kids are out playing rugby, whether it is fag or tag. However, to further develop the game and the new kids playing it, it is recommended that fag rugby is the better option.

#### **9 Square in the Air Module #26**

9 Square in the Air is an incredibly fun new game that is fast-paced and addictive. Combining volleyball with traditional 4-square rules, it’s a perfect lead-in unit to volleyball, and great for students of all athletic skill levels. 9 Square in the Air promotes healthy competition, teamwork, encouraging others, peer-enforced game rules, good sportsmanship, and is a great community builder for any group. It works well with classes of any size, and is a game your students will ask for again and again! The game is portable, works well indoors and outside, is height adjustable for different ages, and stores in 3 bags.