NAVAL POSTGRADUATE SCHOOL

MONTEREY, CALIFORNIA

SUPPLEMENTAL TO CAPSTONE APPLIED PROJECT REPORT
(1 of 2: The Mongolian Sports and Education Program – English Language Version)

THE MONGOLIAN SPORTS AND EDUCATION PROGRAM: AN INNOVATIVE APPROACH TO COMPREHENSIVE DEFENSE

December 2023

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REPORT DOCUMENTATION PAGE	Form Approved OMB No. 0704-0188

Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instruction, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Washington headquarters Services, Directorate for Information Operations and Reports, 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302, and to the Office of Management and Budget, Paperwork Reduction Project (0704-0188) Washington, DC 20503.

1. AGENCY USE ONLY *(Leave blank)*	2. REPORT DATE December 2023	3. REPORT TYPE AND DATES COVERED Capstone Applied Project Report

4. TITLE AND SUBTITLE
THE MONGOLIAN SPORTS AND EDUCATION PROGRAM: AN INNOVATIVE APPROACH TO COMPREHENSIVE DEFENSE

5. FUNDING NUMBERS

6. AUTHOR(S) Adam C. Steinwachs

7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES)
Naval Postgraduate School
Monterey, CA 93943-5000

8. PERFORMING ORGANIZATION REPORT NUMBER

9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES)
N/A

10. SPONSORING / MONITORING AGENCY REPORT NUMBER

11. SUPPLEMENTARY NOTES The views expressed in this thesis are those of the author and do not reflect the official policy or position of the Department of Defense or the U.S. Government. This item is a supplemental.

12a. DISTRIBUTION / AVAILABILITY STATEMENT
Approved for public release. Distribution is unlimited.

12b. DISTRIBUTION CODE
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13. ABSTRACT (maximum 200 words)

Mongolia's democracy is at a critical juncture as the government seeks to balance the influence of Russia and China. Maintaining its sovereignty in the face of increasing pressures from its neighbors requires a resilient population. This capstone examined the role of physical education in Mongolia as a way to strengthen individual and collective resiliency. This led to the development of The Mongolian Sports and Education Program. The program draws from expertise acquired through a 10-year collegiate coaching career. Further, the program was informed by experience gained through multiple deployments to Mongolia where it was revealed that suicide is a widespread problem. The program was created to bolster individual resilience by encouraging active lifestyles to reduce depression, anxiety, and suicide. The program was piloted in Ulaanbaatar in June and September 2023. Following the success of each pilot engagement, two public schools, the MAF and a nongovernmental organization decided to utilize the program. Currently, the program is projected to reach approximately 7,300 students in Mongolia. This unique program provides SOCPAC and SOCOM a scalable resource for SOF to expand engagement with partners in Mongolia and allies across the enterprise.

14. SUBJECT TERMS
Mongolia, sports, education, physical fitness, resilience

15. NUMBER OF PAGES

16. PRICE CODE

17. SECURITY CLASSIFICATION OF REPORT	18. SECURITY CLASSIFICATION OF THIS PAGE	19. SECURITY CLASSIFICATION OF ABSTRACT	20. LIMITATION OF ABSTRACT
Unclassified	Unclassified	Unclassified	UU

The Sports and Education Program

Program Sections

Section 1:
Sample Week
Warm-up and Cool-down Exercises
Core and Body Weight Exercises

Section 2:
Games
Olympic Sports

Section 3:
Team Building Exercises
Sports and Health Trivia
Mongolian Physical Fitness Test (MPFT)

Section 4:
Children with Special Needs
Modified MPFT

Section 5:
MPFT Award Templates

Sample Week

The Sports and Education Program activities are a mix of physical games, competitive events, exercises, and educational tools. Each day, teachers should plan for approximately 1 hour of activity. The first 5-15 minutes should be used for warm-up and core and body weight exercises. The next 25-40 minutes should be used for games, team-building or selected sports. Afterward, cool-down for 10 minutes with teachers asking trivia questions and talking with students about developing healthy habits.

Monday: Warm-up, 5 minutes (Jumping Jacks, High Knees, Leg Swings (front to back), Burpees); **Core and Body Weight Exercises, 5-10 minutes** (100s, Plank, Body Weight Squats) **Games, 25-30 minutes** (Sheep and Wolves, Zombie Freeze Tag); **Cool-down, 5-10 minutes** (Walking Hamstring, Calf Stretch, Quad Stretch, Leg Swings, Barefoot Slow Walking)

Tuesday: Warm-up, 5 minutes (Arm Circles, Running in Place, Reach for the Sky, Jumps in Place); **Core and Body Weight Exercises, 5-10 minutes** (Chubby Checkers, Side to Side, Duck Walk Forward and Backward, Lunges); **Games, 25-30 minutes** (Capture the Flag, Leap Frog Freeze Tag); **Cool-down & Trivia, 10 minutes** (Leg Swings (front to back), Quad Stretch, Calf Stretch, Tibialis Anterior Stretch – Teacher asks trivia questions while students stretch)

Wednesday: Warm-up, 5 minutes (Leg swings (side to side), hurdle rotators, horse drags, bear crawl); **Team Building, 25-30 minutes** (Silent line up, Group Hop Challenge, Wheelbarrow Race); **Cool-down, 10 minutes** (Quad Stretch, Calf Stretch, Walking Hamstring)

Thursday: Warm-up, 5 minutes (Running in Place, Jumping Jacks, Leg Swings (side to side), Arm Circles); **Games, 35-40 minutes** (Sheep and Wolves, Sock Dodge Ball, Volleyball); **Cool-down and Trivia, 10 minutes** (Leg Swings (front to back), Leg Swings (side to side), Quad Stretch, Calf Stretch – Teacher asks trivia questions while students stretch)

Friday: Warm-up, 5 minutes (High Knees, Reach for the Sky, Walking Hamstring, Walking IT Band); **Team Building, 35-40 minutes** (Hot Seat, Balloon Walking); **Cool-down, 10 minutes** (Tibialis Anterior Stretch, Barefoot Slow Walking)

Section 1

- Warm-up Exercises
- Cool-down Exercises
- Core and Bodyweight Exercises

Warm-Up Exercises

- Jumping Jacks
- High Knees
- Running in Place
- Burpee
- Leg Swings (front to back)
- Leg Swings (side to side)
- Hurdle rotators
- Arm Circles
- Reach for the Sky
- Horse Drags
- Walking Hamstring stretch
- Walking IT Band
- Jumps in Place
- Bear Crawl

Warm-Up Exercises Instructions

- **Jumping Jacks** (Students start in a standing position with arms down by side. Jump and move legs outward and at the same time, move arms upward and clap hands above head, then move arms back down toward sides and jump back to starting position. Complete 10 reps and add more as needed)
- **High Knees** (Students start in a standing position and quickly lift right leg upward with knee bent so knee is above hips and quickly alternate left knee upward. Keep back straight. Continue alternating quickly so feet only touch the ground for briefly. Complete 10 reps on each leg, 20 total and add more as needed)
- **Running in Place** (Students start in a standing position and run in place. It is similar to high knees, but the knees should not raise above the hips and should be a slightly slower pace. Complete 30 seconds and add more time as needed)
- **Burpee** (Students start in a standing position, then quickly move to a push-up position, do a push-up, then jump back up into a standing position. Complete 5 repetitions and add more as needed)
- **Leg Swings (front to back)** (Students start in a standing position and can balance against a wall or chair, as needed. Begin swinging the left leg forward then back behind the hips, bending the knee. Complete 10 swings on left leg and gradually raise leg higher in front of body as students approach swings 8, 9 & 10. Switch legs and complete 10 swings on the right leg. Rotation is from the hips, and students should attempt to keep backs straight)
- **Leg Swings (side to side)** (Students start in a standing position, facing a wall or anything to brace against. Students lean into the wall and place hands on the wall to balance. Begin swinging the right leg past the left knee and back across as high as they are able, gradually increasing the range of motion with each swing. Complete 8-10 reps on each leg)
- **Hurdle rotators** (Students start in a standing position, facing a wall. Students lean into wall, so feet are slightly behind shoulders, placing both hands on the wall in front of them. Students pick up right leg and rotate right leg, so knee is pointing outward as it is raised up and brought forward toward the wall. Students rotate the leg and knee over an imaginary hurdle and bring the knee forward so the knee is facing the wall, then continue rotation until the right foot is back in the ground in the starting position. Complete 5 repetitions on the right leg and 5 on the left leg and add more as needed)

Warm-Up Exercises Instructions

- **Arm Circles** (Students extend their arms outward and laterally, producing a parallel line to the ground. Students then move arms in a circular motion, beginning with little and moving to making big circles, and back again. First, begin with making circles in one direction, then change to the opposite direction. Ensure motion is deliberate and controlled)[1]
- **Reach for the Sky** (Students extend arms toward the sky and stand on their toes. The objective is to stretch arms and legs apart as far as possible. Hold for 10 count, recover, and repeat)[2]
- **Horse Drags** (Students start in a standing position, and can balance against a wall or chair, as needed. Start with right leg in an upright position, with the knee at the level of the hips and the foot hanging below the knee. Pull the foot under the hips and back up again to the starting position, dragging the ground in the process)
- **Walking Hamstring stretch** (Students start in a standing position, begin by placing left foot forward and simultaneously rotate at hips and reach for left foot. Continue stepping forward and rotate upper body into an upright position and simultaneously step forward with right leg, and repeat on the right leg, stretching for the right foot. Continue walking forward and stretching. Each time, attempt to stretch further and repeat 5 repetitions on each leg)
- **Walking IT Band stretch** (Students starts in a standing position, begin by placing left ankle just above and across right knee, begin squatting slightly pressing down on left knee as the student squats down and back up. Step forward and repeat on the other leg. Repeat 5 repetitions on each leg)
- **Jumps in Place** (Students start in an upright position. Feet should be approximately shoulder-width apart. Student squats in place, keeping chest up, back straight, and prevent shoulders from rolling forward. Squat until hips are slightly below knees and quickly jump upward dynamically. Students should land “softly” bending their knees as they land. Reset into starting position and complete 5 repetitions and add more as needed)
- **Bear Crawl** (Students start on hands and feet and walk on all fours for 5 meters, down and back. Add distance and speed as needed)

(1) Health Powered Kids, “Kid’s Stretching Exercises | Easy Stretches for Kids | HPK,” Health Powered Kids, September 10, 2012, https://healthpoweredkids.org/lessons/stretch-for-your-best/

(2) Health Powered Kids, “Kid’s Stretching Exercises | Easy Stretches for Kids | HPK,” Health Powered Kids, September 10, 2012, https://healthpoweredkids.org/lessons/stretch-for-your-best/

Cool Down Exercises

- Leg Swings (front to back)
- Leg Swings (side to side)
- Hurdle rotators
- Walking Hamstring stretch
- Walking IT Band
- Calf Stretch
- Quad Stretch
- Tibialis Anterior Stretch
- Barefoot Slow Walking (Forward and Backward)

Cool-Down Exercises Instructions

- **Leg Swings (front to back)** (Students start in a standing position and can balance against a wall or chair, as needed. Begin swinging the left leg forward then back behind the hips, bending the knee. Complete 10 swings on left leg and gradually raise leg higher in front of body as students approach swings 8, 9 & 10. Switch legs and complete 10 swings on the right leg. Rotation is from the hips, and students should attempt to keep backs straight)
- **Leg Swings (side to side)** (Students start in a standing position, facing a wall or anything to brace against. Students lean into the wall and place hands on the wall to balance. Begin swinging the right leg past the left knee and back across as high as they are able, gradually increasing the range of motion with each swing. Complete 8-10 reps on each leg)
- **Hurdle rotators** (Students start in a standing position, facing a wall. Students lean into wall, so feet are slightly behind shoulders, placing both hands on the wall in front of them. Students pick up right leg and rotate right leg, so knee is pointing outward as it is raised up and brought forward toward the wall. Students rotate the leg and knee over an imaginary hurdle and bring the knee forward so the knee is facing the wall, then continue rotation until the right foot is back in the ground in the starting position. Complete 5 repetitions on the right leg and 5 on the left leg and add more as needed)
- **Walking Hamstring stretch** (Students start in a standing position, begin by placing left foot forward and simultaneously rotate at hips and reach for left foot. Continue stepping forward and rotate upper body into an upright position and simultaneously step forward with right leg, and repeat on the right leg, stretching for the right foot. Continue walking forward and stretching. Each time, attempt to stretch further and repeat 5 repetitions on each leg)
- **Walking IT Band stretch** (Students starts in a standing position, begin by placing left ankle just above and across right knee, begin squatting slightly pressing down on left knee as the student squats down and back up. Step forward and repeat on the other leg. Repeat 5 repetitions on each leg)

Cool-Down Exercises Instructions

- **Calf Stretch** (Students start in a standing position, and place left foot against wall so that toes are touching the wall, and the heal is still on the ground. Students move body forward until a stretching sensation is felt in the left calf muscle. Hold for 10 seconds, and repeat on the right calf)
- **Quad Stretch** (Students start in a standing position, lifting and bending right leg at the knee so that the right heal is moving up toward the hips. Students grab the right foot and gently pull the foot toward the hips and slightly toward the left side of the body. Students should feel a stretching in the right quad. Hold for 10 seconds and repeat on the opposite leg)
- **Tibialis Anterior Stretch** (Students start in a seated position, sitting on their shins (lower leg) with the feet extended and pointed behind their body. Students should have knees bent, feeling a stretching in the top of their foot and ankle and their shins. Students should lower their upper body toward the ground while in the stretching position. Hold for 10 seconds)
- **Barefoot Slow Walking - Forward and Backward** (Students remove shoes and socks, weather permitting, and walk forward around the gym for 2-3 minutes, emphasizing heal to toe foot placement moving forward, and switch to walking backward for 2-3 minutes, emphasizing toe to heal foot placement moving backward)

Core and Body Weight Exercises

- 100s
- Chubby Checkers
- Roll Ups – Double Leg
- Roll Ups – Single Leg
- Side to Side
- Plank
- Body Weight Squats
- Lunges
- Jumping Lunge
- Walking like a Duck - Forward
- Walking like a Duck - Backward
- Walking like a Duck -Laterally

Core and Body Weight Exercise Instructions

- **100s** (Students lay on the ground with lower back flat to the ground, legs extended and feet a few cm off the ground. Roll shoulders up a few cm off the ground, with chin in chest. Arms are extended, hands on the ground by hips. Legs stay straight, rotating from the hips, legs move up and down without touching ground. Count sets of 10. Attempt to complete 10 sets of 10 for 100 total repetitions)
- **Chubby Checkers** (Students sit on the ground with feet flat to the ground and legs bent. Keep back straight and off the ground, sitting up at a 45-degree angle. Arms are crossed across the chest. Rotate side to side, slowly, moving left to right, and right to left. Continue for sets of 10, 20, 25, 30. Slow down the movement to make it more difficult)
- **Roll Ups – Double Leg** (Students lay on ground, with lower back flat to the ground. Legs are bent and feet are flat to the ground. Palms are on the front of legs. Keep chin in chest, slowly roll shoulders up, activating core/abdomen, and slide palms up toward knees. Keep lower back flat during movement. Slowly roll back down, keeping core activated. Roll up and roll down for 10 reps, then gradually increase the number of reps)
- **Roll Ups – Single Leg** (Students lay on ground, with lower back flat to the ground. Right Leg is bent, and right foot is flat to the ground. Left leg is straight and extended out at a 45-degree angle. Both palms are on the front of left leg. Keep chin in chest, slowly roll shoulders up, activating core/abdomen, and slide palms up toward left knees. Keep lower back flat during movement. Slowly roll back down, keeping core activated. Roll up and roll down for 10 reps, then gradually increase the number of reps, switching legs for 10 reps on each leg)
- **Side to Side** (Students lay on the ground with lower back touching the ground. Keep legs bent with feet touching the ground. Arms are extended by sides. Roll chin into chest and shoulders a few cm off the ground. Rotate slowly to the right side, extending right arm toward right ankle then rotate to the left side, extending left arm toward the left ankle. Complete 5 reps on each side, 10 total to begin with and add more reps as needed)
- **Plank** (Students get into a push up position, resting on forearms. Keep body in a generally straight line from head, shoulders, back, hips, legs, to feet. Keep core activated. Hold the position for 15, 20, 25, 30 seconds at a time and add time as needed)

Core and Body Weight Exercise Instructions

- **Body Weight Squats** (Students stand on ground, feet shoulder width apart or slightly wider with feet pointed slightly out. Squat slowly until hips are slightly below the level of the student's knees with hips moving down toward the student's heels. Keep back straight, chest up and eyes looking straight ahead… don't allow shoulders or back to roll forward while squatting. Complete 10 reps then more as needed)
- **Lunges** (Students stand with left leg in front of body with left foot flat to the ground. Hands are on hips. Right leg is behind the body and student is balanced on right toes. Slowly lower body straight down until right knee gently touches the ground, keeping back upright with chest up and eyes looking straight ahead. Move back up to starting position. Complete 10 reps on left leg then switch legs and complete 10 reps on the right leg and add reps as needed)
- **Jumping Lunge** (*Ages 12 and above* Students complete the lunge movement down and up quickly and jump up and switch legs in the air, alternating from left to right to left for 10 reps)
- **Walking like a Duck Forward** (Students squat down so that hips nearly touch heels, keeping back upright and chest up. Students walk for forward 10 meters at a time in this position)
- **Walking like a Duck Backward** (Students squat down so that hips nearly touch heels, keeping back upright and chest up. Students walk backward 10 meters at a time in this position)
- **Walking like a Duck Laterally** (Students squat down so that hips nearly touch heels, keeping back upright and chest up. Students walk sideways for 5 meters in one direction, then sideways for 5 meters in the opposite direction)

Program Sections

Section 1:
Warm-up and Cool-down Exercises
Core and Body Weight Exercises

Section 2:
Games
Olympic Sports

Section 3:
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Mongolian Physical Fitness Test (MPFT)

Section 4:
Children with Special Needs
Modified MPFT

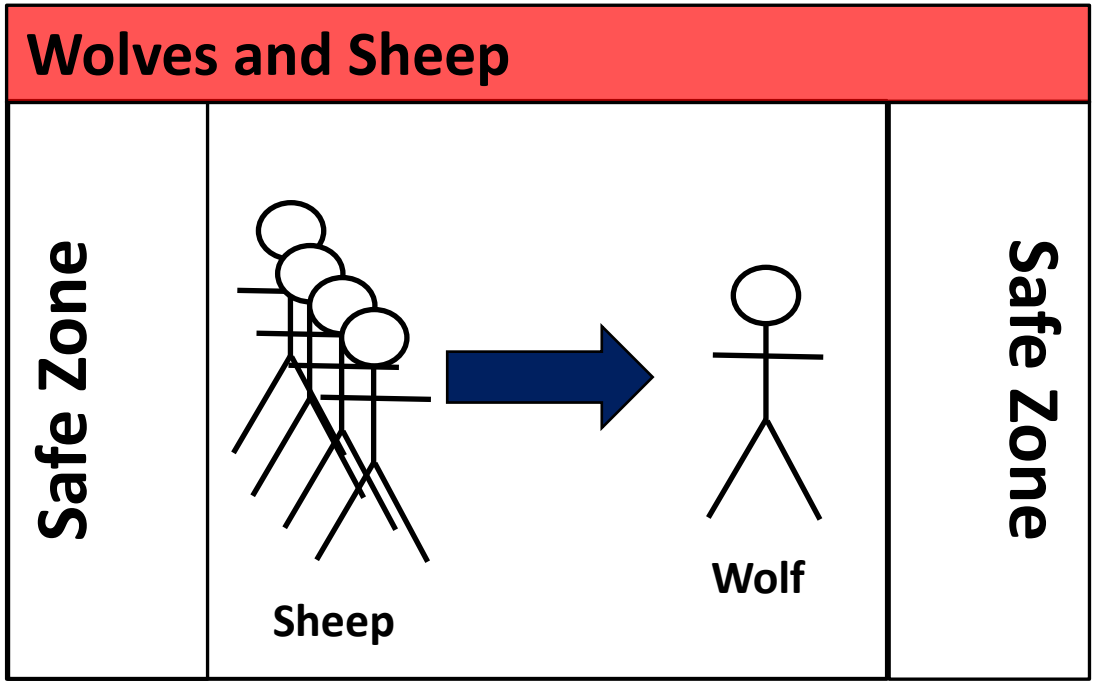
Section 5:
MPFT Award Templates
Sample Week

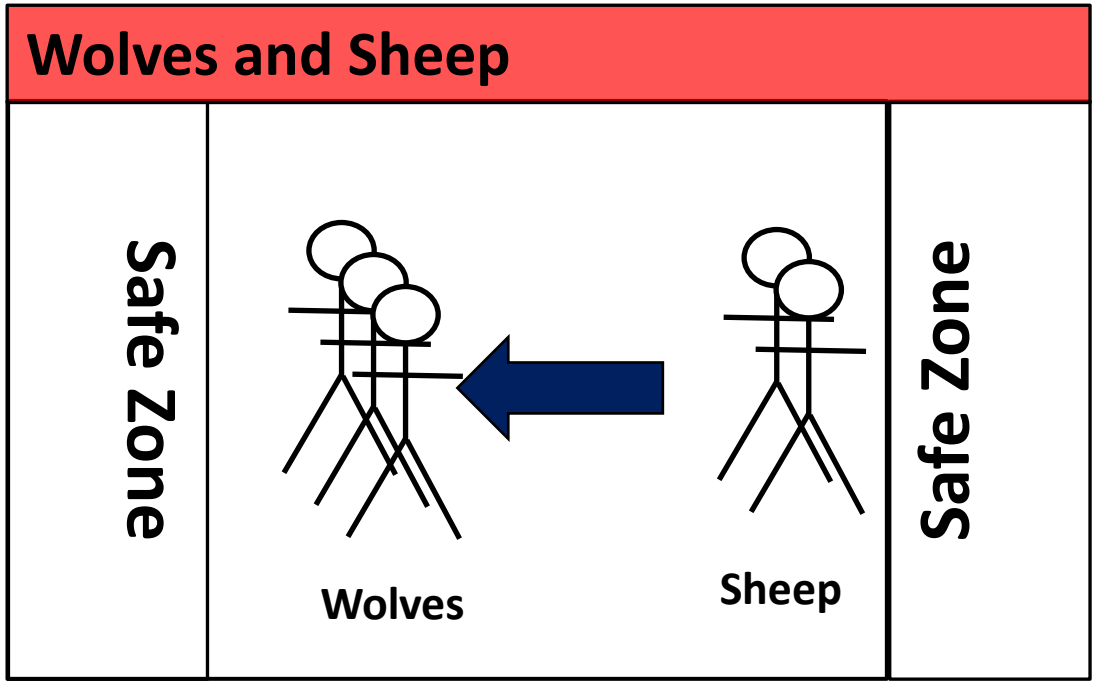
Section 2 - Games

- Wolves and Sheep
- Horse Race Relays
- Throw Archery
- Leap Frog Freeze Tag
- Zombie Freeze Tag
- Sock Dodge Ball
- Capture the Flag

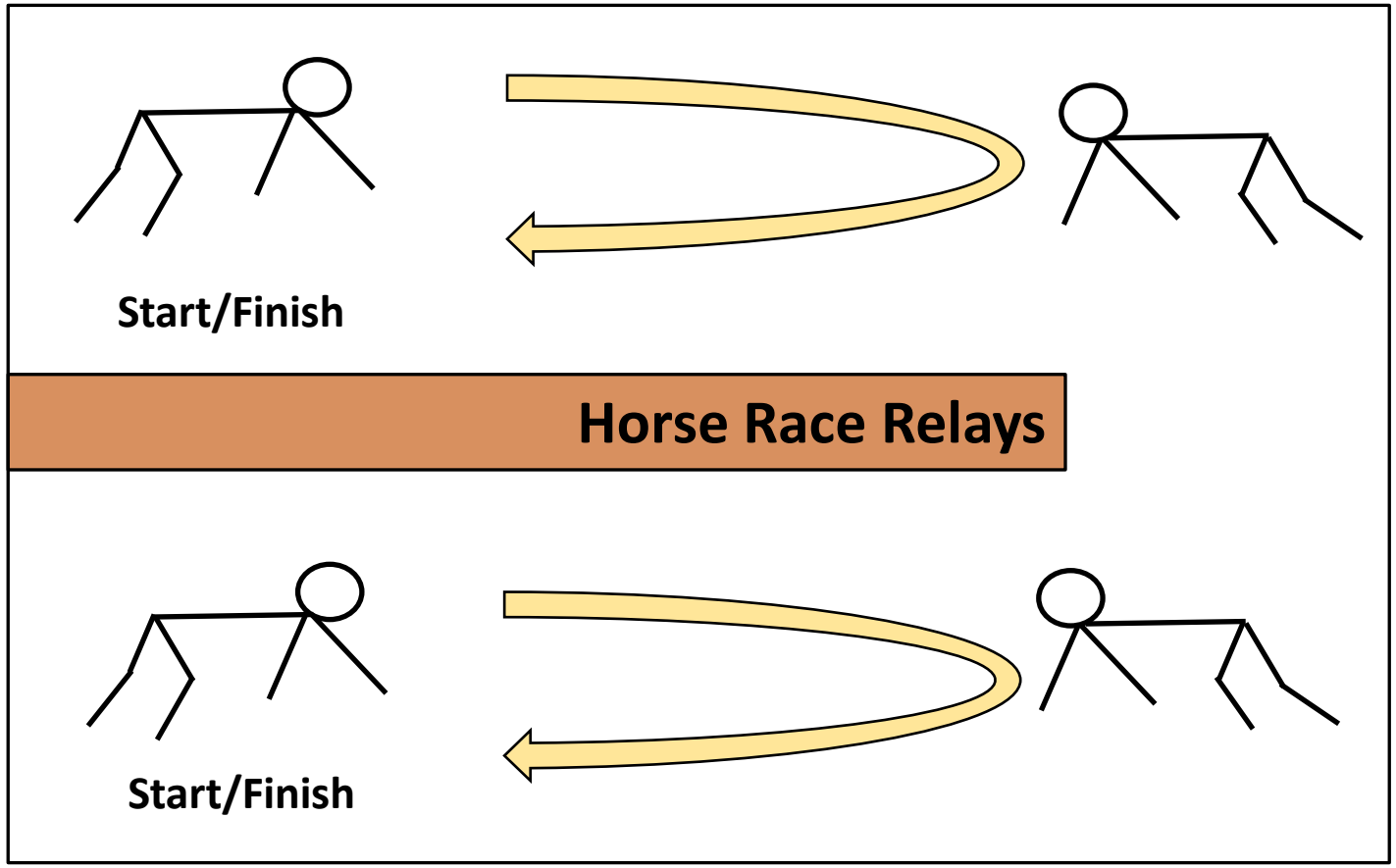
Wolves and Sheep

<u>How to Play</u>: In a large room, field, or gym two areas are selected to be “Safe Zones” where students cannot be tagged and turned from a sheep to a wolf. After the area to play is identified, a student is selected to be the wolf. All other students are sheep. To Start, the sheep line up in a Safe Zone and must run across the area of play to the opposite Safe Zone, avoiding the wolf. The wolf must tag a sheep as the run to the safe zone. If a sheep is tagged, they become a wolf and help tag more sheep as they run back across the area of play. This continues until all sheep have been tagged and turned into wolves.





Horse Race Relays



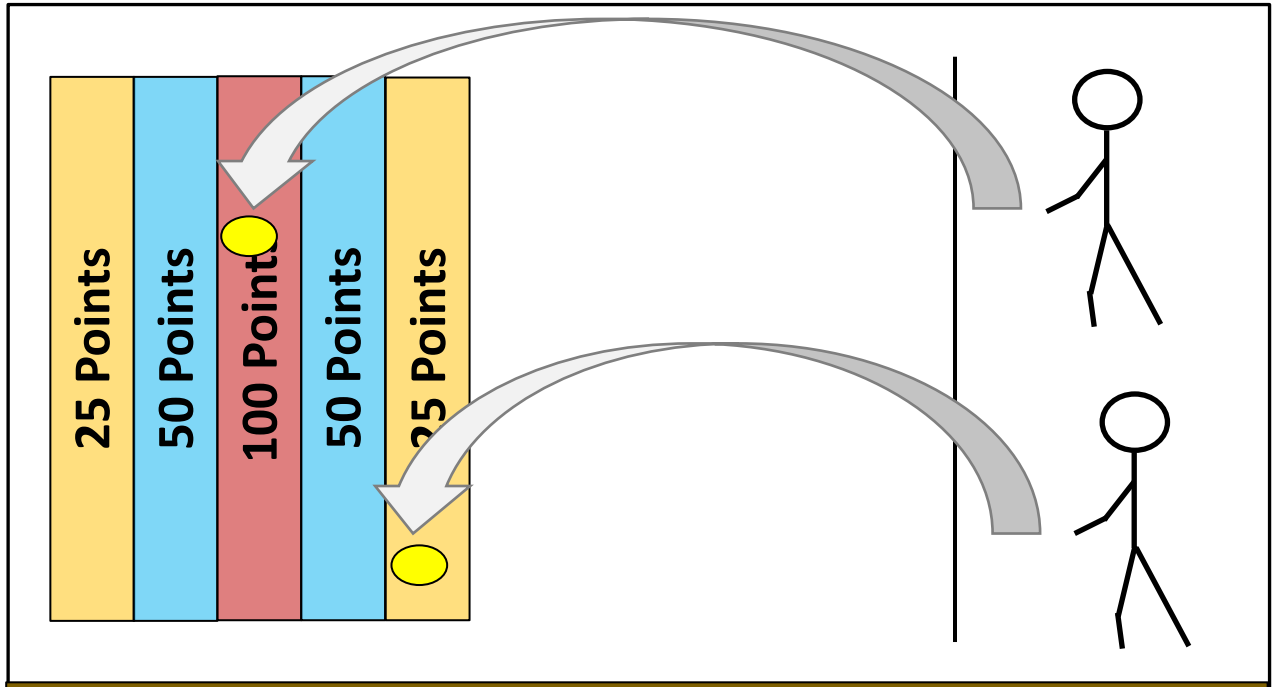
<u>How to play</u>: Students could form teams of two, four, or any number, up to 10. At the start of the race, students will run like a horse using legs and arms to one end of the room, or gym, and back again. Once a student returns to the start line, they will tag their teammate and the teammate will run like a horse, down and back to the finish line. Repeat until everyone from the team has "run" like a horse down and back.

Throw Archery

<u>How to play</u>: A teacher will outline five rectangular areas on the floor of a room or gym floor and designate each as worth 25, 50, 100, 50, and 25 points. Students will stand behind a pre-determined line and use four bean bags, rolled up socks, shoes, or anything that is available and toss them toward the rectangular areas.

Single Player - Each student has 1 turn with four tosses. Points will be added together, and the highest total is the winner. A new student challenges the winner until all students have a turn and the student with the highest point total is determined.

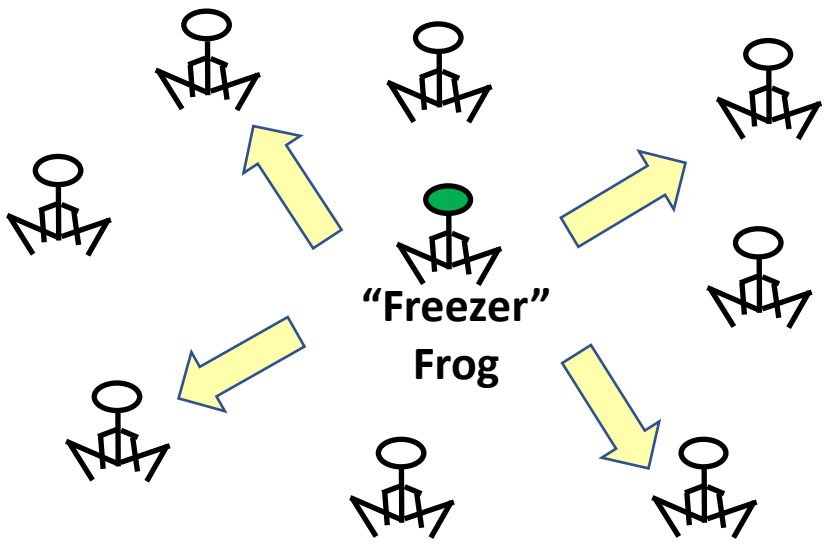
Team Mode – teams of any number of students each have a turn with 4 tosses. Add the point total of each team member to see which team has the highest.



Throw Archery

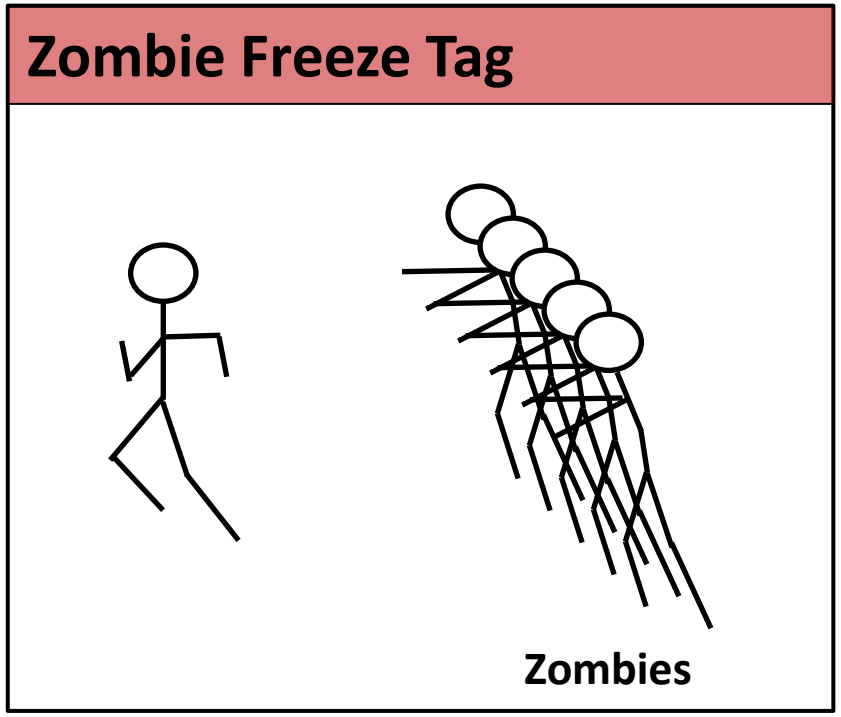
Leap Frog Freeze Tag

Leap Frog Freeze Tag



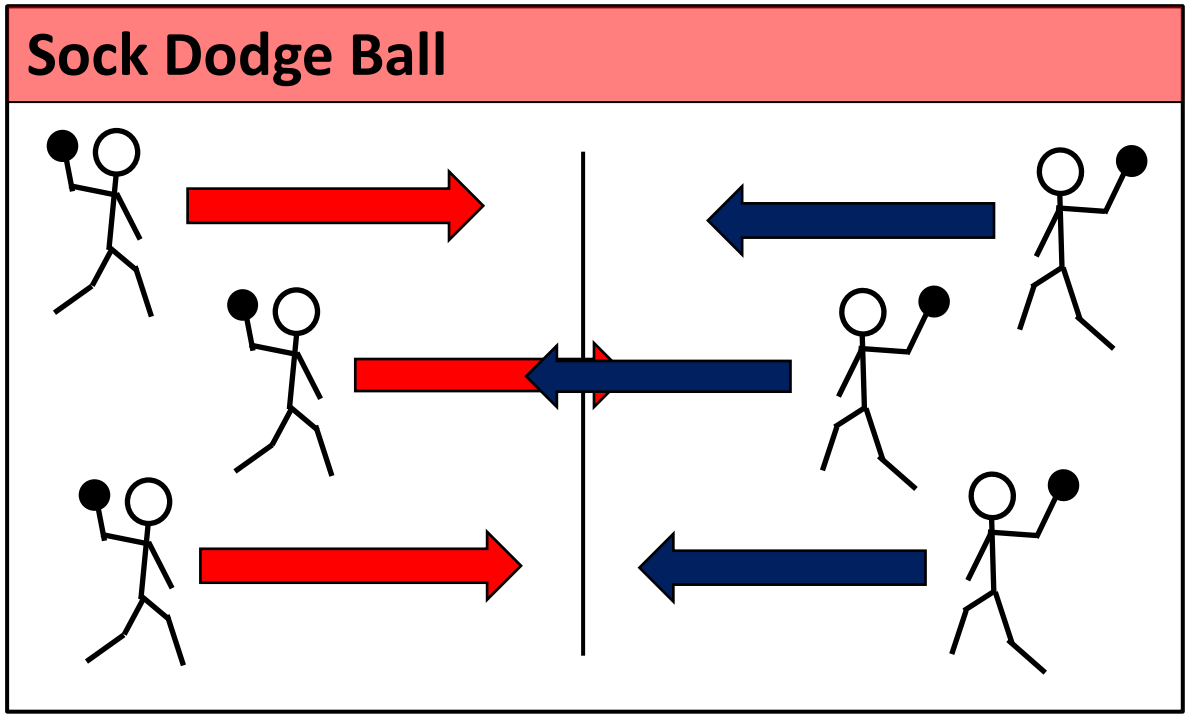
<u>How to Play</u>: Students must "hop" like a frog throughout the game. A student is selected to be the "freezer" frog and must hop around the designated space in a gym, or classroom, attempting to tag other "frogs". Once a frog is tagged, they must "freeze" and not move, unless a frog that has not been tagged is able to touch them and "unfreeze" them. To make it more challenging, begin with multiple "freezer" frogs. Play the game for 5 minutes, or until all frogs have been frozen. At the end of the game, select a new "freezer" frog and repeat, if desired.

Zombie Freeze Tag



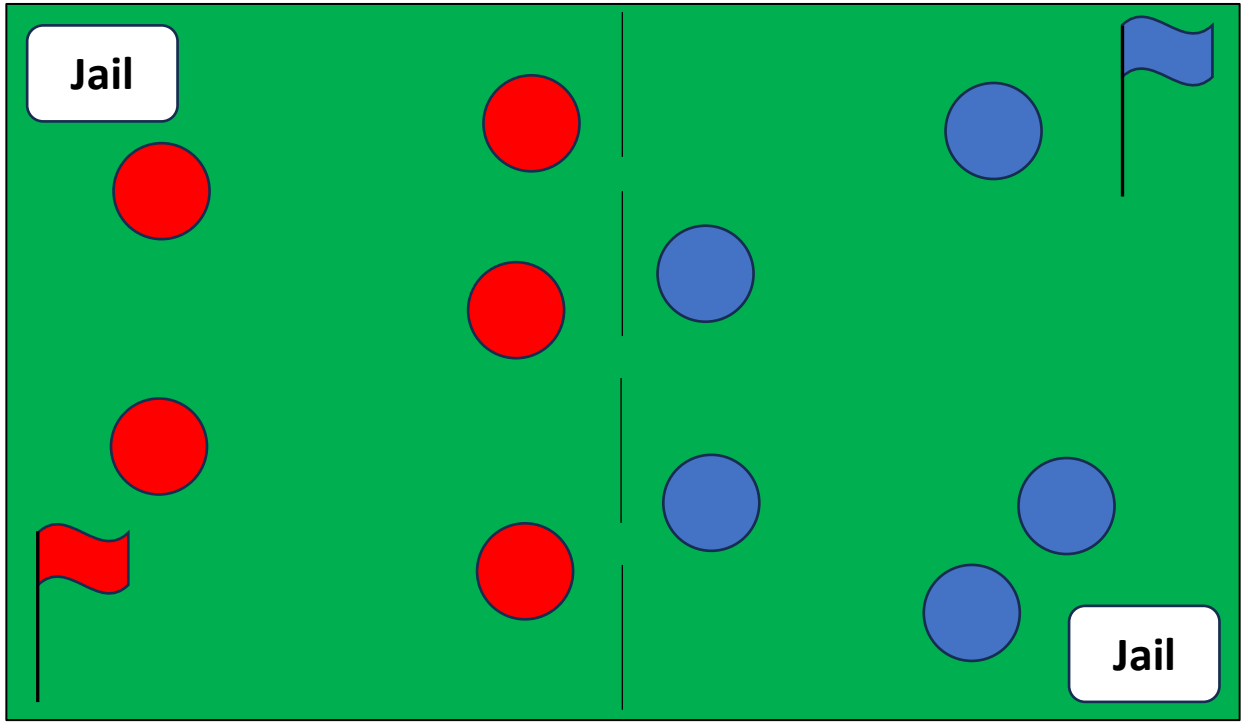
<u>How to Play</u>: In this game, a “Zombie” or Zombies are selected. The Zombies cannot run but only walk, like a Zombie. All other students can run. In the designated gym, or classroom space, when the game starts, the students run or hide from the Zombie. The Zombies are trying to tag students. If a student is tagged, they become a Zombie and start tagging humans. In this game, there is no safe zone so within the designated game area. Play for 5 minutes. Students must keep moving until all students have become Zombies or time expires. Select a Zombie for a new game, and repeat, if desired.

Sock Dodge Ball



<u>How to play</u>: Students will form two teams. Divide the gym or room in half. Students bring in a pair of clean socks and roll them into a "ball". At the rooms halfway point, place the "sock" dodge balls in a line. Students from each team move away from the halfway point an equal distance. When the game starts, students from each team run toward the halfway point and attempt to pick up the sock dodge balls before the opposite team, without crossing the halfway line. Once a student has a sock dodge ball, they can throw it at someone from the opposite team. If that person catches the sock dodge ball, the person who threw it is out. If they can't catch it and it hits them, they're out. Repeat until only one player is left. Students cannot throw the sock dodge balls at anyone's head and must aim for the stomach or lower. If a student catches a sock dodge ball thrown at them, it brings someone who was out on their team back into the game.

Capture the Flag



<u>How to play</u>: Students will form two teams. This game could be played in a gym, a classroom, or an outdoor space. In the space used, split it in half, with each team occupying one half. Teams make a small space for a jail, and they also have a "flag" somewhere in their space. The flag could be a shirt, towel, or an actual flag. At the start, students will attempt to run into the opposing team's space and capture their flag and get back to their side without getting tagged. If they are tagged, they must go to the opposite team's jail. If each jail has students in it, a prisoner swap could be negotiated to release prisoners from each team at the same time. Another way to free students in jail is to have a teammate run to the opposing team's jail and tag an imprisoned teammate to release them, but they must make it back to their side without getting tagged or else they both go to jail. If a student makes it to the opposing team's flag, grabs it, and makes it back to their side without getting tagged, their team wins.

Section 2 - Olympic Sports

- Basketball (self-explanatory)
- Soccer (self-explanatory)
- Volleyball (self-explanatory)
- Distance Running Program
- Sprinter Workouts

Olympic Sports – Sprint Drills (ages 10+)

A Skips and B Skips are two fundamental sprint drills exercises that are great for warming up, improving coordination, range of motion, and strengthening the lower body. This video is a good demonstration and explanation of how to do each drill and what they should look like. The articles go further in depth and provide more examples and videos. Mastering these movements takes time and consistency to get right, but over time, they will help student's balance, athleticism, and speed to improve.

https://marathonhandbook.com/a-skips/

https://www.trainingpeaks.com/blog/drills-for-proper-running-form/

(3) Momentum Sports, "A Skip and B Skip Running Drills Compared. How to Perform This Important Exercise for Runners," Momentum Sports youtube, accessed September 21, 2023, https://www.youtube.com/@MomentumSports/videos

(4) Amber Sayer, "A Skips Drill: Your New Favorite Drill To Improve Your Running Form," October 4, 2022, https://marathonhandbook.com/a-skips/

(5) Adam Hodges, "8 Running Drills to Improve Your Running Form," TrainingPeaks, July 16, 2012, https://www.trainingpeaks.com/blog/drills-for-proper-running-form/

Olympic Sports – Running Program (ages 15+)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	5 km recovery run	Core/Bodyweight Exercises	Threshold Run (~80% effort) x 3 km	3.2 km cutdown run… (4:30 pace x 800m, 4:20 pace x 800m, 8:00 last 1.6 km)	Core/Bodyweight Exercises	Recovery Day	800m warm-up, 4 x 800m… (4:00-4:15 min) with 4 min rest between, 800m cooldown
2	Core/Bodyweight Exercises	5 km Fart-Lek Run… (30 sec hard, 2 min easy until complete)	5 km recovery run	Core/Bodyweight Exercises	3.2 km cut down run… (4:30 pace x 800m, 4:20 pace x 800m, 4:10 pace x 800m, fast as you can last 800m)	Recovery Day	800m warm-up, 4 x 800m… (3:55-4:10 min) with 4 min rest between, 800m cooldown
3	6 km recovery run	Core/Bodyweight Exercises	Threshold Run (~80-85% effort) x 3 km	5 km recovery run	Core/Bodyweight Exercises	Recovery Day	800m warm-up, 4 x 800m… (3:50-4:05 min) with 4 min rest between, 800m cooldown
4	Core/Bodyweight Exercises	5 km Fart-Lek Run… (1 min hard, 2 min easy until complete)	3 km recovery run	Core/Bodyweight Exercises	5 km recovery run	Recovery Day	800m warm-up, 4 x 400m… (1:35-1:40 min) with 3:30 rest between, 800m cooldown
5	7 km recovery run	Core/Bodyweight Exercises	6 km cut down run… (10:45 pace, 2km, 10:30 pace next 2km, 5:00 pace next 1km, fast as you can last 1km)	Threshold Run (~75% effort) x 3 km	Core/Bodyweight Exercises	Recovery Day	800m warm-up, 6 x 400m… (1:30-1:35 min) with 3:15 rest between, 800m cooldown
6	Core/Bodyweight Exercises	6 km recovery run… (carry a conversation)	5 km Fart-Lek Run… (1 min hard, 2 easy until finished)	Core/Bodyweight Exercises	Threshold Run (80-85% effort) x 5 km	Recovery Day	800m warm-up, 6 x 400m… (1:25-1:30 min) with 3 min rest between, 800m cooldown
7	6 km recovery run	Core/Bodyweight Exercises	3 km Fart-Lek Run… (30 sec hard, 1 min easy x 2 miles)	3 km recovery run	Core/Bodyweight Exercises	Recovery Day	800m warm-up, 4 x 800m… 3:40-3:55 min) with 3 min rest between, 800m cooldown
8	Core/Bodyweight Exercises	3 km recovery run… (carry a conversation)	3.2 km cut down run… (4:15 pace x 800m, 4:05 pace x 800m, 3:55 pace x 800m, fast as you can last 800m)	Core/Bodyweight Exercises	3 km recovery run	Recovery Day	800m warm-up, 4 x 800m… (3:35-3:50 min) with 2:30 rest between, 800m cooldown
9	3 km mile recovery run	2 km mile recovery run	Warm-up, Stretch	Warm-up, Stretch	Race Day	Recovery Day	Recovery Day

Recovery runs: (carry a conversation): 3 km minimum up to 10 km miles run at a pace where you can comfortably carry a conversation. As you get more fit, the pace will become faster. On these runs, don't pay attention to pace or time it takes to run each km. It's for recovery and to build aerobic capacity.

High Intensity Runs: Cut Down Run - ex) 3 km cut down… (run 9:00 min per 1600m, followed by 8:00 1600m or another sequence; 9:30/9:00/8:30/8:00. Change it up)
Fart-Lek Run - (Swedish for speed play)... continuous run w/ faster and slower segments to build capacity and increase pace. Track Workouts - ex) 5 x 400m, 1:35 each, 3 min recovery between reps or 3 x 800m, 3:30 each, 3 min recovery... as you get in shape run times get faster and you gradually use less recovery time. **Threshold Run** - Controlled run designed to utilize primarily aerobic and secondary anaerobic systems teaching your body to sustain a faster pace over a period of time or distance.

Pre/Post Run Routine: Pre-Run/Workout: Easy jog 800m, followed by 20 jumping jacks, leg swings (10x leg), 3-4x gradual accelerations (40-50 meters) up to ~75% max speed
Post Run/Workout: Easy jog 800m, followed by traditional stretching and foam rolling

Olympic Sports – Sprinter Workouts (ages 15+)

"100 meters on the minute"		
Week 1:	100 meters x 5 reps	Target Range: 16-18 seconds per 100. (If you run 100 meters in 18 seconds, you have a 42 second recovery until the start of the next rep)
Week 2:	100 meters x 5 reps	Target Range: 16-18 seconds per 100.
Week 3:	100 meters x 3 reps	Target Range: 14-16 seconds per 100.
Week 4:	100 meters x 7 reps	Target Range: 16-18 seconds per 100.
Week 5:	100 meters x 7 reps	Target Range: 16-18 seconds per 100.
Week 6:	100 meters x 5 reps	Target Range: 14-16 seconds per 100. (If you run 100 meters in 14 seconds, you have a 46 second recovery until the start of the next rep)

Sprint Workout		
Week 1:	500 meters, 400 meters, 300 meters, 200 meters x 2 reps	Target Range: 500m (1:50-1:55), 400m (85-90 sec), 300m (55-59 sec), 200m (35-39 sec) - 5:00 min rest between each rep and set
Week 2:	300 meters x 5 reps	Target Range: 55-59 sec per 300 - 5:00 min rest between each rep
Week 3:	500 meters, 400 meters, 300 meters, 200 meters x 2 reps	Target Range: 500m (1:47-1:52), 400m (82-87 sec), 300m (53-57 sec), 200m (33-37 sec) - 5:00 min rest between each rep and set
Week 4:	300 meters x 5 reps	Target Range: 53-57 sec per 300 - 5:00 min rest between each rep

Olympic Sports – Sprinter Workouts (ages 15+)

The "1113030"		
Week 1:	Run 1 minute fast, 1 minute light, 1 minute fast, 30 sec light, 30 sec fast x 2 reps	Target: 5:00 minutes rest between reps - match the distance covered for both reps
Week 2:	Run 1 minute fast, 1 minute light, 1 minute fast, 30 sec light, 30 sec fast x 2 reps	Target: 4:30 minutes rest between reps - match the distance covered for both reps
Week 3:	Run 1 minute fast, 1 minute light, 1 minute fast, 30 sec light, 30 sec fast x 2 reps	Target: 4:00 minutes rest between reps - match the distance covered for both reps
Week 4:	Run 1 minute fast, 1 minute light, 1 minute fast, 30 sec light, 30 sec fast x 3 reps	Target: 4:30 minutes rest between reps - match the distance covered for each rep
Week 5:	Run 1 minute fast, 1 minute light, 1 minute fast, 30 sec light, 30 sec fast x 3 reps	Target: 4:00 minutes rest between reps - match the distance covered for each rep
Week 6:	Run 1 minute fast, 1 minute light, 1 minute fast, 30 sec light, 30 sec fast x 2 reps	Target: 3:00 minutes rest between reps - match the distance covered for both reps

200 Meter Interval Challenge		
Week 1:	200 meters x 6 reps	Target Range: 32-36 sec per 200 - 4:00 min rest between reps
Week 2:	200 meters x 8 reps	Target Range: 32-36 sec per 200 - 4:00 min rest between reps
Week 3:	200 meters x 6 reps	Target Range: 30-34 sec per 200 - 3:30 min rest between reps
Week 4:	200 meters x 10 reps	Target Range: 32-36 sec per 200 - 3:30 min rest between reps
Week 5:	200 meters x 8 reps	Target Range: 30-34 sec per 200 - 3:00 min rest between reps
Week 6:	200 meters x 6 reps	Target Range: 28-34 sec per 200 - 2:30 min rest between reps

Program Sections

Section 1:
Warm-up and Cool-down Exercises
Core and Body Weight Exercises

Section 2:
Games
Olympic Sports

Section 3:
Team Building Exercises
Sports and Health Trivia
Mongolian Physical Fitness Test (MPFT)

Section 4:
Children with Special Needs
Modified MPFT

Section 5:
MPFT Award Templates
Sample Week

Section 3

- Team Building Exercises
- Sports and Health Trivia
- Mongolian Physical Fitness Test (MPFT)

Team Building Exercises:

- **Hot Chair –** (Divided students into two groups. Each group stays together opposite a designated wall in the class. Each group places a seat ahead of their group. Turn the seat so its directed back toward the group… these are the Hot Chairs. Pick a student from both groups to start in each of the Hot Chairs. Students in the chair will be looking at their team. The teacher selects any word and writes it on the wall. Teams will use gestures or other words to help the person guess what was written on the wall. All students provide one hint to their teammate. The person in the chair hears the hints, attempting to guess what was written on the wall. The person in the chair who guesses correctly first earns their group one point. When a person correctly identifies the word, the group selects a new person to sit in the chair. At this point, another turn starts, and a new word is selected)[6]

- **Group Hop Challenge** – (Make teams of 4 to 6 students. The students from each team form a line. Students start by grabbing the right upper arm of the teammate they stand behind and lift their left upward and back so the teammate behind them grabs their left foot with their left hand. The group practices hopping together, trying not to fall or breaking the links. After a few minutes of practicing, groups can compete to see who can hop the farthest, or who can go from a starting line to a finish line the fastest)[7]

- **Balloon Walk –** (A student stands beside a teammate or teammates, holding hands. The teacher places a balloon(s) between the persons shoulders. The goal is for teams to move quickly across a designated course without the balloons moving out of place)[8]

(6) Elizabeth Mulvahill, “43 Awesome Team-Building Games and Activities for Kids,” We Are Teachers, August 7, 2023, https://www.weareteachers.com/team-building-games-and-activities/

(7) Elizabeth Mulvahill, “43 Awesome Team-Building Games and Activities for Kids,” We Are Teachers, August 7, 2023, https://www.weareteachers.com/team-building-games-and-activities/

(8) Guide, Inc., “Team Building Activity: Balloon Trolley | GUIDE, Inc.,” Guide, Inc., accessed October 12, 2023, https://guideinc.org/2017/08/09/team-building-activity-balloon-trolley/

Team Building Exercises:

- **Line Up Quietly –** (Before playing the game, give students 5-10 minutes to learn information about their classmates… ages, favorite food, month born, shared names or shared letters in their names, etc. After giving students time to learn about their classmates, have them attempt to line up without talking, according to this information. For example, have students line up from youngest to oldest or have them line up according to the first letter in their name, from beginning of alphabet to end, or vice versa)[9]
- **Wheelbarrow Walk or Race** – (Have 2 students pair up with a classmate. The first student starts with their hands on the floor, with arms extended. Their partner stands behind them and holds their lower legs, just above the ankles. The pair walks forward together, with the first student walking using their arms. Move from a starting point to a finish point and have the pair switch positions and move back to the starting line. This could also be a team race and relay race to make it competitive)[10]
- **Logroll –** (Have 2 students pair up with a classmate. Students lay down so that they can extend their arms over their heads and grasp their partners hands. Students roll from one end of the class or gym to another set point by rolling as a team, and not breaking contact with their partner. If their hands come apart, they must start over. After a turn, have students pair up with a new partner and repeat)[11]
- **No Upper Body Relay** – (Line students up and have them race from a starting line to a finish line. At the finish point, students get down on the ground and then get back on their feet only using their legs. Then they race to the beginning point and tag their next teammate to repeat the same process until all team members have completed the race)[12]

(9) Julie David, "30 Team Building Activities for Sports," Sign Up Genius, accessed September 16, 2023, https://www.signupgenius.com/Sports/team-building-activities-sports.cfm

(10) Drishti Sethi, "35 Indoor & Outdoor Relay Race Ideas for Children," June 5, 2023, https://parenting.firstcry.com/articles/exciting-indoor-and-outdoor-relay-races-for-kids/

(11) Your Therapy Source- January 19, "Relay Race Fun," *Starfish Therapies* (blog), January 19, 2012, https://starfishtherapies.wordpress.com/2012/01/19/relay-race-fun/

(12) Drishti Sethi, "35 Indoor & Outdoor Relay Race Ideas for Children," June 5, 2023, https://parenting.firstcry.com/articles/exciting-indoor-and-outdoor-relay-races-for-kids/

Mongolian Sports and Education Program Trivia

Q1: What was the year Mongolia first participated in the Olympic Games?[13]

A: 1964

Q2: How many gold medals has Mongolia won at the Olympic Games?[14]

A: 2

Q3: In what sports did Mongolia win Olympic gold medals?[15]

A: Judo and Boxing

Q4: What year did Mongolia win its first Olympic gold medal?[16]

A: 2008

Q5: Who won the Olympic gold medal in boxing?[17]

A: Enkhbatyn Badar-Uugan

Q6: Why did Chinggis Khan have his army wrestle?[18]

A: To keep the army in good physical shape

Q7: Why was physical fitness important to Chinggis Khan's army?[19]

A: It kept his army combat ready, healthy, and promoted national pride

Q8: How many times did Badmaanyambuugiin Bat-Erdene win in the Naadam?[20]

A: 11

Q9: Who was the first woman in Mongolia to win the Judo World Championship?[21]

A: Munkhbat Uransetseg

Q10: What year did Munkbat Uransetseg win the Judo World Championship?[22]

A: 2013

Q11: What were the two international competitions that Munkbat Urangsetseg won?[23]

A: Judo World Championship (2013) and Asian Games (2014)

Q12: What year did the Mongolian men's 3x3 basketball team win gold in the Asian Cup?[24]

A: 2017

Q13: What year did the Mongolian women's 3x3 basketball team win silver in the Asian Cup?[25]

A: 2013

Q14: Which Olympic games did the Mongolian women's 3x3 basketball team qualify for?[26]

A: Tokyo, 2020

Mongolian Sports and Education Program Trivia

(13)(14)(15)(16) Robert Wood, “Mongolia at the Olympic Games,” Topend Sports, accessed October 18, 2023, https://www.topendsports.com/events/summer/countries/mongolia.htm

(17) The UB Post, “History of Mongolia at the Olympic Games,” The UB Post | Mongolia’s leading English language news, accessed March 22, 2023, http://theubposts.com/post/3543/

(18)(19) Mongolianz, “Mongolian Wrestling (Bökh): Where Strength Meets Tradition,” Mongolianz, May 23, 2023, https://www.mongolianz.com/post/2023/05/23/mongolian-wrestling-bokh-where-strength-meets-tradition/

(20) The Generalist Academy, “Three Games of Men,” The Generalist Academy, August 20, 2020, https://generalist.academy/2020/08/21/three-games-of-men/

(21)(22)(23) Inside the Games, “Munkhbat Uransetseg: Mongolia’s World Champion,” Inside the Games, 2018, https://www.insidethegames.biz/articles/1017791/munkhbat-uransetseg-mongolias-world-champion

(24) FIBA Basketball, “Best Moments in FIBA 3x3 Asia Cup History - FIBA 3x3,” FIBA Basketball, accessed September 16, 2023, https://fiba3x3.com/en/news/2023/best-moments-in-fiba-3x3-asia-cup-history.html

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(26) Olympics.com, “Mongolia Women Make History at 3x3 Basketball,” Olympics.com, July 25, 2021, https://olympics.com/en/news/mongolia-women-3x3-basketball

Mongolian Sports and Education Program Trivia

Q15: True or False… Daily exercise strengthens bones, muscles, and improves brain function?[27]

A: True

Q17: True or False… Daily exercise decreases the likelihood of developing Type-2 diabetes and heart disease?[28]

A: True

Q16: How many minutes per day should children between the ages of 6-17 years exercise?[29]

A) 5 minutes; B) 15 minutes;

C) 30 minutes; D) 60 minutes

A: 60 minutes

Q18: True or False… Daily exercise can completely erase the effects of an imbalanced diet?[30]

A: False

Q23: True or False… Processed foods help to decrease stress levels?[31]

A: False – processed foods increase cortisol – the stress hormone – in the body

Q20: True or False… Diet and exercise are more important than quality of sleep to improving mental health.[32]

A: False – All three are needed to improve mental health

Q22: True or False… Daily exercise improves focus and helps to reduce feelings of anger and frustration?[33]

A: True

Q21: True or False… Laughter can help to improve feelings of well being and overall mental health?[34]

A: True

Q19: True or False… 4 hours of sleep per night is adequate to maintain a healthy lifestyle?[35]

A: False – children need min of 8-9 hours of quality sleep per night

Q24: True or False… If feeling stressed, sugary drinks and caffeinated drinks are good to consume?[36]

A: False – children should avoid them as much as possible

Q25: True or False… Exercise encourages our brains to release endorphins and serotonin that help to improve mood and feelings of well-being?[37]

A: True

Mongolian Sports and Education Program Trivia

(27)(28) Centers for Disease Control and Prevention, “Benefits of Physical Activity,” CDC, August 1, 2023, https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm

(29) American Academy of Pediatrics, “Bright Futures - Promoting Physical Activity - Implementation Tip Sheet,” Bright Futures, July 18, 2022, https://downloads.aap.org/AAP/PDF/BF_PhysicalActivity_Tipsheet.pdf?_ga=2.268403982.1080854537.1659371176-2133873135.1656347917

(30)(31) Courtney Barth, “Eat These Foods to Reduce Stress and Anxiety,” Cleveland Clinic, June 15, 2021, https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety/

(32)(33) Mayo Clinic Staff, “Exercise and Stress: Get Moving to Manage Stress - Mayo Clinic,” Mayo Clinic, accessed September 16, 2023, https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/exercise-and-stress/art-20044469

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(36) Justin Rife, “The Effects of Foods and Drinks on Your Stress Levels — And What to Do About It,” *Splenda®* (blog), September 20, 2022, https://www.splenda.com/blog/the-effects-of-food-and-drinks-on-stress/

(37) Mayo Clinic Staff, “Depression and Anxiety: Exercise Eases Symptoms,” Mayo Clinic, September 27, 2017, https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression-and-exercise/art-20046495

Boys:	2 min	(9 meters down/back x2)		1 min		Award Categories:		
Age	Sit-Up	Agility Run (seconds)	Broad Jump (cm)	Push-Up	800-meter run (minute: seconds)	Gold	Silver	Bronze
5	22	12.5	100	8	6:00	>22; <12.5; >100; >8; <6:00	>18; <13.0; >90; >6; <6:30	>14; <13.5; >70; >4: <7:00
6	25	12.0	110	10	5:55	>25; <12.0; >110; >10; <5:55	>21; <12.5; >100; >8; <6:25	>17; <13.0; >80; >6; <6:55
7	28	11.5	120	13	5:50	>28; <11.5; >120; >13; <5:50	>24; <12.0; >110; >11; <6:20	>20; <12.5; >90; >9; <6:50
8	31	11.2	130	16	5:40	>31; <11.2; >130; >16; <5:40	>27; <11.7; >120; >14; <6:10	>23; <12.2; >100; >12; <6:40
9	34	11.0	140	20	5:30	>34; <11.0; >140; >20; <5:30	>30; <11.5; >130; >18; <6:00	>26; <12.0; >110; >16; <6:30
10	37	10.5	155	23	5:20	>37; <10.5; >155; >23; <5:20	>33; <11.0; >145; >21; <5:50	>29; <11.5; >125; >19; <6:20
11	40	10.3	170	26	5:05	>40; <10.3; >170; >26; <5:05	>36; <10.8; >160; >24; <5:35	>32; <11.3; >140; >22; <6:05
12	43	10.0	185	30	4:50	>43; <10.0; >185; >30; <4:50	>39; <10.5; >175; >28; <5:20	>35; <11.0; >155; >26; <5:50
13	46	9.8	200	35	4:35	>46; <9.8; >200; >35; <4:35	>42; <10.3; >190; >33; <5:05	>38; <10.8; >170; >31; <5:35
14	49	9.5	210	40	4:20	>49; <9.5; >210; >40; <4:20	>45; <10.0; >200; >38; <4:50	>41; <10.5; >180; >36; <5:20
15	52	9.2	220	45	4:05	>52; <9.2; >220; >45; <4:05	>48; <9.7; >210; >43; <4:35	>44; <10.2; >190; >41; <5:05
16	55	9.0	230	50	3:55	>55; <9.0; >230; >50; <3:55	>51; <9.5; >220; >48; <4:25	>47; <10.0; >200; >46; <4:55
17	58	8.8	240	55	3:45	>58; <8.8; >240; >55; <3:45	>54; <9.3; >230; >53; <4:15	>50; <9.8; >210; >51; <4:45
Girls:	2 min	(9 meters down/back x 2)		1 min		Award Categories:		
Age	Sit-Up	Agility Run (seconds)	Broad Jump (cm)	Push-Up	800-meter run (minute: seconds)	Gold	Silver	Bronze
5	20	12.8	80	5	6:30	>20; <12.8; >80; >5; <6:30	>16; <13.3; >70; >3; <7:00	>12; <13.8; >50; >2; <7:30
6	22	12.5	90	7	6:25	>22; <12.5; >90; >7; <6:25	>18; <13.0; >80; >5; <6:55	>14; <13.5; >60; >3; <7:25
7	24	12.2	100	9	6:20	>24; <12.2; >100; >9; <6:20	>20; <12.7; >90; >7; <6:50	>16; <13.2; >70; >5; <7:20
8	26	12.0	110	11	6:05	>26; <12.0; >110; >11; <6:05	>22; <12.5; >100; >9; <6:25	>18; <13.0; >80; >7; <6:55
9	28	11.7	120	13	5:50	>28; <11.7; >120; >13; <5:50	>24; <12.2; >110; >11; <6:20	>20; <12.7; >90; >9; <6:50
10	30	11.3	130	15	5:40	>30; <11.3; >130; >15; <5:40	>26; <11.8; >120; >13; <6:10	>22; <12.3; >100; >11; <6:40
11	33	11.0	140	18	5:30	>33; <11.0; >140; >18; <5:30	>29; <11.5; >130; >16; <6:00	>25; <12.0; >110; >14; <6:30
12	36	10.6	150	20	5:20	>36; <10.6; >150; >20; <5:20	>32; <11.1; >140; >18; <5:50	>28; <11.6; >120; >16; <6:20
13	39	10.3	160	23	5:10	>39; <10.3; >160; >23; <5:10	>35; <10.8; >150; >21; <5:40	>31; <11.3; >130; >19; <6:10
14	42	10.0	170	25	5:00	>42; <10.0; >170; >25; <5:00	>38; <10.5; >160; >23; <5:30	>34; <11.0; >140; >21; <6:00
15	45	9.8	180	27	4:50	>45; <9.8; >180; >27; <4:50	>41; <10.3; >170; >25; <5:20	>37; <10.8; >150; >23; <5:50
16	48	9.5	190	30	4:40	>48; <9.5; >190; >30; <4:40	>44; < 10.0; >180; >28; <5:10	>40; <10.5; >160; >26; <5:40
17	50	9.3	200	35	4:30	>50; <9.3; >200; >35; <4:30	>46; <9.8; >190; >33; <5:00	>42; <10.3; >170; >31; <5:30

Mongolian Physical Fitness Test (MPFT)

Program Sections

Section 1:
Warm-up and Cool-down Exercises
Core and Body Weight Exercises

Section 2:
Games
Olympic Sports

Section 3:
Team Building Exercises
Sports and Health Trivia
Mongolian Physical Fitness Test (MPFT)

Section 4:
Children with Special Needs
Modified MPFT

Section 5:
MPFT Award Templates
Sample Week

Section 4

- Warm-up Exercises
- Cool-down Exercises
- Core and Body Weight Exercises
- Games
- Modified Mongolian Physical Fitness Test (MPFT)

Sample Week

The Sports and Education Program Section for children with special needs are a mix of warm-up and cool-down exercises, core and body weight exercises, games, and a modified Mongolian Physical Fitness Test. The activities are designed to improve mobility, balance, and body awareness as well as help develop listening comprehension skills. Each day, teachers should plan for approximately 1 hour of activity. The first 15-20 minutes could be used by teachers to teach the warm-up and core and body weight exercises. The next 20-30 minutes could be used to play games designed to develop balance, mobility, and coordination. Afterward, cool-down for 10-15 minutes.

Monday: Warm-up, 10 minutes (Jumping Jacks, Leg Swings (front to back), Arm Circles); **Core and Body Weight Exercises, 10 minutes** (Roll Ups – Double Leg, Plank, Body Weight Squats) **Games, 25-30 minutes** (Balance Games, Hide and Seek); **Cool-down, 5-10 minutes** (Leg Swings (front to back), Leg Swings (side to side), Barefoot Slow Walking)

Tuesday: Warm-up, 5 minutes (Running in Place, Walking Hamstrings, Arm Circles); **Core and Body Weight Exercises, 10 minutes** (Roll Ups – Single Leg, Duck Walk Forward and Backward, Lunges); **Games, 25-30 minutes** ("Chinggis Says", Be an Animal Game, Balance Games); **Cool-down, 10 minutes** (Leg Swings (front to back), Quad Stretch, Calf Stretch, Tibialis Anterior Stretch)

Wednesday: Warm-up, 10 minutes (Jumping Jacks, Reach for the Sky, Jumps in Place); **Core and Body Weight Exercises, 10 minutes** (Planks, Body Weight Squats, Duck Walk Lateral); **Games, 20-25 minutes** (Hide and Seek); **Cool-down, 10 minutes** (Quad Stretch, Calf Stretch, Walking Hamstring, Leg Swings – Side to Side)

Thursday: Warm-up, 15 minutes (High Knees, Running in Place, Leg Swings (side to side), Arm Circles, Reach for the Sky); **Games, 25-30 minutes** (Balance Games, Jumping Games, Be an Animal Game, "Chinggis Says"); **Cool-down, 10 minutes** (Leg Swings (front to back), Leg Swings (side to side), Quad Stretch, Calf Stretch, Barefoot Slow Walking)

Friday: Warm-up, 10 minutes (Reach for the Sky, Jumping Jacks, Walking Hamstring, Jumps in Place); **Core and Body Weight Exercises, 10 minutes** (Roll Ups – Single Leg, Roll Ups – Double Leg, Body Weight Squats); Games, 20 minutes (Jumping Games, Hide and Seek) **Cool-down, 10 minutes** (Leg Swings – Front to Back, Tibialis Anterior Stretch, Barefoot Slow Walking)

Warm-Up Exercises

- Jumping Jacks
- High Knees
- Running in Place
- Leg Swings (front to back)
- Leg Swings (side to side)
- Arm Circles
- Reach for the Sky
- Horse Drags
- Walking Hamstring stretch
- Jumps in Place

Warm-Up Exercises Instructions

- **Jumping Jacks** (Students start in a standing position with arms down by side. Jump and move legs outward and at the same time, move arms upward and clap hands above head, then move arms back down toward sides and jump back to starting position. Complete 10 reps and add more as needed)
- **High Knees** (Students start in a standing position and quickly lift right leg upward with knee bent so knee is above hips and quickly alternate left knee upward. Keep back straight. Continue alternating quickly so feet only touch the ground for briefly. Complete 10 reps on each leg, 20 total and add more as needed)
- **Running in Place** (Students start in a standing position and run in place. It is similar to high knees, but the knees should not raise above the hips and should be a slightly slower pace. Complete 30 seconds and add more time as needed)
- **Leg Swings (front to back)** (Students start in a standing position and can balance against a wall or chair, as needed. Begin swinging the left leg forward then back behind the hips, bending the knee. Complete 10 swings on left leg and gradually raise leg higher in front of body as students approach swings 8, 9 & 10. Switch legs and complete 10 swings on the right leg. Rotation is from the hips, and students should attempt to keep backs straight)
- **Leg Swings (side to side)** (Students start in a standing position, facing a wall or anything to brace against. Students lean into the wall and place hands on the wall to balance. Begin swinging the right leg past the left knee and back across as high as they are able, gradually increasing the range of motion with each swing. Complete 8-10 reps on each leg)

Warm-Up Exercises Instructions

- **Arm Circles** (Students extend their arms outward and laterally, producing a parallel line to the ground. Students then move arms in a circular motion, beginning with little and moving to making big circles, and back again. First, begin with making circles in one direction, then change to the opposite direction. Ensure motion is deliberate and controlled)[38]
- **Reach for the Sky** (Students extend arms toward the sky and stand on their toes. The objective is to stretch arms and legs apart as far as possible. Hold for 10 count, recover, and repeat)[39]
- **Horse Drags** (Students start in a standing position, and can balance against a wall or chair, as needed. Start with right leg in an upright position, with the knee at the level of the hips and the foot hanging below the knee. Pull the foot under the hips and back up again to the starting position, dragging the ground in the process)
- **Walking Hamstring stretch** (Students start in a standing position, begin by placing left foot forward and simultaneously rotate at hips and reach for left foot. Continue stepping forward and rotate upper body into an upright position and simultaneously step forward with right leg, and repeat on the right leg, stretching for the right foot. Continue walking forward and stretching. Each time, attempt to stretch further and repeat 5 repetitions on each leg)
- **Walking IT Band stretch** (Students starts in a standing position, begin by placing left ankle just above and across right knee, begin squatting slightly pressing down on left knee as the student squats down and back up. Step forward and repeat on the other leg. Repeat 5 repetitions on each leg)
- **Jumps in Place** (Students start in an upright position. Feet should be approximately shoulder-width apart. Student squats in place, keeping chest up, back straight, and prevent shoulders from rolling forward. Squat until hips are slightly below knees and quickly jump upward dynamically. Students should land “softly” bending their knees as they land. Reset into starting position and complete 5 repetitions and add more as needed)
- **Bear Crawl** (Students start on hands and feet and walk on all fours for 5 meters, down and back. Add distance and speed as needed)

(38) Health Powered Kids, “Kid’s Stretching Exercises | Easy Stretches for Kids | HPK,” Health Powered Kids, September 10, 2012, https://healthpoweredkids.org/lessons/stretch-for-your-best/

(39) Health Powered Kids, “Kid’s Stretching Exercises | Easy Stretches for Kids | HPK,” Health Powered Kids, September 10, 2012, https://healthpoweredkids.org/lessons/stretch-for-your-best/

Cool Down Exercises

- Leg Swings (front to back)
- Leg Swings (side to side)
- Walking Hamstring stretch
- Calf Stretch
- Quad Stretch
- Tibialis Anterior Stretch
- Barefoot Slow Walking (Forward and Backward)

Cool-Down Exercises Instructions

- **Leg Swings (front to back)** (Students start in a standing position and can balance against a wall or chair, as needed. Begin swinging the left leg forward then back behind the hips, bending the knee. Complete 10 swings on left leg and gradually raise leg higher in front of body as students approach swings 8, 9 & 10. Switch legs and complete 10 swings on the right leg. Rotation is from the hips, and students should attempt to keep backs straight)
- **Leg Swings (side to side)** (Students start in a standing position, facing a wall or anything to brace against. Students lean into the wall and place hands on the wall to balance. Begin swinging the right leg past the left knee and back across as high as they are able, gradually increasing the range of motion with each swing. Complete 8-10 reps on each leg)
- **Walking Hamstring stretch** (Students start in a standing position, begin by placing left foot forward and simultaneously rotate at hips and reach for left foot. Continue stepping forward and rotate upper body into an upright position and simultaneously step forward with right leg, and repeat on the right leg, stretching for the right foot. Continue walking forward and stretching. Each time, attempt to stretch further and repeat 5 repetitions on each leg)
- **Calf Stretch** (Students start in a standing position, and place left foot against wall so that toes are touching the wall, and the heal is still on the ground. Students move body forward until a stretching sensation is felt in the left calf muscle. Hold for 10 seconds, and repeat on the right calf)
- **Quad Stretch** (Students start in a standing position, lifting and bending right leg at the knee so that the right heal is moving up toward the hips. Students grab the right foot and gently pull the foot toward the hips and slightly toward the left side of the body. Students should feel a stretching in the right quad. Hold for 10 seconds and repeat on the opposite leg)
- **Tibialis Anterior Stretch** (Students start in a seated position, sitting on their shins (lower leg) with the feet extended and pointed behind their body. Students should have knees bent, feeling a stretching in the top of their foot and ankle and their shins. Students should lower their upper body toward the ground while in the stretching position. Hold for 10 seconds)
- **Barefoot Slow Walking - Forward and Backward** (Students remove shoes and socks, weather permitting, and walk forward around the gym for 2-3 minutes, emphasizing heal to toe foot placement moving forward, and switch to walking backward for 2-3 minutes, emphasizing toe to heal foot placement moving backward)

Core and Body Weight Exercises

- Roll Ups – Double Leg
- Roll Ups – Single Leg
- Plank
- Body Weight Squats
- Lunges
- Walking like a Duck - Forward
- Walking like a Duck - Backward
- Walking like a Duck -Laterally

Core and Body Weight Exercise Instructions

- **Roll Ups – Double Leg** (Students lay on ground, with lower back flat to the ground. Legs are bent and feet are flat to the ground. Palms are on the front of legs. Keep chin in chest, slowly roll shoulders up, activating core/abdomen, and slide palms up toward knees. Keep lower back flat during movement. Slowly roll back down, keeping core activated. Roll up and roll down for 10 reps, then gradually increase the number of reps)
- **Roll Ups – Single Leg** (Students lay on ground, with lower back flat to the ground. Right Leg is bent, and right foot is flat to the ground. Left leg is straight and extended out at a 45-degree angle. Both palms are on the front of left leg. Keep chin in chest, slowly roll shoulders up, activating core/abdomen, and slide palms up toward left knees. Keep lower back flat during movement. Slowly roll back down, keeping core activated. Roll up and roll down for 10 reps, then gradually increase the number of reps, switching legs for 10 reps on each leg)
- **Plank** (Students get into a push up position, resting on forearms. Keep body in a generally straight line from head, shoulders, back, hips, legs, to feet. Keep core activated. Hold the position for 15, 20, 25, 30 seconds at a time and add time as needed)
- **Body Weight Squats** (Students stand on ground, feet shoulder width apart or slightly wider with feet pointed slightly out. Squat slowly until hips are slightly below the level of the student's knees with hips moving down toward the student's heels. Keep back straight, chest up and eyes looking straight ahead… don't allow shoulders or back to roll forward while squatting. Complete 10 reps then more as needed)
- **Lunges** (Students stand with left leg in front of body with left foot flat to the ground. Hands are on hips. Right leg is behind the body and student is balanced on right toes. Slowly lower body straight down until right knee gently touches the ground, keeping back upright with chest up and eyes looking straight ahead. Move back up to starting position. Complete 10 reps on left leg then switch legs and complete 10 reps on the right leg and add reps as needed)
- **Walking like a Duck Forward** (Students squat down so that hips nearly touch heels, keeping back upright and chest up. Students walk for forward 10 meters at a time in this position)
- **Walking like a Duck Backward** (Students squat down so that hips nearly touch heels, keeping back upright and chest up. Students walk backward 10 meters at a time in this position)
- **Walking like a Duck Laterally** (Students squat down so that hips nearly touch heels, keeping back upright and chest up. Students walk sideways for 5 meters in one direction, then sideways for 5 meters in the opposite direction)

Games

- **Balance Games:** (balance on right foot for time for 5 seconds, 10, 15, 20… add time as students are able); (on left foot for time); (on both feet with eyes closed or open for time); (on a single foot with eyes open or closed for time); (walking on a line on the ground, similar, to a balance beam but on the ground, with students attempting to not "fall off" line)
- **Chinggis Says:** (Choose one student as "Chinggis." The other children gather around Chinggis, who gives instructions by saying, "Chinggis says…" telling the all the other kids to perform an action. For example, "Chinggis says touch your head," at this point, everyone should touch their head. If the student playing Chinggis leaves out "Chinggis says" before giving the next action, anyone who does the action is out. For example, if the student playing Chinggis says, "jump up and down." Each child who performs the action is out)[40]
- **Hide and Seek:** (One student is chosen to be the "seeker" and everybody else are the "hiders". The seeker closes their eyes and counts to 10, or longer if needed. The hiders find a place to hide before the seeker reaches "10". After reaching "10", the seeker begins searching for the hiders. Once a hider is found, they join the seeker searching for all the remaining hiders. Continue until all the hiders are found)
- **Jumping Games:** (# of jumps in a row… start with 2 jumps in place and add more as students are able); (Jump forward onto a pre-determined spot); (jump, tuck feet up and land… start with one, then two in a row, and add more jumps as students are able); (jump on one leg… as students are able); (backwards hop… start with one, pause, and repeat)
- **Be an Animal Game:** (slither like a snake); (walk like a bear); (hop like a kangaroo); (walk like a crab); (fly like an eagle… flapping arms and walking). Have students "be" an animal for time (30 sec, 1 min, 2 min etc.)[41]

(40) Laura Liberty, "Physical Fitness for Children with Special Needs," Anishinabek Nation, 2016, https://www.anishinabek.ca/wp-content/uploads/2016/07/Games-and-Activities-for-Children-with-Special-Needs.pdf

(41) The Genius of Play, "Animal Imitation Game," The Genius of Play, accessed September 25, 2023, https://thegeniusofplay.org/genius/play-ideas-tips/play-ideas/animal-imitation-game.aspx

Boys:	(30' down/back x2)			Award Categories:		
Age	Agility Run (seconds)	Broad Jump (cm)	Body Weight Squat	Gold	Silver	Bronze
5	15.5	30	8	<15.5; >30; >8	<17.0; >25; >7	<18.5; >20; >6
6	15.0	35	9	<15.0; >35; >9	<16.5; >30; >8	<18.0; >25; >7
7	14.5	40	10	<14.5; >40; >10	<16.0; >35; >9	<17.5; >30; >8
8	14.2	45	11	<14.2; >45; >11	<15.7; >40; >10	<17.2; >35; >9
9	14.0	50	12	<14.0; >50; >12	<15.5; >45; >11	<17.0; >40; >10
10	13.5	55	14	<13.5; >55; >14	<15.0; >50; >13	<16.5; >45; >12
11	13.3	60	16	<13.3; >60; >16	<14.8; >55; >15	<16.3; >50; >14
12	13.0	65	18	<13.0; >65; >18	<14.5; >60; >17	<16.0; >55; >16
13	12.8	70	20	<12.8; >70; >20	<14.3; >65; >19	<15.8; >60; >18
14	12.5	75	22	<12.5; >75; >22	<14.0; >70 >21	<15.5; >65; >20
15	12.2	80	24	<12.2; >80; >24	<13.7; >75; >23	<15.2; >70; >22
16	12.0	85	26	<12.0; >85; >26	<13.5; >80; >25	<15.0; >75; >24
17	11.8	90	28	<11.8; >90; >28	<13.3; >85; >27	<14.8; >80; >26
Girls:	(30' down/back x2)			Award Categories:		
Age	Agility Run (seconds)	Broad Jump (cm)	Body Weight Squat	Gold	Silver	Bronze
5	15.8	25	6	<15.8; >25; >6	<17.3; >20; >5	<18.8; >15; >4
6	15.5	30	7	<15.5; >30; <7	<17.0; >25; >6	<18.5; >20; >5
7	15.2	35	8	<15.2; >35; >8	<16.7; >30; >7	<18.2; >25; >6
8	15.0	40	9	<15.0; >40; >9	<16.5; >35; >8	<18.0; >30; >7
9	14.7	45	10	<14.7; >45; >10	<16.2; >40; >9	<17.7; >35; >8
10	14.3	50	12	<14.3; >50; >12	<15.8; >45; >11	<17.3; >40; >10
11	14.0	55	14	<14.0; >55; >14	<15.5; >50; >13	<17.0; >45; >12
12	13.6	60	16	<13.6; >60; >16	<15.1; >55; >15	<16.6; >50; >14
13	13.3	65	18	<13.3; >65; >18	<14.8; >60; >17	<16.3; >55; >16
14	13.0	70	20	<13.0; >70; >20	<14.5; >65; >19	>16.0; >60; >18
15	12.8	75	22	<12.8; >75; >22	<14.3; >70; >21	<15.8; >65; >20
16	12.5	80	24	<12.5; >80; >24	< 14.0; >75; >23	<15.5; >70; >22
17	12.3	85	26	<12.3; >85; >26	<13.8; >80; >25	<15.3; >75; >24

Modified Mongolian Physical Fitness Test (MPFT)

Program Sections

Section 1:
Sample Week
Warm-up and Cool-down Exercises
Core and Body Weight Exercises

Section 2:
Games
Olympic Sports

Section 3:
Team Building Exercises
Sports and Health Trivia
Mongolian Physical Fitness Test (MPFT)

Section 4:
Children with Special Needs
Modified MPFT

Section 5:
MPFT Award Templates

Section 5

- MPFT Gold, Silver, Bronze Award Templates

THE MONGOLIAN PHYSICAL FITNESS TEST

THIS CERTIFICATE ACKNOWLEDGES THAT

_____

HAS EARNED THE GOLD AWARD FOR EXCEPTIONAL ACHIEVEMENT ON THIS DAY, _____

SIGNED: _____

THE MONGOLIAN PHYSICAL FITNESS TEST

THIS CERTIFICATE ACKNOWLEDGES THAT

_____

HAS EARNED THE SILVER AWARD FOR EXCEPTIONAL ACHIEVEMENT ON THIS DAY, _____

SIGNED: _____

THE MONGOLIAN PHYSICAL FITNESS TEST

THIS CERTIFICATE ACKNOWLEDGES THAT

_____

HAS EARNED THE BRONZE AWARD FOR EXCEPTIONAL ACHIEVEMENT ON THIS DAY, _____

SIGNED: _____

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