

ISOMETRICS

Materials: None.

NOTE: This activity can be done individually or as a group.
The group will need a leader.

HERE'S HOW:

1. In a seated position, place your palms together, imitating a position of praying. Push your palms against each other for a few seconds. (Leader would say, "Push"). Then relax for a few seconds. (Leader would say, "Relax"). Repeat 3 to 5 times. Remember we are going for lots of heavy work input to the joints and muscles so decide on the number of repetitions accordingly.
2. Next, curl the fingers on each hand to form a semi-circle. Rotate one hand toward your body and one hand away from your body. Interlock your fingers, imitating a position of an opera singer. Pull your elbows in the opposite directions whilst keeping your fingers interlocked for a few seconds. Relax for a few seconds and repeat at least 3 to 5 times. In the opera singer position, switch hands so the hand that was on top is now on the bottom. (Leader would continue throughout the steps of the isometrics to say, "Push and relax").
3. Now raise both arms straight over your head. Clasp your hands and stretch upward for a few seconds, pretending you're touching the ceiling with your hands. Relax for a few seconds and repeat at least 3 to 5 times.
4. Shrug your shoulders up close to your neck for a few seconds, pretending to touch your shoulders to your earlobes. Relax for a few seconds, repeat at least 3-5 times.
5. Then roll your neck and head slowly. Start by tucking your chin toward your right shoulder. Move head in a gentle sweeping motion to move your chin toward your chest and proceed until the chin is tucked toward your left shoulder. Pause a few seconds and reverse. Relax a few seconds and repeat 3 to 5 times.
6. Now place your right palm on top of your right knee. Try to push your knee up and push down with your hand, holding for a few seconds. Relax for a few seconds and repeat at least 3 to 5 times. Switch hands and knees and repeat this same sequence.
7. Finally, place one foot on top of the other. Try to push the bottom foot up and push the foot that is on top downwards. Do this for a few seconds. Relax for a few seconds and repeat for at least 3 to 5 times. Reverse the position of the feet and repeat this same sequence.

THINGS WE'VE NOTICED:

- ❑ While the number of steps listed above may seem lengthy, we've taught many students the sequence (in part or whole) and they learned it quite quickly.
- ❑ Some teachers use isometrics with the whole class. Others allow individual students to do this sequence by themselves whenever they need a break or perhaps just before a test.
- ❑ When teaching isometrics to an individual student, we emphasise the need to do the isometrics quietly, so as not to disturb others in class.
- ❑ At home, isometrics can be done anytime. Common times are at homework time, upon waking and before bedtime.