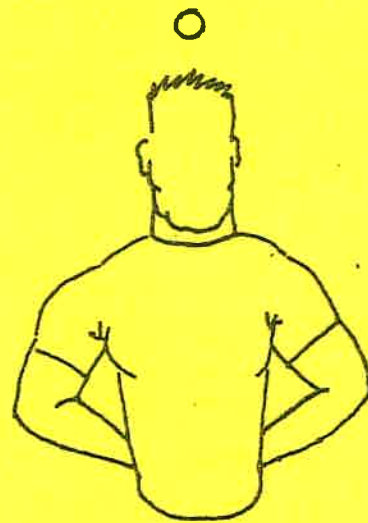
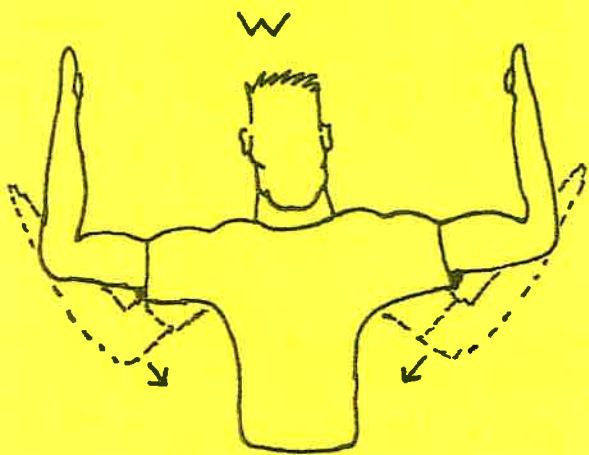
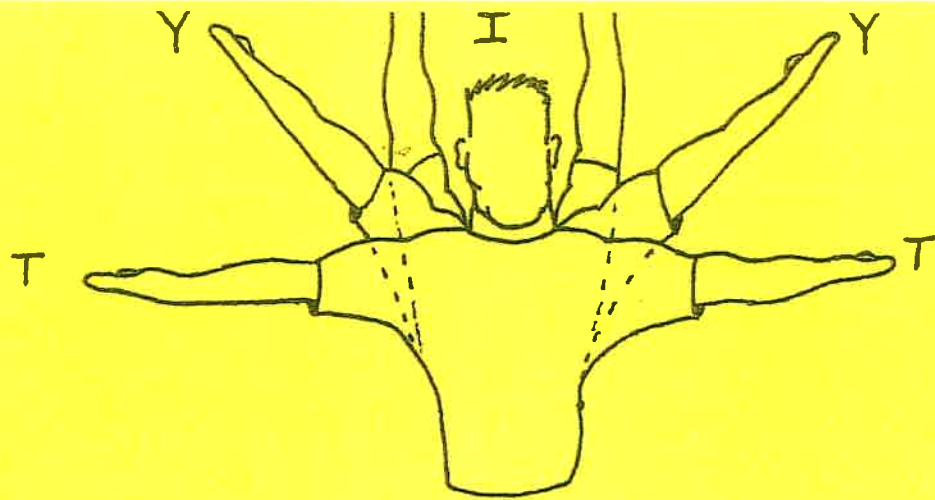


**For I, Y, T, & W:**

- Place your heels, bottom, shoulders and head against wall
  - Do not lay your head back. Tuck your chin and press back into the wall as if you were trying to touch the back of your neck to the wall.
  - Hold your abdominal muscles tight.
1. **I:** Raise your arms directly above your head. Keep your arms straight. Press your index finger and thumb into the wall. Focus on squeezing your shoulder blades together. Hold for 5 seconds then lower your arms to your side for 2 seconds and repeat 10 times.
  2. **Y:** Raise your arms in the shape of the letter Y. Keep your arms straight. Press your index finger and thumb into the wall. Hold for 5 seconds then lower your arms to your side for 2 seconds and repeat 10 times. Focus on squeezing your shoulder blades together and downward.
  3. **T:** Raise your arms in the shape of the letter T. Keep your arms straight. Press your index finger and thumb into the wall. Hold for 5 seconds then lower your arms to your side for 2 seconds and repeat 10 times. Focus on squeezing your shoulder blades together and downward.
  4. **W:** Raise your arms in the shape of the letter W with elbows bent at an approximate 90 degree angle. Press your arms into the wall then pull your elbows down towards your back pockets. Focus on squeezing your shoulder blades together and downward. Hold for 5 seconds then lower your arms to your side for 2 seconds and repeat 10 times.
  5. **O:** Step approximately 6 inches away from the wall. Place both hands behind your low back (**Do not allow the backs of your hands to touch your low back**). Press your fingertips into the wall, then press your elbows into the wall like you're trying to bring your elbows together. Hold for 5 seconds then lower your arms to your side for 2 seconds and repeat 10 times. Focus on squeezing your shoulder blades together.
  6. **Retraction:** Move your feet approximately 12 inches away from the wall. Keep your shoulders leaned back into the wall. Use your elbows to push your body off of the wall as far as possible. Focus on squeezing your shoulder blades together. Hold 5 seconds then relax back against the wall for 2 seconds and repeat 10 times.
  7. **Abs:** Keep your feet approximately 12 inches away from the wall. The only part of your body touching the wall should be your shoulders. Take a deep breath. As you are blowing out, tighten your abdominal muscles like you were about to take a hit in the stomach. Continue tightening your abs until you are pressing your low back into the wall. Hold for 5 seconds, lift your low back off the wall and return to start position. Repeat 10 times.
  8. **Boxer:** Place your feet approximately 3 feet away from the wall while in a push-up position against the wall. Keep your palms flat against the wall and push away from it as far as possible, rounding your shoulders out. Hold this position the entire time. Lift one hand off the wall bringing it straight back, thumb to the side of your chest. Hold the position for 5 seconds then alternate arms. Repeat 10 times. Focus on keeping your abdominals tight and extending your arm out as tight as possible. 120 degrees is the goal angle.

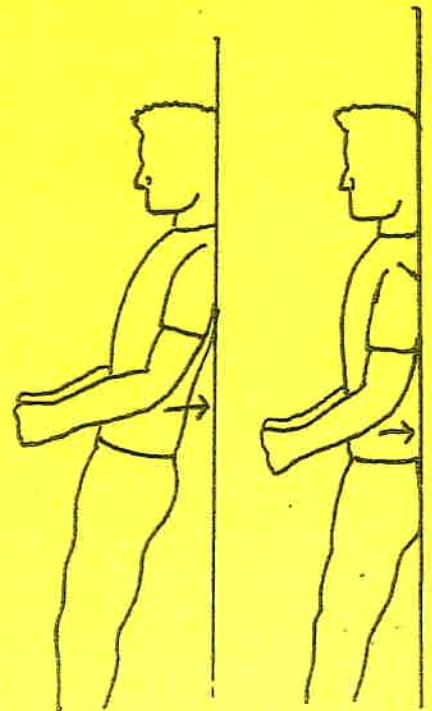
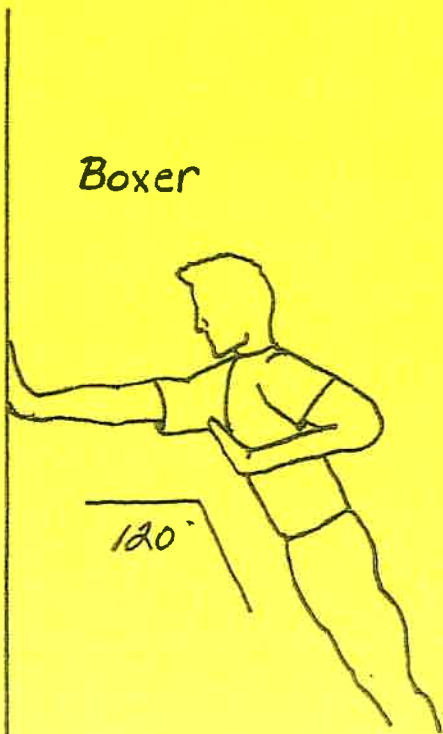
Advanced version: Prone position, Face down on the floor



Retraction

AB<sup>s</sup>

Boxer



# Health, Wellness and Fitness

Brad and Stacy Briscoe

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“Practice doesn’t make perfect. Perfect practice makes perfect.” Vince Lombardi

## 1. Childhood Obesity

- 39 million children under the age of 5 were overweight or obese in 2020.
- Over 340 million children and adolescents aged 5-19 were overweight or obese in 2016.
- Childhood obesity is associated with Family environment, sedentary lifestyle, poor diet and genetics
- Research has demonstrated that children who are readily involved in exercise and sports as a child will be less likely to become obese as an adult and/or will have the tools to combat weight if it does occur

## 2. Physical Education

- As educators are more pressured to incorporate lessons that bridge the classroom to the gym, with less time allotted, they are becoming more selective in what they offer to students
- Particular health and fitness indicators must still be measured and recorded
- Activities that naturally lend themselves to teaching or improving these indicators will be more popular for adoption and retention

## 3. How does NASP fit in?

- NASP has always been more than just archery. NASP has already proven to improve:
  - Grades
  - Self-Esteem
  - Positive behavior
  - Relationships
- NASP has also demonstrated its ability to bridge the classroom to the gym
- By incorporating certain fitness schemes, students can improve their archery performance, fitness indicators in the classroom, and health outlook for the future

## 4. Training Exercises

- Diaphragmatic Breathing
- Scapular Retraction Depression
- Core Strength/Stability