



California Cadet Corps Curriculum on Wellness



“Stay Fit For Life”

W5/A: Army Physical Fitness



AGENDA

A1. Introduction to Physical Fitness

A2. Execution of Training

A3. Preparation Drill

A4. Activities

A5. Recovery Drill



INTRODUCTION TO PHYSICAL FITNESS

OBJECTIVE:

90% of Unit Cadets can properly perform Army style unit physical training.

Plan of Action

1. Describe how Army style PT is used in the Cadet Corps program to build fitness and health, discipline, teamwork, and leadership.
2. Properly enter into and assemble from an Extended Rectangular Formation at platoon or company level.
3. Perform the ten exercises of the Preparation Drill.
4. Describe the activities of running, circuit training, grass drills, sports, and unit Olympics.
5. Perform the five exercises of the Recovery Drill.

Essential Question: What is the US Army style PT?



PHYSICAL FITNESS

Why physical fitness, health, and wellness?

- One of the pillars of the California Cadet Corps program
- One of the major values instilled in cadets.

Cadets should:

- Embrace a healthy lifestyle in both what is eaten and what is actively done
- Build habits for lifelong wellness.



ARMY STYLE PHYSICAL FITNESS

Philosophy:

- Physical readiness is the ability to meet the physical demands of an active lifestyle
- Physical training (PT) provides the physical component that contributes to wellness, and forms the physical foundation for all training.
- Physical fitness training is one of the Cadet Corps' priority training requirements.

Sources:

1. The Army's current physical fitness doctrine - <http://www.armypt.com/> - which is codified in FM (Field Manual) 7-22.
2. <http://www.physicallytrained.com/>



THE FITNESSGRAM

The Cadet Corps uses the Fitnessgram to measure success in individual fitness of cadets.

The Fitnessgram is a national fitness assessment and reporting program youths. The assessment is comprised of various health related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition.





QUALITATIVE PERFORMANCE FACTORS

Agility - ability to stop, start change directions, and efficiently change body positions

Balance - the ability to maintain equilibrium

Coordination - the ability to perform multiple tasks

Flexibility - the range of movement at a joint and its surrounding muscles

Posture - any position in which the body resides

Stability - the ability to maintain or restore equilibrium when acted on by forces trying to displace it

Speed - the rate of movement

Power - the product of strength and speed



CHECK FOR UNDERSTANDING



1. Fitness is only a physical thing and does not include anything else in the body. T/F
2. Social interaction and emotional wellness is part of fitness. T/F
3. What is the national report card for fitness?
4. How many qualitative performance factors are there?



EXECUTION OF TRAINING

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Essential Question: What is the Extended Rectangular Formation?



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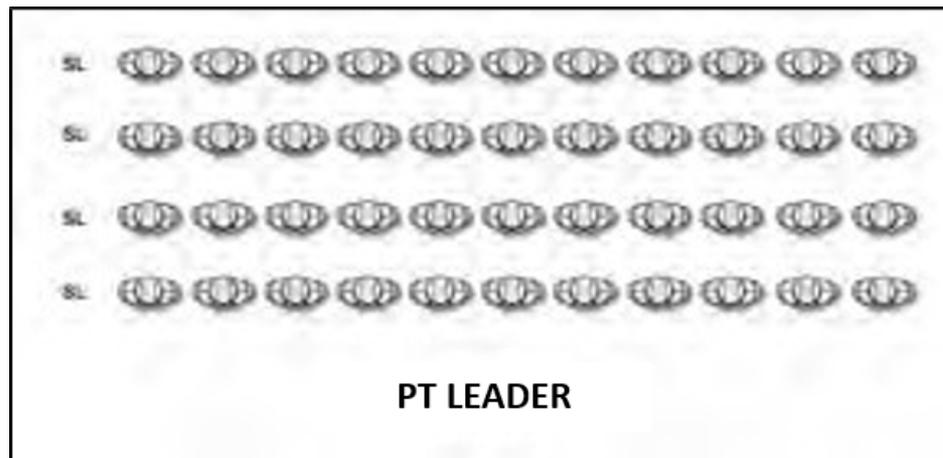
PT COMMANDS

- Physical training stresses the importance of proper commands.
- Uses two types of commands: preparatory commands and commands of execution
- When the PT leader addresses the formation and is commanding movement or announcing the name of an exercise, he does so from the position of attention. Exceptions are exercising that change position without returning to the position of attention.
- When exercises are performed, cadets assume the proper starting position of each exercise on the command “Starting position, MOVE.”
- Successful execution of PT depends on the leadership of competent instructors and Assistant Instructors. PT leaders must have more than: knowledge, skills, abilities to execute a PT session. They must also present a positive image of physical fitness.



EXTENDED RECTANGULAR FORMATION - PLATOON

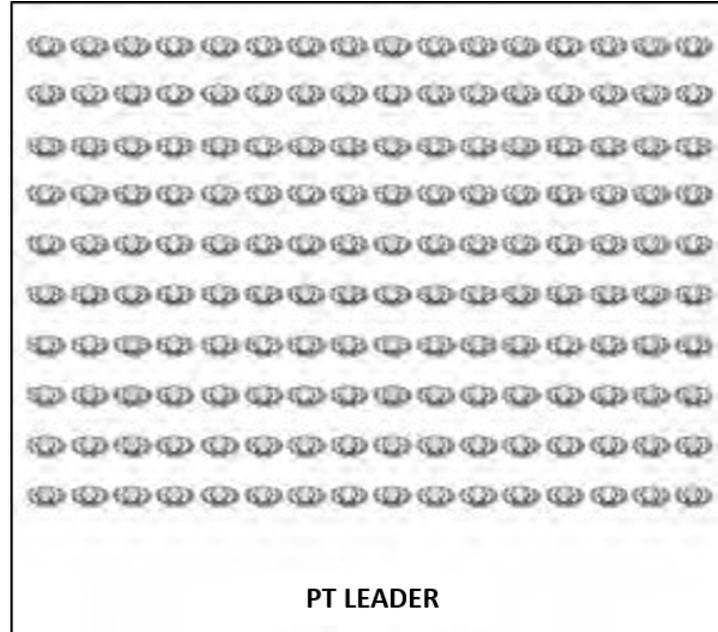
- The Army's traditional formation for PT activities is the extended rectangular formation.
- It is best for platoon to company-size formations because it is simple and easy to assume.
- The PT leader will position a platoon-size unit in a line formation so that the unit is centered and five paces away from the PT leader after they have assumed the rectangular formation.





EXTENDED RECTANGULAR FORMATION - COMPANY

- The PT leader will position a company-size unit in a rectangular formation.
- He first adjusts the base platoon so that the company will be centered and five paces away from the PT platform after they have assumed the rectangular formation.





CHECK FOR UNDERSTANDING



1. What two types of commands are used in PT?
2. The PT Leader addresses the formation from the position of "At-ease". T/F
3. What is the Extended Rectangular Formation?



PREPARATION DRILL

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Essential Question: What is the Preparation Drill?



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PREPARATION DRILL PURPOSE

- The purpose of preparation is to ready the cadet for PT activities.
- The PD is performed at the beginning of every PT session. The PD consists of ten exercises performed for 5-10 repetitions at a slow cadence, with the exception of the high jumper and push-up (which are performed at a moderate cadence). When conducted to standard, preparation will last about 15 minutes.
- Since PT sessions are generally limited to one hour or less, preparation must be brief, yet thorough. The objectives of preparation are to:
 - ✓ Increase body temperature and heart rate.
 - ✓ Increase pliability of joints and muscles.
 - ✓ Increase responsiveness of nerves and muscles.



PREPARATION DRILL

MISCELLANEOUS

Training Area

Any dry, level area of adequate size is satisfactory for conducting the PD.

Uniform

Cadets should wear a PT uniform, or loose-fitting clothing that allows sweat to dissipate.

Formation

The extended rectangular formation is prescribed for the conduct of the PD.

Leadership

A PT leader and AI are required to lead the PD.



ORDER OF EXERCISES

There are 10 callisthenic exercises that comprise the PD. These 10 exercises are always performed in the order and at the cadence shown.

Preparation drill

1. Bend and Reach	5-10 repetitions, slow
2. Rear lunge	5-10 repetitions, slow
3. High jumper	5-10 repetitions, moderate
4. Rower	5-10 repetitions, slow
5. Squat bender	5-10 repetitions, slow
6. Windmill	5-10 repetitions, slow
7. Forward lunge	5-10 repetitions, slow
8. Prone row	5-10 repetitions, slow
9. Bent-leg body twist	5-10 repetitions, slow
10. Push-up	5-10 repetitions, moderate



CHECK FOR UNDERSTANDING



1. Cadets should wear a PT uniform, or loose-fitting clothing that allows sweat to dissipate. T/F
2. What is the Preparation Drill?
3. How many exercises are in the Preparation Drill?
4. How long should the Preparation Drill take?
5. Preparation Drill is designed to Increase _____ temperature and _____ rate, increase the pliability of _____ and _____, and increase responsiveness of _____ and _____.



ACTIVITIES

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Essential Question: What are fitness activities?



ACTIVITIES

After conducting the Preparation Drill, the unit conducts an activity – usually some type of cardiovascular activity, like running, circuit training, grass drills, or sports. A few are listed here, but you are not limited to what is in this lesson.

* Making PT interesting by doing different activities not only keeps cadets' interest in the program, but exercises different muscles.



RUNNING

- The purpose of running is to improve the overall conditioning of the cadet by developing endurance.
- Endurance spans a continuum between aerobic and anaerobic systems.
- Running can be conducted over a variety of terrain – roads, fields, tracks, wooded areas, or hills. For cadets, it is best to stay on roads.



TYPES OF RUNS

- The Ability Group Run (AGR) trains cadets in groups of near-equal ability. Each ability group runs at a prescribed pace intense enough to produce a training effect for that group and each cadet in it.
- The Unit Formation Run elicits rewards gained from running with a group, such as esprit de corps, team building, and discipline. Unit formation runs are based on a time and/or distance and display a unit's cohesion. Unit formation runs are organized by squad, platoon, company, or battalion; not by ability.
- The Release Run combines the benefits of formation running and individual performance at higher training intensities. Cadets will run in formation for no more than 10 minutes, then released to run as fast as they can back to the starting point.
- The Last Man Up Run combines sprinting with longer distance running. Usually done with a small group of 20 cadets or less. The unit forms in a single file and run much like a unit formation run. After the unit has been running for a couple of minutes, the PT Leader indicates by a command ("Go") the last cadet in line sprints up to the front of the formation.



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CIRCUIT TRAINING

- A circuit is a group of stations or areas where specific tasks or exercises are performed.
- The task or exercise selected for each station and the arrangement of the stations is determined by the objective of the circuit.
- Circuits are designed to provide exercise to groups of cadets at intensities which suit each person's fitness level.
- Circuits can promote fitness in a broad range of physical and motor fitness areas. These include cardiorespiratory endurance, muscular endurance, strength, flexibility, and speed.
- Circuits can also be designed to concentrate on sports skills. In addition, circuits can be organized to exercise all the fitness components in a short period of time.



TYPES OF CIRCUITS

- In a free circuit, there is no set time for staying at each station, and no signal is given to move from one station to the next. Cadets work at their own pace, doing a fixed number of repetitions at each station. Progress is measured by the time needed to complete a circuit.
- In a fixed circuit, a specific length of time is set for each station. The time is monitored with a stopwatch, and cadets rotate through the stations on command. There are three basic ways to increase the intensity or difficulty of a fixed circuit:
 - ✓ Keep the time for completion the same, but increase the number of repetitions.
 - ✓ Increase the time per station along with the number of repetitions.
 - ✓ Increase the number of times cadets go through the circuit.

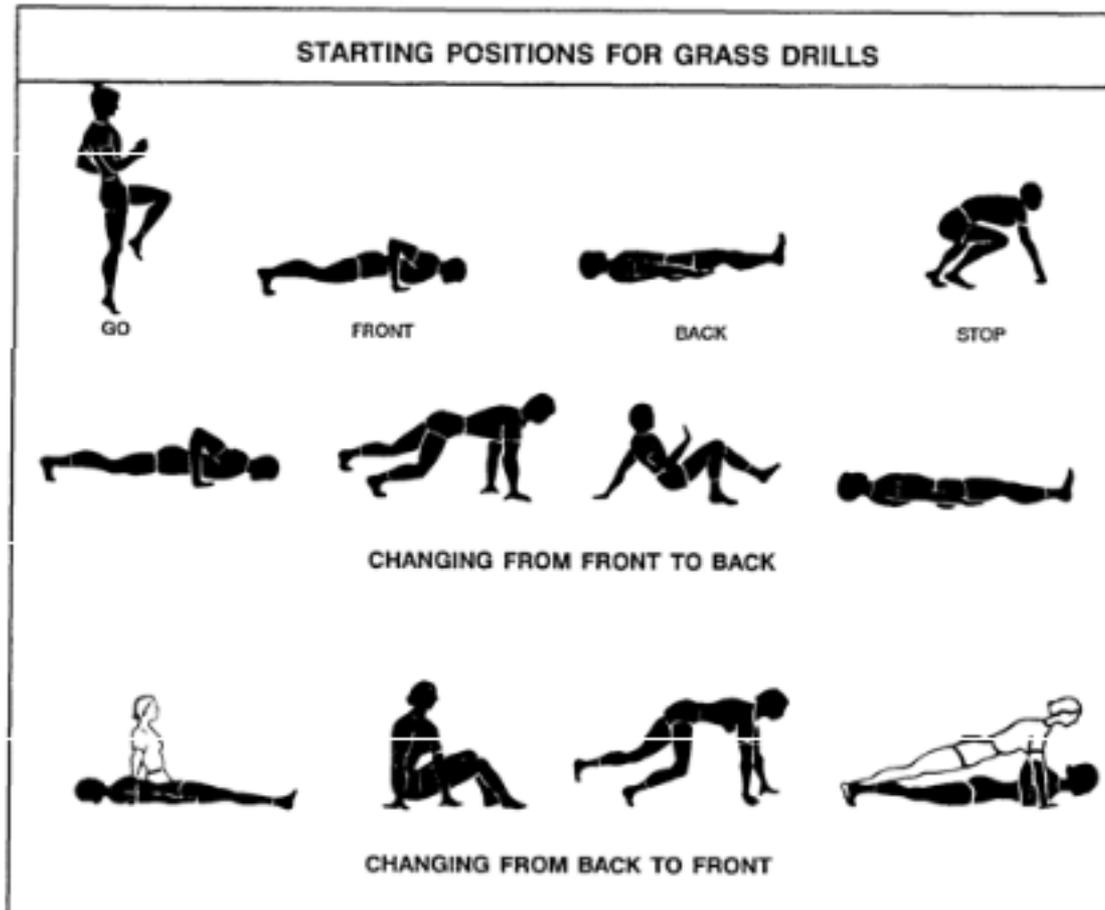


GRASS DRILLS

- Grass drills are exercise movements that feature rapid changes in body position.
- These are vigorous drills which, when properly done, exercise all the major muscle groups.
- Cadets should respond to commands as fast as possible and do all movements at top speed. They continue to do multiple repetitions of each exercise until the next command is given. No cadence is counted.
- Performing grass drills can improve cadet endurance, help develop muscular endurance and strength, and speed up reaction time.
- These drills are extremely strenuous, and should last for short periods (30 to 45 seconds per exercise).
- The cadets should do a warm-up before performing the drills and do a cool-down afterward.



STATING POSITIONS FOR GRASS DRILLS





GRASS DRILL ONE AND TWO

GRASS DRILL ONE

 **BOUNCING BALL**

 **SUPINE BICYCLE**

 **KNEE BENDER**

 **ROLL LEFT OR RIGHT**

GRASS DRILL TWO

 **BOUNCE AND CLAP HANDS**

 **Side View**
LEG SPREADER

 **Top View**

 **SWIMMER**

 **FORWARD ROLL**

 **Start 1 2**
STATIONARY RUN



OTHER ACTIVITIES

- **Sports**

Many sports are appropriate for fitness activities in the Cadet Corps class. Basketball, soccer, volleyball, ultimate Frisbee, and other sports offer a good workout and team focus.

- **Unit Olympics**

The unit Olympics is a multifaceted event that can be tailored to any unit to provide athletic participation for all cadets. The objective is to incorporate into a team-level competition athletic events that represent all five fitness components. The competition can be within a unit or between competing units.



CHECK FOR UNDERSTANDING



1. What are fitness activities?
2. Running should be done for really long periods of time to wear out cadets. T/F
3. What are the two types of circuits?
4. Grass drills are exercise _____ that feature _____ changes in _____ position.
5. Team sports cannot be used as a substitute for fitness activities. T/F



RECOVERY DRILL

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Essential Question: What is a Recovery Drill?



RECOVERY DRILL

- Recovery Drills serves to gradually slow the heart rate and helps prevent pooling of the blood in the legs and feet.
- The purpose of the RD is to develop range of motion and stability to enhance performance, control injuries, and gradually bring the body back to its pre-exercise state.
- To adequately recover from one PT session to another on consecutive days, cadets must restore hydration and energy through proper fluid intake and nutrition.
- The recovery period also includes receiving adequate rest and sleep to allow the body to physiologically adapt to the physical stresses of PT.



RECOVERY DRILL

- **Training Area**

Any dry, level area of adequate size is satisfactory for conduct of the Recovery Drill.

- **Formation**

The extended rectangular formation is prescribed for the conduct of the Recovery Drill.

- **Leadership**

Recovery should last about 10 minutes and occur immediately after the activities of the PT session. Cadets should begin recovery after running activities by walking until their heart rates return to less than 100 beats per minute and heavy sweating stops. Each recovery exercise position will be held for about 20 seconds. The Recovery Drill will be conducted at the end of all PT sessions, and after the conduct of the obstacle course.



RECOVERY DRILL EXERCISES

There is a list of 5, two-position exercises that comprise the Recovery Drill.

These 5 exercises are always performed in the order listed and held for about 20 seconds.

The recovery exercises are not given in cadence.

Cadets move in and out of the starting position and exercise positions on the PT leader's command.

The seconds are not counted out loud.

1. OVERHEAD ARM PULL	HOLD 20 SECONDS
2. REAR LUNGE	HOLD 20 SECONDS
3. EXTEND AND FLEX	HOLD 20 SECONDS
4. THIGH STRETCH	HOLD 20 SECONDS
5. SINGLE-LEG OVER	HOLD 20 SECONDS



CHECK FOR UNDERSTANDING



1. Why is Recovery Drill important?
2. The recovery period also includes receiving _____ and _____ to allow the body to physiologically adapt to the physical stresses of PT.
3. How long should the Recovery Drill last?
4. What is Recovery Drill?