

T Bows Swiss:

Instead of buying expensive cardio equipment that needs consistent care, I highly recommend T-Bows. T-Bows are better for the body and teachers can add a variety of different types movements. Students will enhance the following areas while using T-Bows; cardiovascular, a workout that incorporates balance, stability, strength and flexibility while improving our joints and core. Teachers can use T-Bows for warm ups, K-4 movement development, dance and rhythms, cool down, and adaptive physical education. T-Bows have been used in all the K-12 student teaching experiences.

Safety First - Teachers must instruct how to place your feet; start with big toe and back of heel on edge of T-Bow. Rotate the knees out and keep alignment of the ankle and knee. Straight line ankle to knee allows students to work the stabilizers.

Start with allowing student to become confident and comfortable with the T-Bow.

Crossways balance step into the middle of the T-Bow rocking slowly allowing everyone to become comfortable. Lengthways balance heel on the back of the T-Bow and place one foot so that the toes are slightly off the front. Arms out and tighten the abs.

Madison and Mallory Spears BVU students

Title of Song- Die Young, Kesha

Steps (Practice)

Rock -side to side	crossways	2 counts of 8
Right forward left back	lengthways	2 counts of 8 (both ways)
Double Double w/hesitation	crossways	2 counts of 8
Hand rocks	plank	2 counts of 8
Jumping jacks	flip it over	2 counts of 8

Dance Steps

Step ups	2 counts of 8
Both feet hop	2 counts of 8
Right leg hops	2 counts of 8
Left leg hops	2 counts of 8
High knee step ups	2 counts of 8

Rest 1 count of 8

Flip over T-bow

Plank position

Army crawl 2 counts of 8 knee to the outside of the knee

Hand rocks 2 counts of 8

Rest 1 count of 8

Double Double w/ hesitation 2 counts of 8

Rest (16 counts)

Flip T-bow over

Repeat

Nicole Snyder and Elizabeth (Liz) Riessen

BVU students

Title of Song: Y'all Ready For This?

Dance Steps

Step Ups

a. Up/ Down (8 count x2)

b. Right/Left (8 count x2)

Quick Hops (8 count x1)

Turn Left and Jumping Jacks (8 count x1)

8 count of rest to flip T bow over

Swings (8 count x1)

Mountain Climbers (8 count x1)

8 count rest to get up

Big steps (8 count x2)

Rest (4 count)

Forward walk right (4 count (5,6,7,8))

Rest (4 count)

Forward walk left (4 count (5,6,7,8))

8 count rest to flip T bow over

Repeat steps 1 through 12

Thank you to IAHPERD for the grant money, that has allowed us to train with T-Bows at the University and be able to use them during our student teaching experiences.