

Medford High School students exercise mind and body

By Matthew Reid/mreid@cnc.com

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Medford —

Are you ready for your kids to bridge the gap between physical exercise and mental stimulation? The new XERPRO, located in the Medford High School gymnasium, is just the answer.

The wall, which was paid for as part of a three-year \$900,000 federal Physical Education Program (PEP) grant, consists of three independent electronic panels with multiple targets that can be used as two separate units or three simultaneous units.

It was chosen instead of a traditional climbing wall because of the versatility of use and because it can be used by a wider range of students.

“The number of games and activities that might be used is endless,” Health and Physical Education Supervisor Eileen Dibattista told the Medford School Committee Monday night. “The wall is designed to stimulate the body and the brain simultaneously.”

The set up allows for individual activities or team activities when students might compete to attain the highest scores and both traditional game skills and total body conditioning can be accomplished.

“With childhood obesity being the epidemic that it is, I think it is great that this is available for our kids,” said School Committee member George Scarpelli, himself a coach.

Preliminary training with the wall was held last week and an additional full day of training will be scheduled for early winter. The training, Dibattista said, was also provided by the PEP grant.

As for the specific physical benefits of the wall, Dibattista said the wall is intended to activate core muscles as well as hands and feet and eyes and ears, require attention

and focus, develop cognitive decision making and deliver a cardiovascular workout in a game format.

“The functional training program of the wall provides a mind and body connection,” Dibattista said. “This is



Health and physical education supervisor Eileen Dibattista operates the new XERPRO Sportwall in the Medford High School gymnasium earlier this week.

unlike a traditional conditioning program, which focuses on isolated muscle groups.”

Some of the athletic uses for the wall, Dibattista said, include throwing and throwing accuracy through a series of targets, increased arm strength, ball striking, improved speed and agility and passing techniques. Body balance, stability, core strength and coordination can be improved as well by adding other elements to use with the wall, such as agility ladders.

“It is exciting to provide our students with this additional opportunity,” Dibattista said. “The wall enhances our physical education classes by providing a modern and improved delivery model. Technology is what students expect in today’s world.”

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