



Equipment Used in This Video and Its Purpose:

- White Floor Tape
 - Tactile marker to mark where athlete's hands and knees should be on the floor
 - Instructor can also add tactile tape to their body, while wearing dark clothing, to create high contrast lines for the athlete to follow and make their movements more visible
- Yoga Block
 - Tactile target for athlete to touch chest and hips to when doing pushup
- Yoga Mat
 - Non-slip surface for athlete to complete pushup
- Pool Noodle
 - Put along athlete's spine to remind them to bring their whole body down for a pushup
 - Tactile cue
- Tactile pushup diagram
 - High contrast diagram of pushup body movements made tactile using puffy paint
- Artist's figurine
 - Used to break down and demonstrate body movements of pushup
 - Athlete can feel and mimic the body movements



Video Script and Commentary:

- Video opens with Elwin (athlete) and Jessica (teacher) standing side-by-side in a gymnasium.
 - “My name is Jessica and I am a teacher.”
 - “And my name is Elwin and I am an athlete. “
- Slide of NWABA logo.
- Slide introducing video reads ‘Fitness Test: Modified Pushup’ while voiceover reads the slide.
- Camera pans over equipment that will be used in this video. All of the equipment is lying in a line on the floor of the gymnasium. The voiceover describes the equipment as the video shows it.
 - “Picture of floor tape, yoga block, pool noodle, tactile pushup diagram, artist’s figurine.”
- Video transitions back to Elwin and Jessica standing side by side in the gymnasium. Jessica has a tactile modified pushup diagram and artist’s figurine in her hands and they are standing behind a long piece of tape on the ground. The yoga block and pool noodle are off to the side. Jessica will pre-teach Elwin the skill of a modified pushup using the tactile modified pushup diagram and artist’s figurine. For more information about pre-teaching, watch NWABA’s pre-teaching video.
 - “So the skill we are going to learn today are knee pushups. And this is a great way for beginners to build on upper-body strength.”
- Jessica shows Elwin the tactile map and as she describes what is on the map, Elwin follows along with his fingers.



- “So, Elwin I’m going to give you this tactile diagram so you can see the ready position. So, this one up here is the ready position. So, the arms are straight, the head is looking toward the floor. It’s in a neutral position, and the knees are bent at a 90-degree angle with feet up in the air. This picture has the ankles crossed so you can cross them as well. Or you can have them just touching together-whichever is easier for you to keep form. So, the pushup starts with your arms straight. Okay? In the up-position. So, that’s your up-position and your arms are straight. As you lower your body, down to the ground in the second position, you will bend your elbows, and your chest and hips will come towards the floor. So, you’re not completely touching the floor. There’s going to be a yoga block in-between that will help you adjust and identify how low to go to the floor.”
- “Got it.”
- “Does that make sense?”
- Jessica puts the tactile diagram between her arm and body and holds the artist’s figurine in front of them. Jessica is manipulating the artist’s figurine as she is describing its position while Elwin feels the figurine.
 - “And now I’m going to show you also on the artist figure your ready position, which is knees bent, the ankles are together or crossed, whichever is more comfortable. The arms are straight, do feel how they’re straight and not bent?”



- “Yep!”
- “Okay, and then as the figure lowers its chest towards the ground, the elbows bend. So, I’m going to show it to you first on the floor. So, you can feel my body, and we can tactile model, just so you have a better understanding of the position in general. So, give me one second. I’m just going to place this down on the ground. I’m going to put a yoga block in position to where I am going to put my hands.”
- Jessica puts the artist’s figurine and tactile diagram on the floor, grabs the yoga block, and places it on the ground as she sits down. Elwin sits on the ground beside her.
 - “So, the first thing you’re going to feel is my arm.”
- Slide reads ‘The teacher is using tactile modeling for the skill’ as a voiceover reads the slide.
- Jessica places her right hand flat on the ground on the right side of the yoga block as Elwin feels her arm. When Elwin moves his hand from Jessica’s arm to her shoulder, he is feeling how she keeps her arm straight in the beginning phase of the pushup.
 - “So, my hand is on the floor to start with. The palm is down, almost like you’re high-fiving the ground. You want to make sure that your weight is centered over your wrists, and your hands are going to be in-line with your shoulder. So, if you go from my hand all the way up my arm to my shoulder, that’s how you’re starting.”
- Elwin positions himself so that he is sitting beside Jessica’s hip. He feels her shoulder down to her hip to see how her back stays flat



while performing a pushup. He then feels from her hip to her knee then her knee to her foot to see how her thigh is perpendicular to the ground and knees are bent. Her feet are positioned side-by-side.

- “Okay, so then if you move back down toward the side of my body, you’ll see that from my shoulder, down my back, is straight.”
- The video transitions to a slide that describes what Jessica and Elwin are doing on the video ‘The teacher is using tactile modeling for the skill. The athlete is next to the teacher. As the teacher performs the skill, the athlete feels the movement of the teacher’s body.’ Voiceover reads the slide aloud.
- Jessica continues describing to Elwin how his feet can be positioned during the pushup. Jessica has her left palm on the ground to support herself and has her left hand guiding Elwin’s hand to her feet. Jessica crosses and uncrosses her feet for Elwin to feel.
 - “So like I said, you can have them touching, or you can have them crossed, whichever is more comfortable.”
 - “Got it!”
- Jessica takes Elwin’s hand and places it on her right elbow. She gets into the modified push-up position with her arms straight, back straight, and knees bent. Jessica’s knees are on the ground and bent at a 90-degree angle. The yoga block is on the ground at Jessica’s chest and she lowers so her chest touches the yoga block, and then she pushes herself up. Jessica demonstrates



completing a modified pushup. Elwin feels her elbow bend and straighten. Jessica then takes Elwin’s hand so show him where the yoga block is in reference to her body.

- “So, if you put your hand on my elbow, you’ll be able to feel when I lower myself down to the floor. So, hands start underneath the shoulder blades. So, if you hold my elbow you’re going to feel me lowering my body down and then straightening the elbow. So, right here is a yoga block, and this is centered over your chest. So, every time you lower the front half of your body down, it’s going to touch this yoga block. So, that’s how you know how far you go down. Are you ready to try it?”
- “Sure.”
- Slide reads ‘To help the athlete complete the task, make sure they are using a surface with a grip such as a yoga mat’ while a voiceover reads the slide.
- There is now a yoga mat laying on the ground in front of Elwin and Jessica. Elwin positions himself on his hands and knees with his feet hovering above the ground on the yoga mat to perform a modified pushup. Jessica kneels to the side of Elwin. Jessica places the yoga block, skinny side up, under his chest.
 - “So, you can set yourself up the same way. Hands are underneath your shoulders. Perfect, your feet are out. I’m going to place the block under your chest. You want to make sure that your chin is pointed down, your nose is pointed toward the floor.”



- Jessica places the pool noodle on Elwin’s back. The tip of the pool noodle is at the top of his spine and the rest follows down his back. The end of the pool noodle is hanging freely parallel to the ground.
- The voiceover describes why the pool noodle is on Elwin’s back.
 - “To ensure the athlete has a flat back, Jessica placed a pool noodle on Elwin’s back.”
- Jessica gives Elwin feedback on his starting position for the pushup. Elwin completes a practice pushup then two pushups with the noodle on his back.
 - “Tuck your tummy in, perfect. So, when you’re ready, lower yourself down and up. Excellent, that’s one. Can you do two in a row? Down and up. Down and up.”
- Jessica then takes the noodle off of his back to give him feedback.
 - “Elwin I love the way that you’re keeping a nice flat back. I love how you bent your elbows at 90-degrees, and I love how you were able to lower your chest onto the block.”
- Slide reading ‘Difficulty and duration should increase as the athlete progresses’ while the voiceover reads the slide.
- Camera pans back to Elwin and Jessica. They are standing on a yoga mat. Jessica has the yoga block on the ground in front of her feet and she is holding the pool noodle in her left hand.
 - “So, that was the skill of pushups. Another way to make this skill more advanced for athletes once they become more proficient, is by removing the block, having them go lower



with their chest to the ground, as well as having the athlete up on their toes instead of their knees.”

- Slide reads ‘For more, visit the Sports Adaptations page at www.nwaba.org. Thank you for watching!’ while voiceover reads the slide.
- Slide of NWABA logo. Voiceover says “picture of NWABA logo” as the logo appears.

Other Adaptations and Extending the Skill of Modified Push-up

- Utilize the teaching progressions (see the Teaching Progressions video in the Teaching Methods playlist) to breakdown the skill for the athlete as needed
- Remove the block and have the athlete lower their chest to the ground
- Complete the pushup from the toes instead of the knees. This adds more of the athlete’s body weight to the skill
- Have the athlete hold a resistance band across their shoulders to increase the difficulty of the skill