

Rhythms

Rhythm is the movement or procedure with uniform or patterned recurrence of a beat or accent. For physical education purposes it is repeating movement patterns in such exercise activities such as dance, yoga, or aerobics.

Yoga

Yoga is an ancient system of breathing practices, physical exercises and postures, and meditation intended to integrate the practitioner's body, mind, and spirit. It originated in India several thousand years ago, and its principles were first written down by a scholar named Patanjali in the second century B.C. The word *yoga* comes from a Sanskrit word, *yukti*, and means "union". The various physical and mental disciplines of yoga were seen as a method for individuals to attain union with the divine. In the contemporary West, however, yoga is more often regarded as a beneficial form of physical exercise than as a philosophy or total way of life.

The stretching, bending, and balancing involved in the physical postures help to align the head and spinal column; stimulate the circulatory system, endocrine glands, and other organs; and keep muscles and joints strong and flexible. Yoga programs have been shown to reduce the risk of heart disease by lowering blood pressure and anxiety levels. The breath control exercises emphasize slow and deep abdominal breathing. They benefit the respiratory system, help to induce a sense of relaxation, and are useful in pain management. The meditation that is an integral part of classical yoga practice has been shown to strengthen the human immune system. Although Western medical researchers have been studying yoga only since the 1970s, clinical trials in the United States have demonstrated its effectiveness in treating asthma, osteoarthritis, heart disease, stress-related illnesses, high blood pressure, anxiety, and mood disorders.

In addition, yoga does not require expensive equipment or special courts, tracks, or playing fields. An area of floor space about 6 ft by 8 ft, a so-called "sticky mat" to keep the feet from slipping, and loose clothing that allows the wearer to move freely are all that is needed.

Common poses

- Child's pose
- Downward Facing Dog
- Upward Facing Dog
- Warrior I
- Warrior II
- Cat Stretch
- Plank Pose
- Triangle Pose
- Tree Pose
- Chair Pose

Tinikling

The tinikling is a folk dance of the Philippines. The tinikling is an indigenous dance from the Philippines that involves two people beating, tapping, and sliding bamboo poles on the ground and against each other in coordination with one or more dancers who step over and in between the poles in a dance.

Tinikling has recently become popular in the sports curricula of schools as it involves skills similar to jumping rope. It's now a new, fun form of aerobic exercise that also improves spatial awareness, rhythm, foot and leg speed, agility, and coordination.

The tinikling routines that we practiced and performed in class were a 4/4 beat count. These steps are called Singles, Doubles, and Straddles.

Core Strength

Core Strength - The balanced developments of the deep and superficial muscles that stabilize, align, and move the trunk of the body, especially the **abdominals** and muscles of the back.

Your core is one of the most important muscle groups to exercise. Without a strong core, the rest of your body is weakened. You should work them equally to make sure your body stays balanced.

6 Core Exercises

1. Bicycle Crunches – targets upper and lower abdominal and oblique muscles
2. AB Crunch – targets your upper abdominals
3. Hyper extensions – targets your lower back muscles
4. Medicine ball Lunge/Twists – targets oblique and abdominal muscles
5. Medicine ball Crunch/Toss – targets upper and lower abdominal muscles
6. Plank – targets your entire core and upper and lower body muscles

Core exercises, allow exercisers to set their own pace and increase motivation while the resulting adrenaline rush creates a feeling of satisfaction and accomplishment toward their personal fitness goals. Noticeable benefits to core exercises and AB workouts include better balance, more stability, better posture and more energy. They may also eliminate and prevent back pain.

More Core Exercises

Abdominal: (3 sets of 15-25 reps)

- Bicycles – Alternating arms and legs, keep legs about 6 inches off the ground
- V-Sits – Knees up back at 45 degree angle, extend legs out and pull back to chest
- Pikes – Legs up at 90 degrees, lift hands up to toes
- Suitcases – On your back, arms and legs flat on the floor, lift both up together and meet in the middle
- Reverse Crunches – Knees bent back flat on floor, rotate knees up to chest lifting lower back off the ground
- Leg Lifts – Hands to the side or just under bottom, keep legs 6 inches off the ground and lift legs up to 90 degrees and back down
- Crunches – Hands across chest, knees up and lift elbows up to knees keeping eyes looking up to the ceiling

Lower Back: (Hold for three seconds and reset) Reps of 10

- Hypers – Same hand/foot, Opposite hand/foot, both hand/foot
- Rockets – Interlock hands/feet, lift both off the ground together
- Hand and Toe Taps – Push-up position, move hand/foot across and touch
- Knee Tucks – Opposites on all fours, bring elbow and knee together and extend all the way out
- Swimmer/Dolphins Kicks – Flutter kicks with hands/feet, Both hands/feet move together
- Shoulder Bridge – Lay on back with feet flat on floor, lift mid-section up to parallel, add right/left foot up parallel when lifting body