



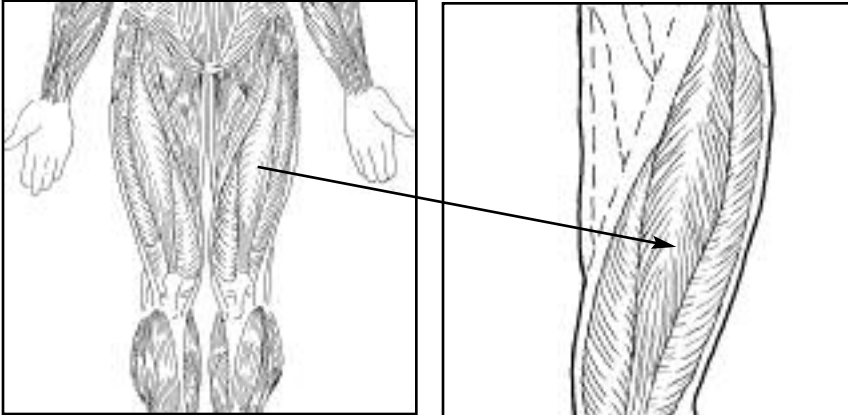
EPEC Teaching/Learning Progression Thigh/Leg Strength and Endurance¹

Learn

Cue Words

1. Quadriceps Muscles

- a. Locate the Quadriceps Muscles.



- b. Wall Sit.

Demonstrate all of the following elements of form when executing the wall sit, three consecutive times.

- (1) Stand with the back against the wall and feet approximately 12-18 inches from it.
- (2) Lower the body down the wall slowly, keeping the head and shoulders against the wall until the knees are flexed at a 90-degree angle.
- (3) Move the feet, if necessary, as the body is lowered until the ankles are directly under the knees.
- (4) Maintain the position for 15 seconds while pushing the hips into the wall.
- (5) Return to the starting position.

Stand Against Wall

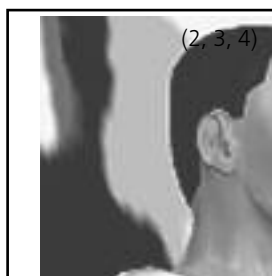
Lower Body

Ankles Under Knees

Hold



Stand Against Wall



Lower Body
Ankles Under Knees

¹The strength and flexibility teaching/learning progressions contain exercises for, and information on the location of, specific muscle groups. While the same teaching/learning progression is used for students in all three levels, only a subset of content is taught at each level. Steps and/or sub-steps taught only in Levels 1 and 2 are followed by a "[1 and 2]." Steps or sub-steps taught only in Levels 2 and 3 are followed by a "[2 and 3]." Similarly, content taught only in Level 3 is followed by a "[3]."

Thigh/Leg Strength and Endurance

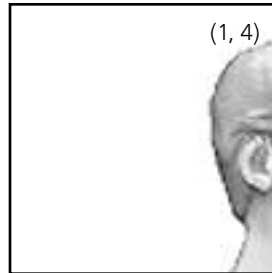
Cue Words

Sit on Bench

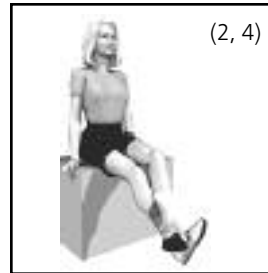
Cross Legs
Heel on Floor

Push Up

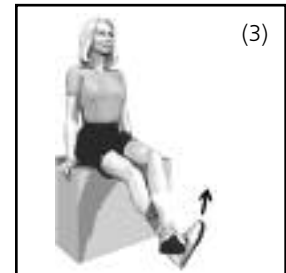
- c. Quadriceps Leg Lift. [3]
Demonstrate all of the following elements of form when executing the quadriceps leg lift, three consecutive times with each leg (set).
- (1) Sit on a bench/chair with the buttocks fully supported.
 - (2) Cross the legs at the ankles and place the heel of the back foot on the floor as far out as possible with the toes pointed up.
 - (3) Push the back foot up (off the floor) as far as possible, resisting the movement with the front (top) leg.
 - (4) Return to the starting position.



Sit on Bench



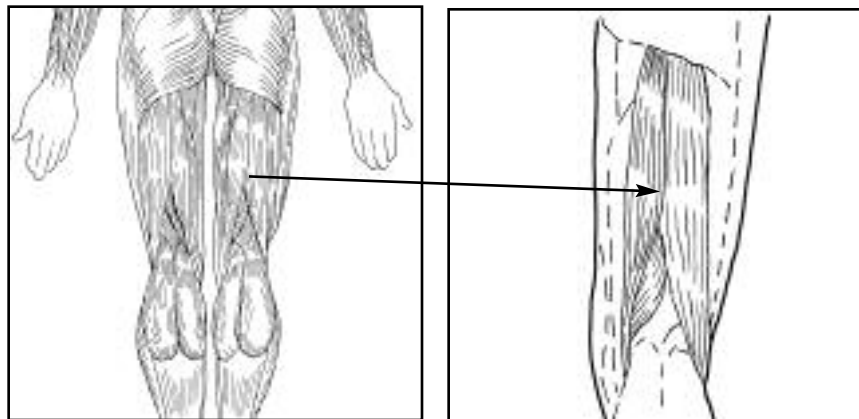
Cross Legs
Heel on Floor



Push Up

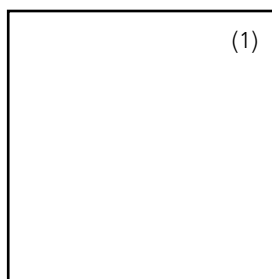
2. Hamstring Muscles

- a. Locate the Hamstring Muscles.

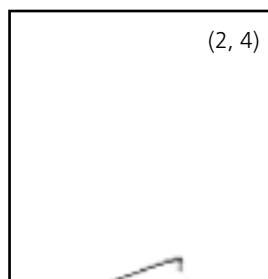


- b. Hamstring Lift.
- Demonstrate all of the following elements of form when executing the hamstring lift, three consecutive times with each leg (set).
- (1) Assume a position with hands (palm down) and knees on the floor, elbows fully extended. Hands should be beneath the shoulders, knees under hips and back straight.
 - (2) Extend the hip and straighten the knee of one leg, keeping the toes pointed.
 - (3) Bend the knee of the straightened leg and bring the foot toward the buttocks, keeping the thigh parallel to the floor.
 - (4) Extend the knee while keeping the thigh parallel to the floor.

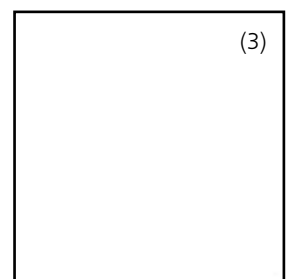
All Fours
Straighten Leg
Heel Toward Gluteals
Extend Knee



All Fours



Straighten Leg
Extend Knee



Heel Toward Gluteals

Thigh/Leg Strength and Endurance

Cue Words

Sit on Bench

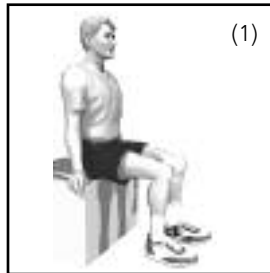
Cross Legs
Heel on Floor

Pull Back

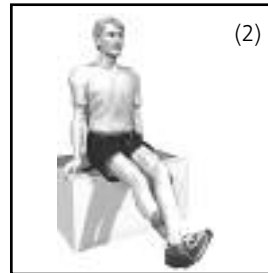
c. Crossed Leg Curl. [3]

Demonstrate all of the following elements of form when executing the crossed leg curl, three consecutive times with each leg (set).

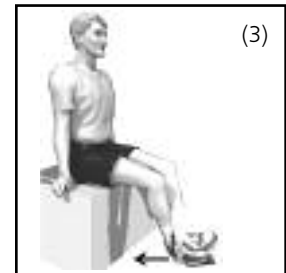
- (1) Sit on a bench/chair with the buttocks fully supported.
- (2) Cross the legs at the ankles and place the heel of the back foot on the floor as far out as possible with the toes pointed up.
- (3) Pull the heel of the front foot backwards, sliding it along the floor as far as possible and resisting the movement with the back leg.
- (4) Return to the starting position.



Sit on Bench



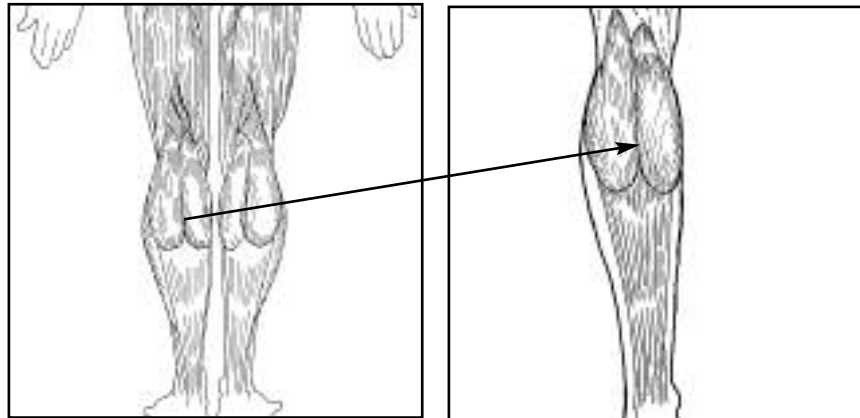
Cross Legs
Heel on Floor



Pull Back

3. Gastrocnemius Muscles

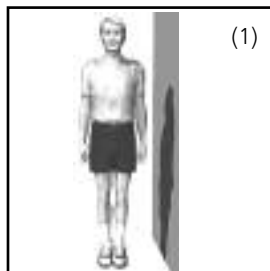
a. Locate the Gastrocnemius Muscles.



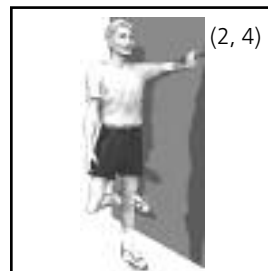
b. Single Heel Raise.

Demonstrate all of the following elements of form when executing the single heel raise, three consecutive times with each leg (set).

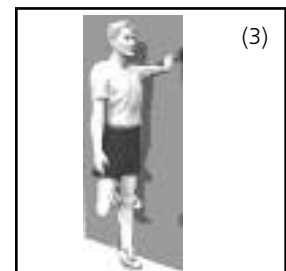
- (1) Stand with the feet together.
- (2) Position the top of one foot against the back of the other knee. Place one hand on a wall to provide balance, if needed.
- (3) Lift up slowly on the toes of the foot still on the ground until the calf is fully contracted.
- (4) Return the heel to the floor.



Stand



Foot Behind Knee



Raise Heel

Stand
Foot Behind Knee
Raise Heel

Thigh/Leg Strength and Endurance

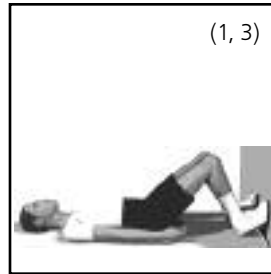
Cue Words

Lie on Back
Toes Against Wall
Raise Heels
Push

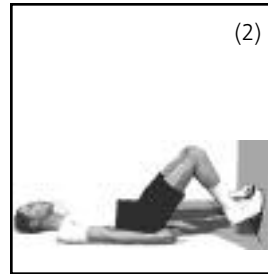
c. Toe Push. [2 and 3]

Demonstrate all of the following elements of form when executing the toe push, three consecutive times.

- (1) Lie flat on the back with the knees bent, toes against the wall and heels on the floor.
- (2) Raise the heels off the floor and push the balls of the feet against the wall.
- (3) Lower the heels back to the floor.



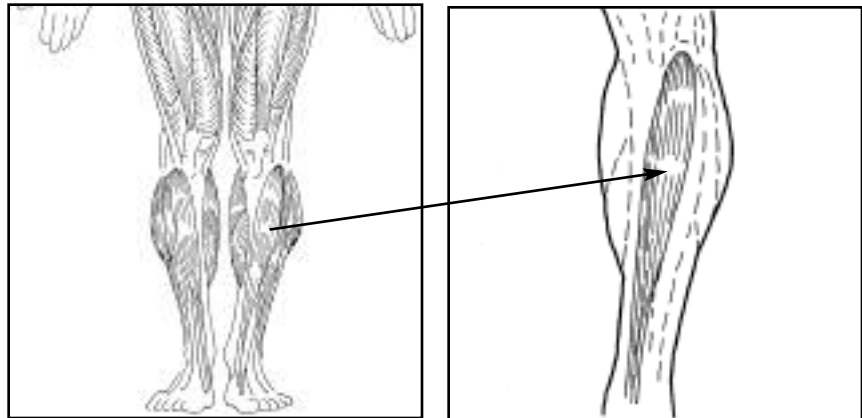
Lie on Back
Toes Against Wall



Raise Heels
Push

4. *Tibialis Anterior Muscle*

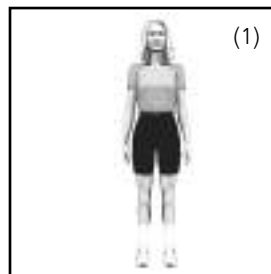
- a. Locate the Tibialis Anterior Muscle.



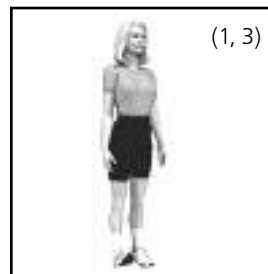
b. Toe Raise.

Demonstrate all of the following elements of form when executing the toe raise, three consecutive times with each foot (set).

- (1) Stand with the feet shoulder-width apart.
- (2) Shift the weight to one foot.
- (3) Raise the toes of the opposite foot so only the heel touches the ground.



Stand



Shift Weight
Raise Opposite Toes

Stand
Shift Weight
Raise Opposite Toes

Thigh/Leg Strength and Endurance

Cue Words

Sit on Bench

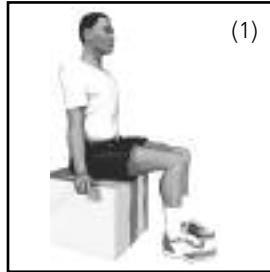
Raise Toes

Tap

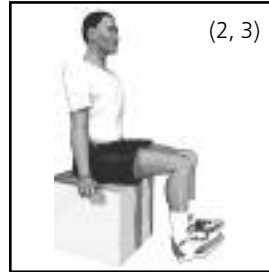
- c. Toe Taps. [2 and 3]

Demonstrate all of the following elements of form when executing toe taps for 10 seconds.

- (1) Sit on a bench/chair with the feet shoulder-width apart and buttocks fully supported.
- (2) Lift the front of both feet as high as possible, keeping the heels on the floor.
- (3) Tap the toes of both feet rhythmically on the floor at a rate of about one tap per second.



Sit on Bench



Raise Toes/Tap

Do

Benchmark for Levels 1, 2 and 3

5. Achieve Standards

Demonstrate an appropriate level of muscular strength at the thigh and leg as defined by the performance standards, maintaining all elements of form for each exercise.

- a. Wall Sit (Quadriceps-seconds).

Age	Grade	Females	Males
11	6	30	30
12	7	40	40
13	8	40	40
14+	9+	45	45

- b. Single Heel Raise (Gastrocnemius-consecutive times).

Age	Grade	Females	Males
11	6	20	20
12	7	25	25
13	8	25	25
14+	9+	30	30

- c. Toe Raise (Tibialis Anterior-consecutive times).

Age	Grade	Females	Males
11	6	20	20
12	7	25	25
13	8	25	25
14+	9+	30	30

Use

6. Maintain by Performing Thigh/Leg Strength Exercises

Demonstrate the use of a battery of strengthening exercises to maintain an appropriate level of muscular strength at the thigh and leg.

7. Maintain by Performing a Variety of Strength Exercises [2 and 3]

Demonstrate the use of a battery of strengthening exercises to maintain an appropriate level of muscular strength at the thigh and leg in combination with strengthening exercises from other major areas of the body for at least eight weeks.