

Fall, 2022

# VOW, LLC

## HEALTH AND WELLNESS FOR HOMESCHOOLERS

**\*\*\*PLEASE VISIT [WWW.VOWTRAINING.COM](http://WWW.VOWTRAINING.COM) TO SEE ALL  
OF THE AVAILABLE RESOURCES FOR YOUR STUDENTS**

### 1. FOUNDATIONS OF MOVEMENT (WEEKS 1-2)

#### A. Balance and Stability

- i. Develop introductory patterns of movement using bodyweight as well as equipment including but not limited to: balance board, BOSU, stability ball, water tube.
- ii. Incorporate various modalities of resistance including bands, medicine balls and weighted sandbags

#### B. Nutrition integration

- i. Develop basic understanding of how macronutrients work in the body and how to choose foods wisely for healthy growth and development

### 2. DEVELOPMENT OF MUSCULAR ENDURANCE AND STRENGTH (WEEKS 3-4)

#### A. Endurance and aerobic integration

- i. Modes of exercise involving longer duration at a lighter resistance
  - 1. *Full body dumbbell and cable movements*
  - 2. *Elliptical and bodyweight movements*

#### B. Strength

- i. Modes of exercise decreasing in duration and increasing in resistance
  - 1. *Barbell and plate loaded exercises for increased strength development*
  - 2. ***Modes of activity will vary based on the age and development of each student***

#### C. Nutrition integration

- i. Using macronutrient information from weeks 1-2 to integrate how and when to eat certain foods based on lifestyle and body type.

### 3. SPORTS AND FUNCTIONAL APPLICATION FOR HEALTH AND WELLNESS (WEEKS 5-6)

#### A. Functional Movements

- i. Sports-specific exercises related to the interest of the individual
  - 1. *Quickness*
  - 2. *Agility*
  - 3. *Power*
  - 4. *Coordination*

#### B. Sports Integration

- i. Customized based on the interests of the learner.

### 4. REVIEW AND RENEW (WEEKS 7-8)

- A. Review games and activities related to all health and wellness topics covered.
- B. An even more customized, ongoing plan can be created and implemented moving forward for each student!