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Maverick Student App
User Manual

Maverick Student App - User Manual

Maverick Student app is available only to pre-registered students.

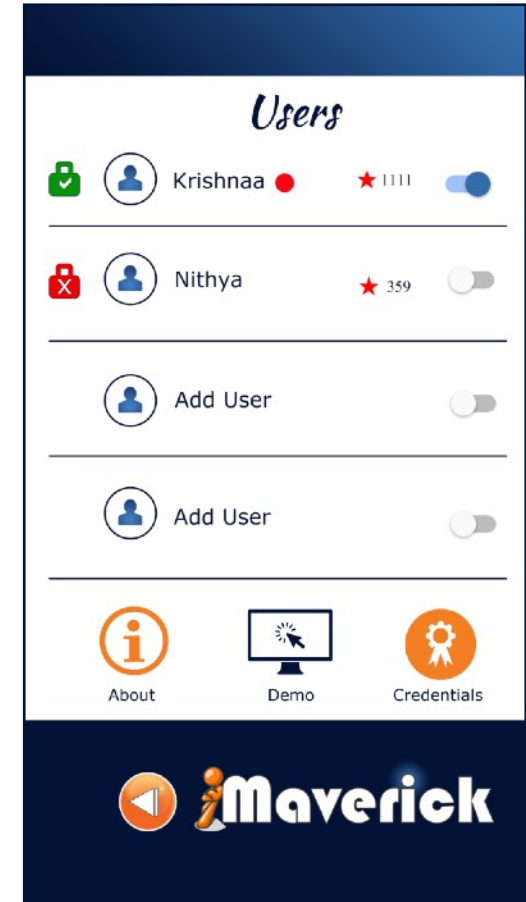
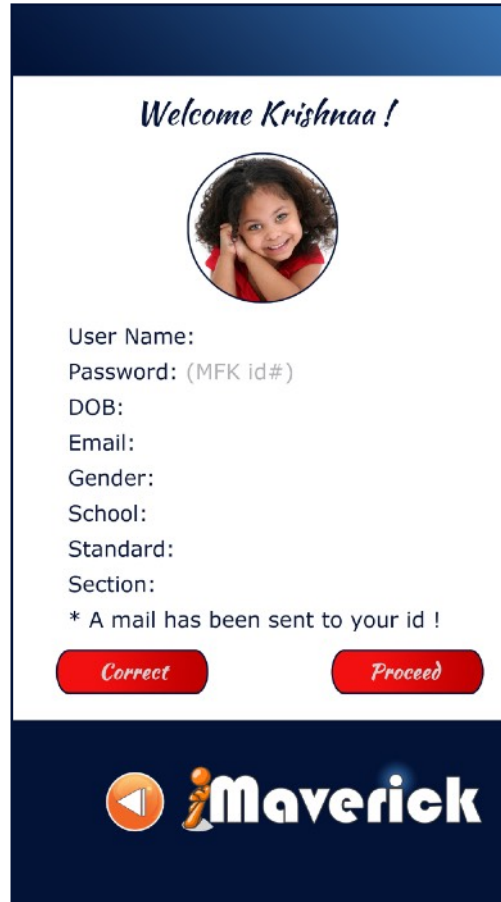
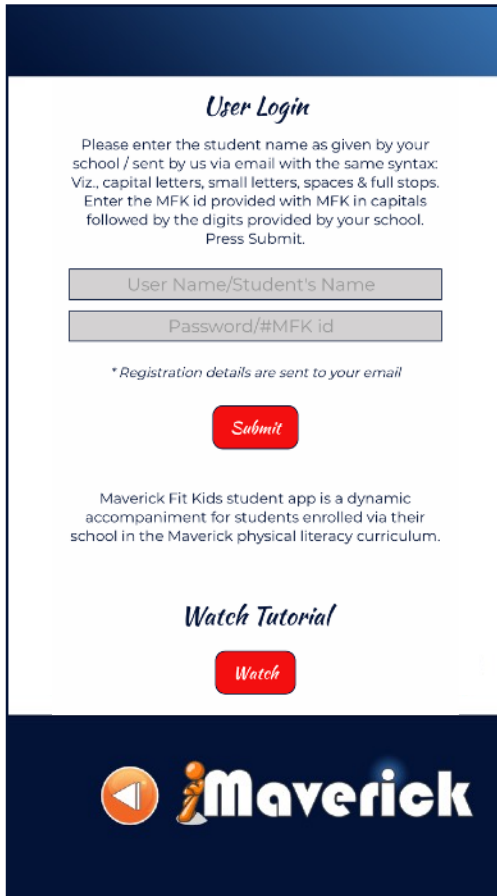
We at **Maverick** understand that two sessions of fitness per week will not help make health a habit.

We use technology to help students exercise everyday. We use the Student App & portal to educate, inspire and motivate students.

Please enter the student name as given by your school with the same syntax: Viz., capital letters, small letters, spaces and full stops. Enter the MFK id provided with MFK in capitals followed by the digits unique to your child

The credentials as registered with us are displayed before proceeding. A photo is mandatory and is saved only on the device of the user. Photo is used for identification as parents can use the same app for upto 4 children

On launching the App every time, the option to select which child is using the app will be presented. Older children may choose to 'Lock' the app so that siblings cannot view their profile.



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The **Home** screen has SIX distinct features:

ACTIVITY:

EVERYDAY EXERCISES
WEEKLY WORKOUTS
GUIDES
WHAT IF
SPORTS SKILLS
ACTIVE TRACKS
SPORTS SPECIFIC STRENGTHENING

TRANSFORMATION:

INSIGHTS
DAILY DISCIPLINE
QUIZ
ASPIRATIONS

VIDEO LESSONS

COACH
UNDERSTANDING PHYSICAL LITERACY

PERSONAL DETAILS

PROFILE
FIT ZONE
FIT FEST
3As REVIEW
ENDORSER

CONSISTENCY

MAVERICK FIT SPOTS
MAVERICK MINUTE
MAVERICK CHAMP

NOTIFICATION



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ACTIVITY : EVERYDAY EXERCISES: PRIMARY, MID & HIGH SCHOOL:



Butt Blaster

Kneel on all fours with hands straight beneath shoulders

Lift Right knee off the floor (start position)

Stretch leg behind without bending your knee

Bring it back to start position

Repeat 10 times before switching to left leg



Instruction



Music



Next



Maverick

Every Day Exercises lead to age based exercises which are dynamically changed everyday for every student.

Animated video of the exercise is given.

Instructions are given both as written words and in the form of audio to facilitate younger children.

Once the instructions have been understood the student can perform the exercise to the timed music provided. The music has been specifically added for timing of each exercise.

Once the music is done, students can proceed by using the NEXT icon

The next exercise will be displayed. Rest Periods are incorporated in between exercises

Everyday exercises range from 15 minutes for primary to 25 minutes for mid school and 30 minutes for high school.

Once all the exercises in the list are done, student can choose to repeat or finish. If repeat is selected, they begin again from the first exercise. If finish is selected, a pop up window asks for validation code from the parent.


**Validation code is a code that is sent to the parent upon enrolment and is needed for validating the student's participation in various activities in this app.*

When validated, the student earns a star.

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ACTIVITY : WEEKLY WORKOUTS PRIMARY & MID SCHOOL

This gives a specific movement skill for practice at home for the entire week. This includes rhythm based activities, brain gym activities, yoga asanas and pranayama. Here again, a validation trigger to parents records the student's participation and earns them a star.



Adhomukhasvanasana Eka Pada


Asana Classification: Standing - Pascimatana / Purvatana / Samasthiti - Symmetric - Dynamic / Static.

From standing SAMASTHITI, on inhale raise arms forward and up.

On exhale bend into UTTANANSANA touching the toes with hands.

Your feedback this year on the **Maverick** sessions at school


Playlist 0 0 0 1 6 Finish



ACTIVITY : GUIDES HIGH SCHOOL

A host of exercises taught to students as part of the circuit training session is made available for students to pick their exercise routine for the day. Here, students are asked to change implements like dumbbells to water bottles. Students are encouraged to learn the muscles being used in every exercise pattern.


Upper body strength



SHOULDER PRESS DUMBBELL

Materials required: Dumbbells (pair), Bench / seat

Stand straight with your feet slightly wider than your shoulder width OR sit straight on a bench or seat with feet firmly on the ground and back straight. Hold a dumbbell in each hand next to your shoulders, palms facing forward and elbows pointing down. Keeping your shoulders back, press dumbbells up and above your head until your arms are fully extended. Slowly lower dumbbells to the start position. Repeat without any jerks for the required repetition.



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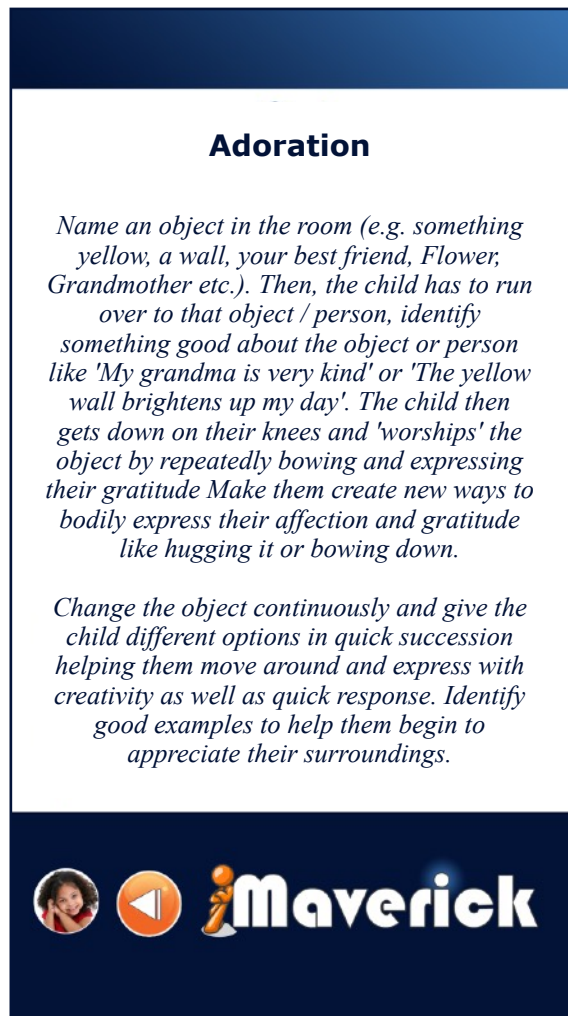
What If? Primary School

What if are imaginary scenarios to work on the affective and creative aspects of the child by engaging them with dramatic emotions while expressing bodily movements.

Adoration

Name an object in the room (e.g. something yellow, a wall, your best friend, Flower, Grandmother etc.). Then, the child has to run over to that object / person, identify something good about the object or person like 'My grandma is very kind' or 'The yellow wall brightens up my day'. The child then gets down on their knees and 'worships' the object by repeatedly bowing and expressing their gratitude Make them create new ways to bodily express their affection and gratitude like hugging it or bowing down.

Change the object continuously and give the child different options in quick succession helping them move around and express with creativity as well as quick response. Identify good examples to help them begin to appreciate their surroundings.



The screenshot shows the 'Adoration' activity page in the Maverick app. It features a blue header, a white content area with italicized text, and a dark blue footer with navigation icons (back, home, forward) and the 'Maverick' logo.

SPORTS SKILLS Mid School

The sports skill taught at school during the week is presented to the student for greater learning and practice. Here in addition animated video, the instructional audio highlighting the movement pattern of the drill is presented.



Tornado Catch

A drill to enhance Basket ball sporting skills.

Throw the ball up slightly above your head and quickly twist your body around completely. Catch the ball after it bounces. It's ok to let the ball bounce two or more times initially. But as you progress, challenge yourself and attempt to catch the ball with just one bounce and finally without a bounce

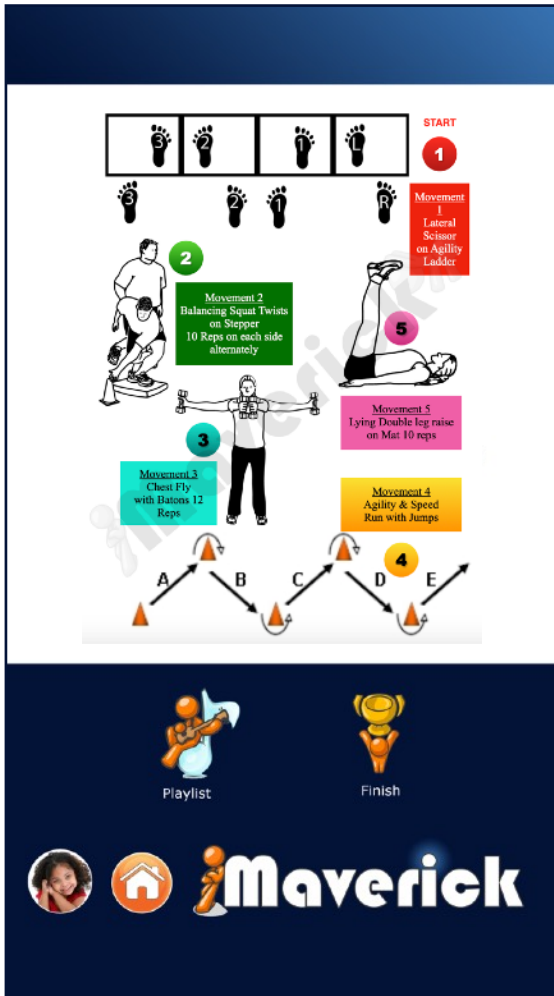


The screenshot shows the 'Tornado Catch' activity page in the Maverick app. It features a blue header, a white content area with an illustration of a person performing the drill, and a dark blue footer with navigation icons (Previous, Instruction, Next) and the 'Maverick' logo.

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ACTIVE TRACKS High School

A combination of various movement patterns that work on rhythm, agility and speed are presented every week. Students can connect to a playlist of their choice. Household implements can be used.



SPORTS SPECIFIC STRENGTHENING High School

We provide sports specific strengthening exercises for various sports. These exercises help the student get better at their sport by training the muscles recruited in each sport.



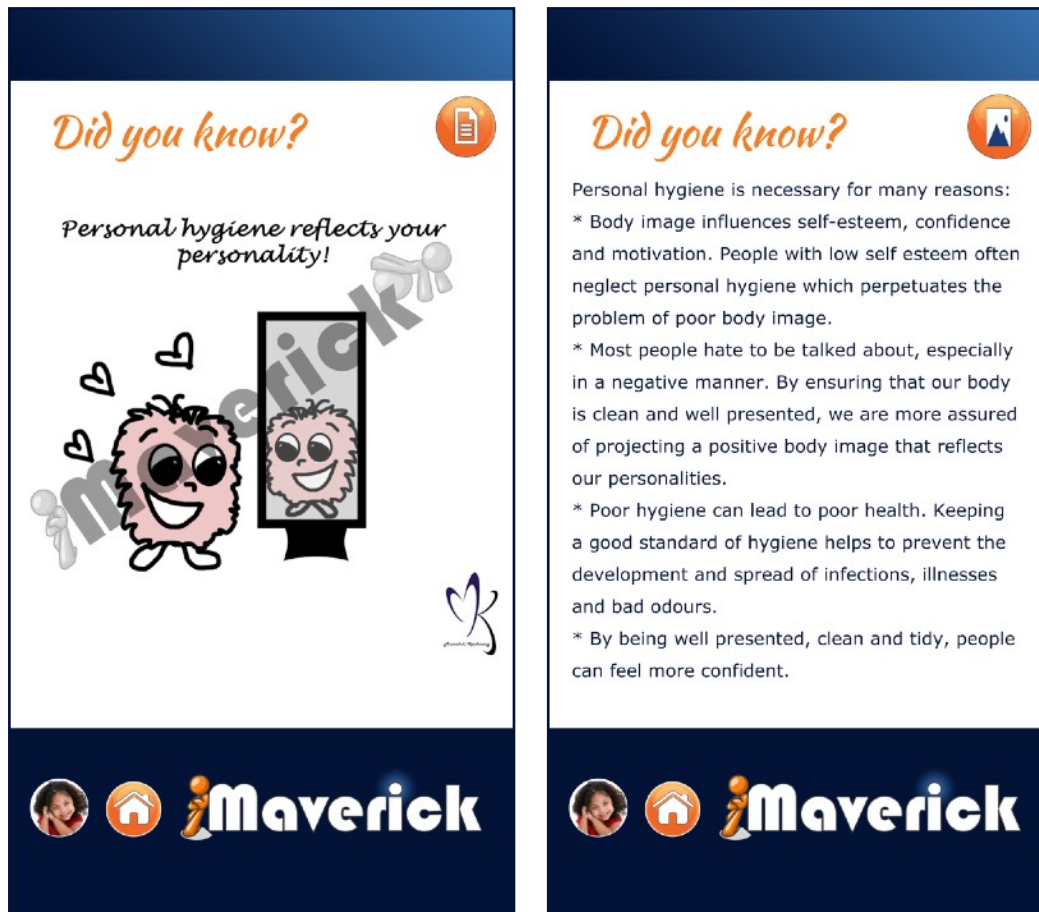
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INSIGHTS

Insights are infographics that highlight one aspect of health, hygiene or fitness.

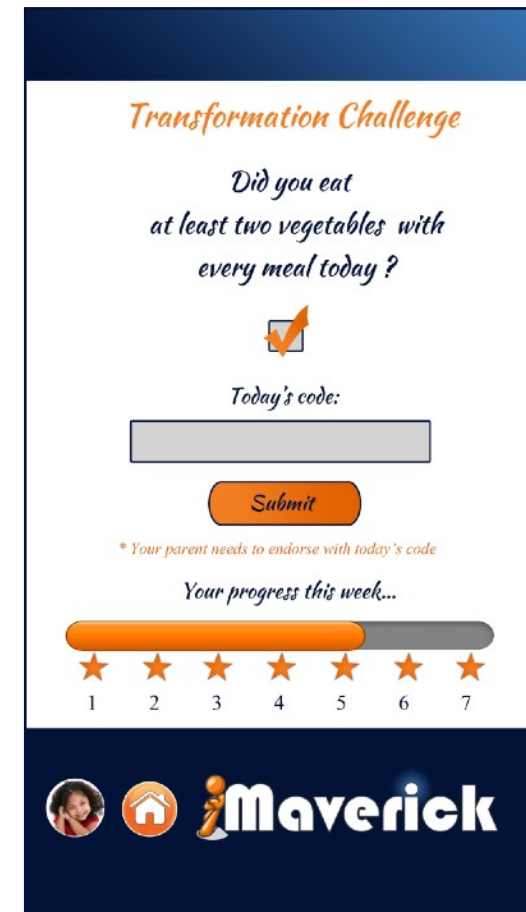
The text/image icon on the right helps toggle between the image and the text associated with it.

This is dynamically changed for all classes every week.



DAILY DISCIPLINE

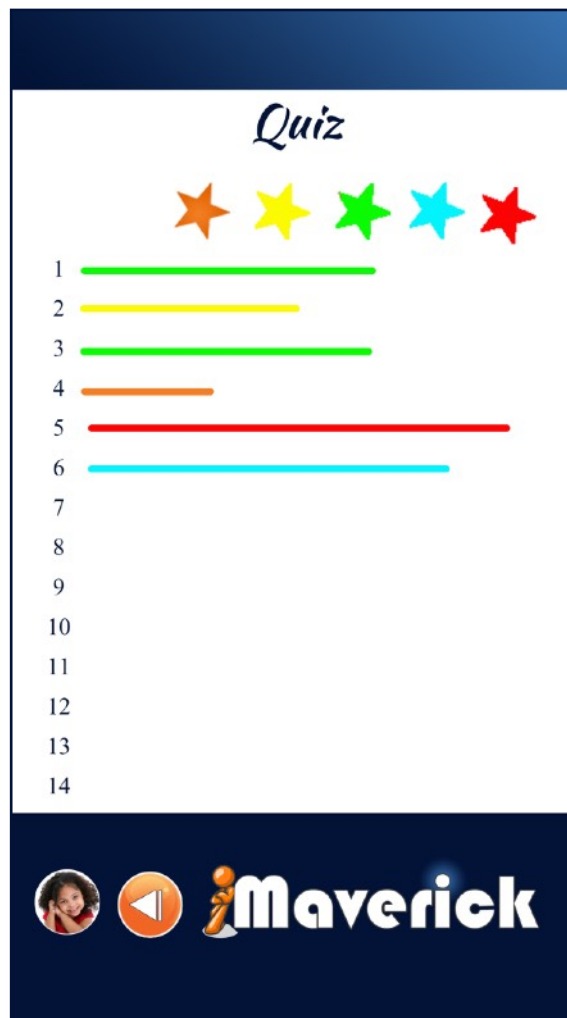
We challenge the student to transform on a specific area and keep at it for a minimum of a week. This is again validated by the parent code and earns the student a star everyday and is dynamically changed for all classes every week.



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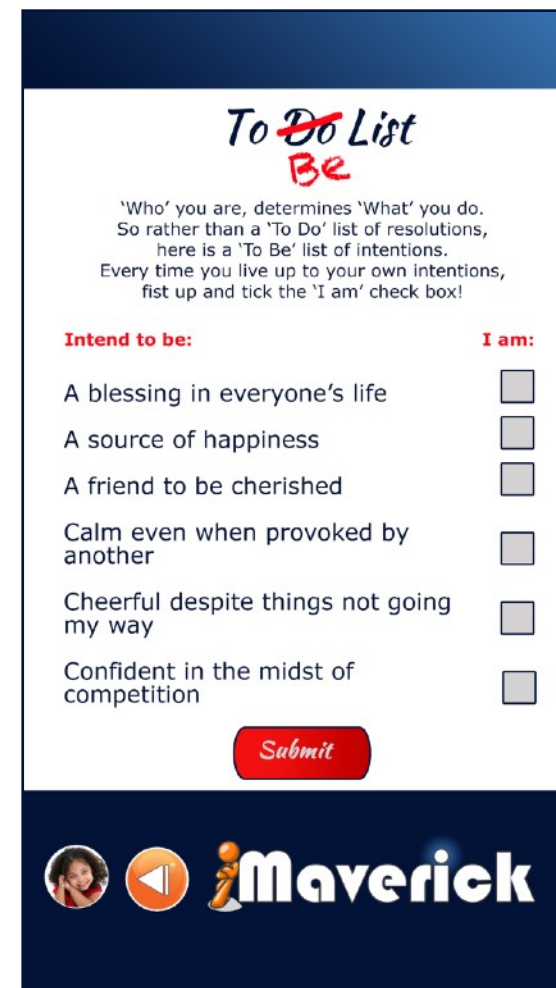
Primary & Mid School QUIZ

Based on the exercises learnt during the week, a multiple choice quiz is presented to each class. Students get stars for every right answer.



Aspirations

We believe 'who' we are determines 'what' we do. So rather than a 'To Do' list of resolutions, we provide a 'To Be' list of intentions. The student can pick a statement they believe in - for example 'A leader worth emulating' and everyday they live up to this dream that can 'Fist up' by submitting a check box. This is displayed to the friends in the fit zone



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COACH

A two to five minute video lesson on any important aspect health is presented by Mrs.Gita Krishna Raj every month to each class.



PHYSICAL LITERACY

Physical Literacy is not a state of permanence but a disposition we cultivate over a lifetime. These short video lessons help enumerate the principles of physical literacy for students & parents alike...

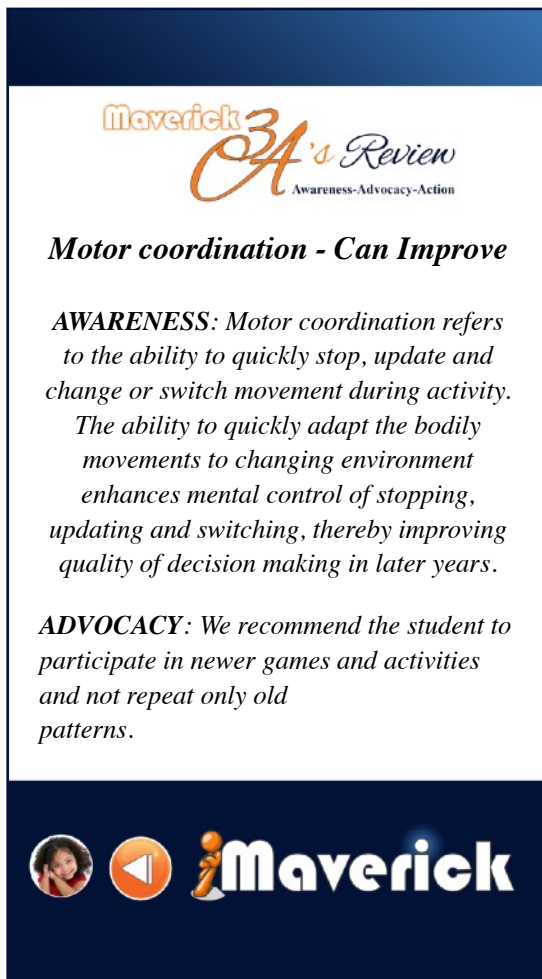


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3 A's Review

(for in-school programs only)

At Maverick we believe qualitative changes are what will help the student become a willing exerciser. So teachers are given protocols to monitor qualitative changes and the same are displayed here.



Maverick 3A's Review
Awareness-Advocacy-Action

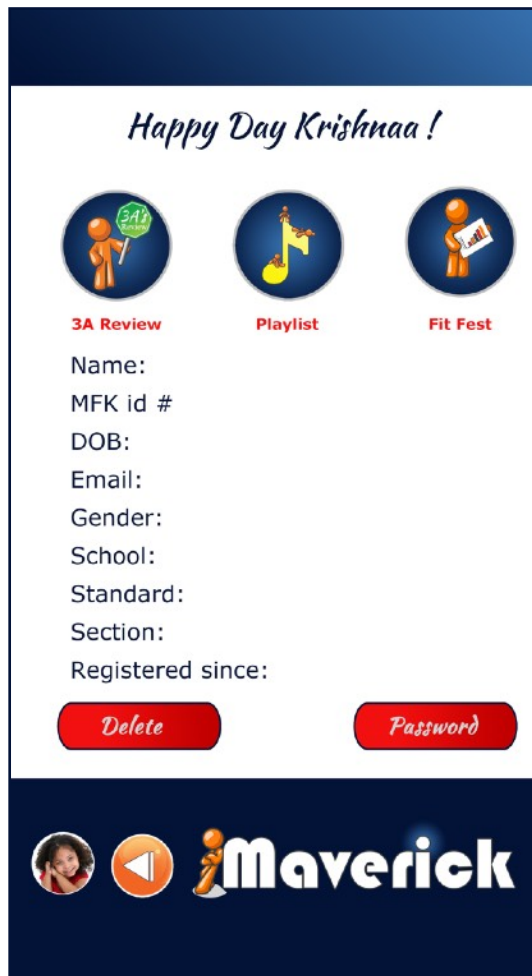
Motor coordination - Can Improve

AWARENESS: Motor coordination refers to the ability to quickly stop, update and change or switch movement during activity. The ability to quickly adapt the bodily movements to changing environment enhances mental control of stopping, updating and switching, thereby improving quality of decision making in later years.

ADVOCACY: We recommend the student to participate in newer games and activities and not repeat only old patterns.

PROFILE

Add a playlist for your exercises and get access to reports on any fitness testing done at school (for enrolled schools only). Change your password here. Delete only removes the student profile from the device and does not delete the account with us.



Happy Day Krishnaa!

3A Review **Playlist** **Fit Fest**

Name:
MFK id #
DOB:
Email:
Gender:
School:
Standard:
Section:
Registered since:

Delete **Password**

Fit Fest

(for in-school programs only)

The results of the fitness testing done at school is presented here. These include BMI, Fat%, Aerobic capacity using a 1km walk / run, Flexibility using a sit & reach test, Strength using pushups (or modified), Core using plank, Balance stork test & Agility



Maverick fit fest

Date 05-07-2020
Height 146 cms
Weight 42 kgs

BMI **Can Improve**

Body Mass Index or BMI helps verify if you are at a healthy weight for your height. Your BMI falls under the 'Can improve' category which implies a greater weight than normally recommended for the height. It does NOT mean starve but simply to add more movement and exercise everyday. Avoid junk food!

Fat % **Can Improve**

Body Fat percentage identifies the amount of fat in your body and how healthy or unhealthy it is. Your fat% falls under the 'Can improve' category which implies a greater percentage of body fat than normally recommended for your age. It does NOT mean avoid all fats but simply switch to healthy fats. Avoid deep fried foods and stored/packaged foods.

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Endorser

We understand that older students are not really keen on parent's validating their transformations.

So we provide an option for a friend to endorse the transformation. To ensure there is no misuse, we lock the person receiving the endorsement from being able to endorse the endorser or a week.



Fit Zone

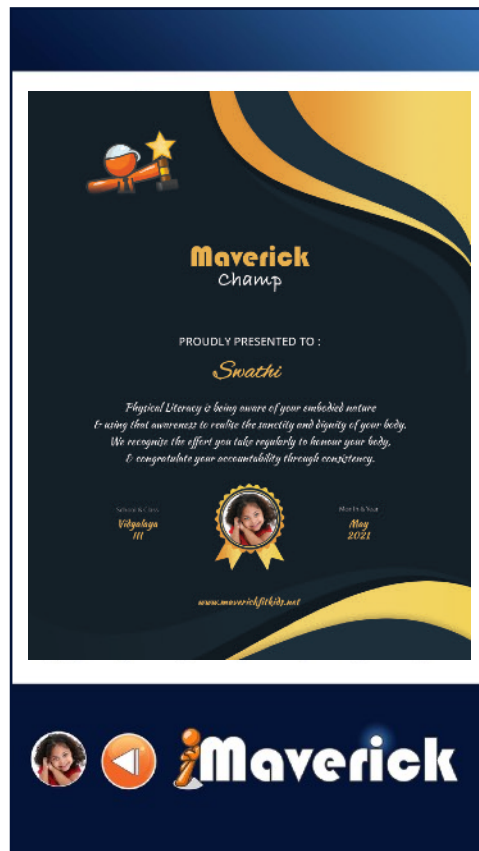
Students can connect with 8 other students from their class to view their stars earned. There is no chat and no access to any other information about the student. This is merely for friends to mutually inspire each other by checking their stars earned every day



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Maverick CHAMP

As we believe in consistency, the daily engagement of the child is monitored via the app and stars presented. Students who are consistent can earn a **Maverick** Champ Digital certificate every month.



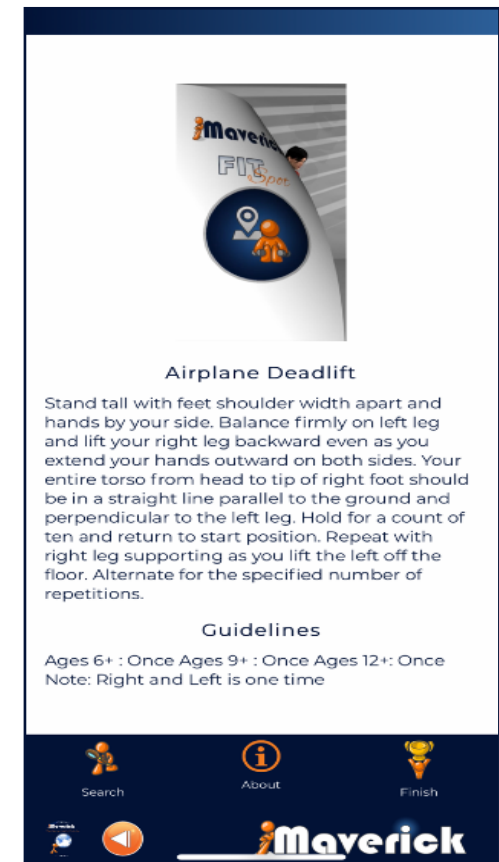
Maverick MINUTE

Maverick Minute is a tool to create awareness to treat the body as an embodiment of life. Students take one minute out of every hour to stay in touch with your body through the guided actions presented in these videos.



Maverick FIT SPOT

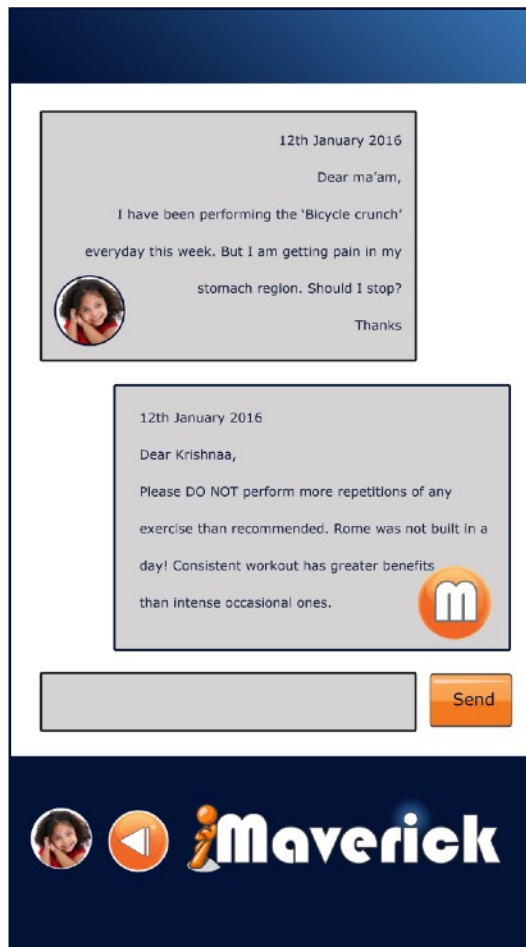
Fit spots encourage the entire family to identify that one spot in their homes where everybody needs to cross several times during the day and make it a habit to perform any one suggested exercise every time they cross the spot.



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Query

Allows parents / students to get in touch with us on matters relating to fitness and updates parents on the sessions conducted in school.



Disclaimer

** To be agreed by all users on download*

Welcome to Maverick! We are happy to participate in your journey toward lifetime fitness!

Regular exercise is associated with many health benefits and increasing physical activity is safe for most people. However, there are a small number of children or adolescents who may be at risk when participating in an exercise / physical activity session. In the event that medical clearance must be obtained before participation in an exercise session, do check with a physician before commencement of the exercise activity. We presume you will consult a general physician and take the necessary consensus from your doctor before you begin your exercise program.

The exercises and activities suggested in this program are in tune with the principles of international standards of physical literacy and recommended age appropriate physical activity for general fitness. The American College of Sports Medicine (ACSM) and the National Strength and Conditioning association (NSCA) recommend that prepubescent children (about 7 to 13 years of age) can safely engage in strength training with very specific guidelines and limitations. Keeping these guidelines in mind, the Maverick Fit Kids sessions have been designed to incorporate specific strengthening activities in children aged 7 to 13 (classes 3 to 8) by way of movement patterns using body weights or simple implements like bean bags weighing 500 gms. For children from the age of 13 onwards (classes 9 to 12), strength training exercises with emphasis on technique, lower weights and higher reps is planned. Yoga asanas as recommended by CBSE have also been incorporated appropriately.

All assessments are not intended as diagnosis, prescription, treatment or cure for any disease and is not a substitute for regular medical care. The assessments and suggestions are merely indicative in nature. All nutritional, exercise and lifestyle changes are suggested for the purpose of reducing stress and enhancing health. The recommendations are not intended to replace or conflict with advice given by a physician.

The information contained in this program is provided solely for the user's daily activity and is intended to provide a general overview of age appropriate physical literacy development. The information is not intended to be a comprehensive review of all matters and developments concerning children's gross motor development or physical fitness. All information is offered on a "best intentions" basis and is made available for general purposes only.

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*Together
we can
build a*



 **maverick**

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