

SAILS PE Support

CURL-UPS / ALSO KNOWN AS SIT-UPS

Curl-ups (sit-ups) are an activity done in physical education to demonstrate strength and endurance of abdominal muscles.

Start Position:

- Lie down on carpet/yoga mat/grass. Avoid a hard surface.
- Back flat against the ground, knees bent, feet flat on ground hips width apart, arms resting at sides.

Movement:

- Raise shoulders off the ground by engaging abdominals,
- Arms should slide forward a few inches along the ground (you can also reach arms toward knees, just be sure not to get the movement from the shoulders instead of the abdominals).
- Feet should maintain contact with the ground and not slide up/down (this indicates use of legs to raise shoulders off the ground rather than abdominals).

End Position:

- Return to start position with control.

Goal: To complete as many curl ups as possible with good form at a steady pace. Good form is maintaining the above positions with no more than two mistakes in two consecutive curl-ups.

Modifications:

- For students who do not understand the movement, model it first. As you do the movement, talk through the steps using clear, concise directions and limited words. Allow time for the student to process what you did and said. Demonstrate again.
- For students who lack the motor planning to do the activity, help position your student in the start position.
 - Sit on your knees at your students feet with either leg just outside his/her feet to maintain the foot position. Avoid sitting ON your student's feet as this encourages use of hip flexors rather than abdominals to complete the exercise.
 - Offer a finger for your student to grasp with each hand.
 - State "Sit up!" or "Come up!" and pause.
 - As you feel your student pull through his/her arms to raise up, lighten your assistance to allow his/her abdominals to kick in.
 - When your student has cleared his/her shoulder blades, give a verbal praise and cue them to return to the start position. This could be relaxing your grip and starting to lower as you give the praise or stating something like, "lie down/back down".
- To work on the movement in an easier position:
 - Use a chair:
 - Sit toward the edge of a chair, back against the backrest, feet on the floor.
 - Hold arms straight out.
 - Sit up to an upright sit, reaching arms forward and keeping feet flat on the floor.
 - Build a small wedge so your student isn't starting from flat on the floor (couch cushion with a pillow under the end by your students head)
- Ways to make curl ups more fun:
 - Use visuals such as a picture of an apple- "How many bites can you take of the apple?"
 - One- "That's a good snack", Two- "You must be hungry", Three- "Hey, Leave some for me!", Four-

- OR have your student place apples in a basket. Hand an apple to your student or have him/her grab one from the ground (actual apple, picture of apple, play balls that are pretend apples) and place it in a basket that you hold by his/her knees. Follow it up with a healthy snack of apples and cinnamon/peanut butter.
- Do the chair curl up.
 - Have your student sit up to: give you a hug, hug a stuffed animal, grab a piece to a toy (collect connect four pieces/legos/puzzle pieces/balls/cards/Mr. Potato head). After a set number of curl-ups, play the activity that goes along with what you collected).
- Do the activity mirroring your student. Position yourself in a curl-up position with your feet touching your students (or outside of your student if you need to be nearer to reach hands at the top or assist with the curl-up).
 - Come up for high fives.
 - Make a different face at the top of each curl up
 - Pass a ball or favorite object back and forth. You can have a few behind you and surprise your student with the object at the top of each curl.
 - Play Row Your Boat while singing or playing the song.

Most Important: Keep it fun and engaging. Kids learn best during play!

- Do this at a time when your student is ready to engage.
- Make it time spent together rather than work time.
- Be patient and allow mistakes!