

GeoMotion Fitness Program

Presenters:

Wendy Rozene Wendy_Rozene@msad51.org

Diane Peters Diane_Peters@msad51.org

Greely Middle School, Cumberland, ME

<http://www.geomotiongroup.com/>

GeoMotion Group has expanded their offerings to include GeoDance, GeoFitness and Learnercise for preschoolers to senior citizens. Their main goal has been to get Americans up and moving. They offer programs in:

- * Nutrition Education
- * Active Learning with Learnercise for early childhood
- * Children's Choreography, Integrated Academics and Games
- * Hip Hop, Partner and Latin Dance
- * Cardiovascular Activities including Aerobics & Kickboxing
- * Functional Integrated Training and Fitness circuits
- * Athletic - including Speed and Agility, Plyometrics (GeoMetrix) and Sport Specific Training
- * Fitness after Fifty

Please see the above website for additional information and video clips.

Our Program

While most school age children are quite active, physical activity declines during adolescence. GeoMotion is designed to hook students through technology and music to engage students in physical fitness activities. DVD's are projected onto the wall and students follow the exercises with the aid of a nine-section mat, hand weights, half rounds and medicine balls. There are many different DVD's focusing on variety of different areas of physical fitness from core strength, upper and lower body strength to aerobic activities such as Partner Routines, Latin Dances, Hip Hop and GeoBox.

We have focused our program on the Middle School student by incorporating Circuit Training into our weekly program every Wednesday and offering an after school fitness group every Tuesday for students. Students can use this class for extra credit for Physical Education or just to come and join the fun. We have had students that are regulars to the program and those that prefer to drop in occasionally. We have found that most students who participate are children that do not participate in other

athletic programs and are often overweight or out of shape. It's been fun getting to know these students on a more personal level.

Equipment needed:

Mats: The mats come in two sizes: 60" and 45". We highly recommend a mix of sizes for Middle School students as they grow at different rates. For elementary students I would recommend the smaller size only. Order these directly from GeoMotion Group they are more affordable.

Half rounds: Foam half rounds are used in a variety of ways in the fitness DVD's. They are used for balancing exercises, a variety of push-ups, hamstring and glute workouts. We ordered the shorter half rounds and found that they work equally well for a fraction of the cost.

Hand weights: We have found ordering hand weights through Sports Authority is the most economical, as we don't have to pay for shipping. Shipping on weights is costly.

Resistance tubing: We have used both the short figure eight bands as well as the long ones and either one can be substituted for the other.

LCD Projector: We use one that we can borrow from our library

DVD's: Ordered directly from GeoMotion Group as well as P90X to use with our 8th grade students.

Grant Process

We have obtained three separate grants to purchase all the equipment needed for the program. The grants are from:

- Let's Go! \$2000.
- Foundation 51 Grant (local school grant) \$600.
- ING Unsung Heroes Award \$2000.

With the help of these three grants we were able to purchase enough equipment for 24 students to participate all at once:

Cost of the Program

Mats:	large 60"	\$85./Mat
	Small 45"	\$65/mat
DVD's		\$25/DVD
Half rounds		\$13/round
Hand weights	5 pound	\$7.16/weight
Resistance tubing		\$10/band