

LESSONS FROM A MASTER HEALTH AND PHYSICAL EDUCATION TEACHER

20 NEW WAYS TO USE  
**CROSSNET**<sup>®</sup>

CREATED BY A PE TEACHER WITH  
MORE THAN 30,000 LESSONS TAUGHT.

**EXPERT**

**SECRETS  
MASTERCLASS**

"This is the best new game I have seen  
in 32 years as a PE Teacher in schools"

**PE21**

LESSONS FROM

2

# **EXPERT SECRETS ROADMAP BACKGROUND**



**Shane Stubbs. PE Teacher since 1988**

**FREE BOOK. CLICK HERE**



**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**RADIO SHOW**

Hosted by Shane Stubbs. A health & physical education teacher with over 30,000 lessons taught to school children. Expert guests each week from around the world.

**LISTEN NOW**



**NEW MEDICAL RESEARCH BREAKTHROUGH**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**ROADMAP**

**THE UNDERGROUND EDUCATION REVOLUTION**  
FOR PHYSICAL EDUCATION TEACHERS AND PARENTS WHO WANT KIDS TO BE HEALTHY FOREVER  
**SHANE STUBBS**

**FREE Learning about this PE Outcome:**  
**CLICK HERE. FREE RADIO SHOW**

# AN EPIPHANY STORY.

# 1

## How did this begin?

I was a regular physical education teacher trying to find a way to get my students to use less technology and get them interested enough in physical activity so that they would become physically healthy. I really wanted to teach and improve the physical health status of my students and any school aged children around the world, so I would not have to see school aged children grow up and become physically unhealthy as adults. I knew millions of school aged children DO NOT have the chronic diseases that plague adults, like heart attack, stroke, obesity, end stage organ failure, amputations from type 2 diabetes, blindness from type 2 diabetes...the list goes on. I also knew that millions of them would grow up and it would become a part of their life, when DIDN'T have to.

## My Deep Desire it

I wanted to be able to know that I was having an **IMPACT** on the future physical health of children and I could make a difference to the **HEALTH DESTINY** of school aged children.

## Struggle # 1

The thing is my students just seemed disengaged in physical education and disengaged in wanting to improve their personal health outcomes. That meant I wasn't able to make a difference to the health destiny of school aged children.

## Struggle # 2

To make things worse, I felt terrible because as a PE Teacher whose father died aged 46 years old, I knew the destiny that lay ahead for most of my students if they did not develop **deep knowledge** and have **deep engagement** in their personal health status. I felt even worse about the situation because I could see that the subject I teach is 'HEALTH & PHYSICAL EDUCATION", yet children were becoming less physically healthy and less physically active as they got closer to adulthood . I felt like a failure as a health and physical education teacher, I felt responsible for the chronic diseases that many children would grow up and develop, which they did not have just yet.

## AN EPIPHANY STORY.

### There is a Brick Wall:

The problem was that if this kept going over 95% of all my students would become unhealthy adults. Which meant these children were being sent down a path where poor physical health was almost a certainty, which if I didn't try to fix this, my son's generation (he is 10 years old) and his friends would be at greater risk of things like heart attack and stroke than today's adults.

Then, as if by chance, something amazing happened...

### An Epiphany:

That's when I read a research paper called "**THE BIGGEST PUBLIC HEALTH PROBLEM OF THE 21ST CENTURY**" by Professor Stephen N Blair, all about a way to measure your personal physical health status. I realised I could use this new health measurement and build a teaching method to put in my Physical Education classes!

It was now crystal clear to me how easy it was to take normal PE classes, automatically collect physical activity response data and convert this into a health score recognised by the AMERICAN HEART ASSOCIATION and doctors - because I saw that any PE Teacher or any parent could copy the exact same process and grow the physical health status of every school aged child.

I also learned that school aged children who seemed not to be interested in their physical health status or physical activity, were completely fascinated by this new health score.

As a result I found a company that sold heart rate monitors for PE classes and for home use, I then created a teaching plan to get my students deeply engaged in their personal health outcomes.

## AN EPIPHANY STORY.

After I did that, I started noticing that most of my students health score (called ACTIVE HEART FITNESS SCORE) was now classified as physically healthy - before using my system, over 75% of my students were NOT classified as physically healthy.

Suddenly, I had students who could not stop asking me questions about their personal health scores and how to grow it by using the physical activity they were doing.

That's when I realized that the secret to finding a way to get my students to use less technology and get them interested in enough physical activity to become healthy, was teaching new FRAMEWORKS in PE and using these frameworks with the new heart rate technology.

### The Plan:

My plan was to start building a step by step process so that PE Teachers or parents anywhere could do the exact same thing as I had done.

So I started teaching the 5 FRAMEWORKS to other classes to see if they reacted the same way. But I didn't stop there.

I then started sharing the concept with other physical education teachers and parents who wanted to learn how I got school aged students interested in their personal physical health.

After that I created **MY CHILD'S HEALTHY LIFE** so everyone could use the formula or FRAMEWORKS that I knew would get students physically healthy.

But there was still a problem...

## AN EPIPHANY STORY.

# 4

### There was Conflict:

I wanted to spread the success I had as fast as possible, because I knew the future physical health status of school aged children was at stake. However, the school leaders I spoke to did not see the vision, and did not want to invest in heart rate technology. They did not understand the frameworks I had built were evidence based and that many Professors from around the world had responded so positively to the work I had been doing. Whilst some of these Professors were saying that this '**Will make a huge difference**', most school leaders were burying their head in the sand and finding an excuse as to why the future health of our students was not important enough to invest in.

### The Achievement:

I ended up getting so frustrated that I decided to take **MY CHILD'S HEALTHY LIFE** and share it online around the world to find PE teachers and parents who would respond positively .

I chose to call it “**MY CHILD'S HEALTHY LIFE: EXPERT SECRETS ROADMAP**”.

I thought if I could create something that would make it possible to get every school aged child deeply engaged in their physical health status, I would have made a difference to my son's generation and how he got to live.

After 2 years of trial and error on how to communicate my FRAMEWORKS to PE Teachers and Parents, I had created **MY CHILD'S HEALTHY LIFE: EXPERT SECRETS ROADMAP**.

All of a sudden students became engaged and were wanting to learn the deep knowledge about their own health outcomes. I can now take any PE Class, or a whole school of PE classes or school aged child with a parent - and grow their physical health scores.

I then started to let other Physical Education Teachers, parents, school leaders use **MY CHILD'S HEALTHY LIFE: EXPERT SECRETS ROADMAP**.

## AN EPIPHANY STORY.

As a result of all this I was able to achieve the following:

Within 2 years I was able to have over 50,000 students accessing the MY CHILD'S HEALTHY LIFE tools using the on demand world they live in. I have created a book series called the '**EXPERT SECRETS ROADMAP**' and an **ON DEMAND COURSE (24/7)** for PE Teachers, their students and also parents. I also started publishing a daily free '**EXPERT SECRETS RADIO SHOW.**' I interviewed one of the PhDs whose work contributes to the ROADMAP. There are literally 1000's of school aged students who are now able to rapidly grow their health scores. Within six weeks of the radio show launch in February 2020, it was being listened to in 19 different countries and 125 different cities. You can find the radio show by searching "MY CHILD'S HEALTHY LIFE" on Apple podcasts, Spotify, Google Play iHeart Radio and most podcast services.

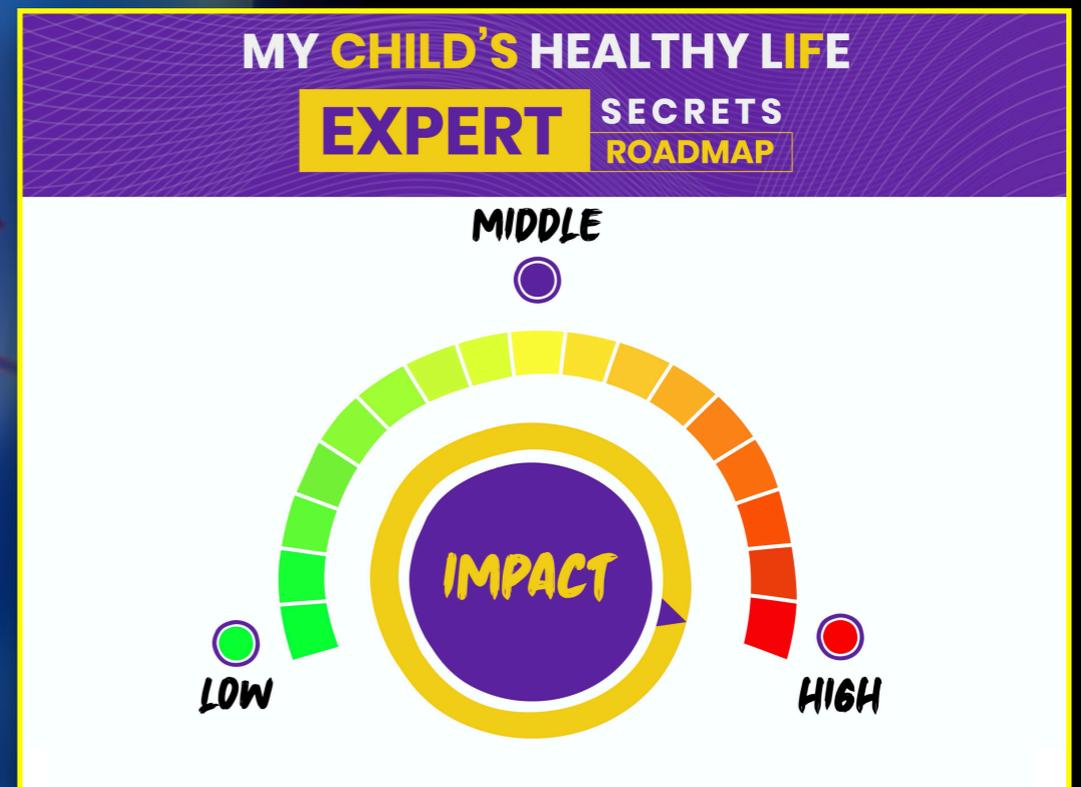
### A Transformation:

After creating **MY CHILD'S HEALTHY LIFE: EXPERT SECRETS ROADMAP**, I was not only able to not just impact the health of the students I taught at my own local school, I could now go beyond this. I've also been able to stop spending so much time trying to invent new ways to get school aged children interested in their personal health status, because now I no longer have to come up with lesson plans. I built 5 FRAMEWORKS that make children healthier, without changing my teaching syllabus.

And in the end, all of this means I'm now able to know that I have had a hand in changing the health destiny of any child who uses this system. They can be diverted away from a sudden heart attack - the exact condition which killed my father when he was 46 years old and remains the number one killer of adults in all modern countries.

# EXPERT SECRETS ROADMAP

## IMPACT



## IMPACT

My new book to be released in late 2020 book has a subtitle called the '**UNDERGROUND EDUCATION REVOLUTION**', because it will achieve outcomes that virtually no health and physical education teacher in schools can prove they are doing. I have spent the past three years before writing this book communicating with Laureate Professor John Hattie from Melbourne University, Australia. He has more evidence about 'what makes learners successful' than any other education academic on the planet. He is deeply respected by ministers of education, school superintendents, school Principals, teachers and parent organizations. You can argue with his work, called 'Visible Learning' if you want to - but you better come prepared. He will crush you in the court of public opinion with more evidence about teaching and learning than any person alive. I don't think he has a 'Dirty Harry attitude' (a Clint Eastwood character from the 1970's), but he could easily justify one in my opinion. It would be like you bringing a knife to a fight and he brings nuclear bombs!

I asked Professor Hattie if I could use his position statement on an education box I produced at the time. He said he would be delighted to support my work. (Which from all accounts is not commonplace) Here is what was written on the black and red box I produced in 2018.

## "KNOW THY IMPACT"

I was 50 years old and had been teaching health and physical education in schools for 28 years when I first came across the statement 'KNOW THY IMPACT'. It struck me that I had no earthly idea what my IMPACT was as a health and physical education teacher in schools. ZERO. How could I? There was zero data on any school report I had ever written about the physical activity and health outcomes of the students I had taught. By zero data I mean, how do you measure 'health', how do you measure and report on physical activity levels, how do you prove to the student, parent, school leaders and wider community that the children you teach are actually classified as **physically healthy** or are growing their physical health biometrics to a point where I am confident they will achieve the healthy classification?

## IMPACT

# 8

After much research, I found none of these questions or even being asked of our students in the early 2010s. As this book is being launched in 2020 I cannot find any health and physical education departments in schools across the globe which are addressing these questions as their main focus. Yet at the same time, a global umbrella group of Childhood Physical Activity Research Professors tells us that the average grade our school aged kids have for physical activity levels is a D minus! The impact of this is a major uptick in chronic lifestyle diseases headed our way when these children become adults over the next decade.

In a public statement on October 1st 2019, Dr Tony Bartone (President of the Australian Medical Authority, which leads 27,000 doctors) said;

***“Only 1.9% of teenagers aged 15 - 17 years old meet the minimum guidelines for physical activity in order to be physically healthy. This is a disgrace”.***

Everywhere you turn there are damning statements in the public domain which tell us ‘just how bad things are’ when it comes to our children’s physical activity levels and by a derivative this also means their physical health outcomes.

Between 2017 and 2019 I had several long conversations with Professor Richard (Dick) Telford, from Canberra University (UC RISE), who is a leader in childhood physical activity research in Australia. Professor Telford is known to my generation as the former head of Exercise Physiology at what is commonly known as the Australian Institute of Sport - the place where Olympic athletes (or aspiring ones) go to train and be coached.

The most famous Australian Professor Telford helped coach was Rob DeCastella in the 1980’s. ‘Deek’ is known to the world as the World Men's Marathon Champion of 1983 and former world record holder for the men’s marathon. I used to work with him at The National Heart Foundation of Australia where Rob was our patron - I was a fundraising manager at the time and once got Rob to do a promotion with us where he did a tandem skydive in Canberra, the Capital of Australia! He is a delightful person to work with and I have fond memories of getting to know one of my sporting idols.

Professor Telford told me he has coached 81 Olympic Gold Medalists and like Deek, Dick is an absolutely genuine human being and is passionate to make a difference in the physical health lives of our children and future generations. In 2019 Dick told me words to the effect “we need to stop talking about how bad the physical activity levels of school kids are and start putting in place concrete plans which will cause an improvement”.

I genuinely believe that this book is **THE UNDERGROUND EDUCATION REVOLUTION**, because I know for a fact there is no ‘collective effort’ in our schools which is trying to provide evidence of the **IMPACT** of lessons. I am calling on school PE teachers, school leaders, researchers and parents who would like to do what it says on the cover of my book and;

**“WANT OUR KIDS TO BE PHYSICALLY HEALTHY FOREVER”**

to come and join me in my ‘underground education revolution’. Just as the respected education ‘Laureate Professor’ John Hattie says, let’s get together and know our **IMPACT**.

Here is the **IMPACT** this book will have for school aged children, PE Teachers and parents, regardless of the knowledge you have before you read this book.

**IMPACT # 1.** Help you raise a physically healthy child or student And get them to stay that way for the rest of their lives.

**IMPACT # 2.** Gives you more ability to hold off adult lifestyle diseases as you transition from teenager to adult.

**IMPACT # 3.** Makes it easy for your Doctor to always give you the best results on your medical health tests.

**IMPACT # 6.** The real SECRET for what high standards of Physical Health actually look like.

**IMPACT # 7.** How to make certain your students or child has the Best chance for a lifetime of low risk from chronic disease.

**IMPACT # 8.** Effortlessly create the exact plan that EXPERTS with PhD's use for their own lives.

**IMPACT # 9.** Quickly start improving the single most important Health Biometric known to medical EXPERTS.

**IMPACT # 10.** Escape from the worry that your students or child is heading into what most adults have happen to them - The Disease Funnel!

**IMPACT # 11.** Discover the three most critical EXPERT SECRETS Doctors know you should be using to be Physically Healthy.

**IMPACT # 12.** STOP worrying if your students or child are going to grow up and develop a Lifestyle Disease they could have avoided.

The games that I have created inside this e-book Will absolutely help any parent or PE teacher in the school to achieve some of these impacts. There is a lot more to learn about how to measure impact, how to calculate something called growth scores and develop the connection of deep engagement and deep knowledge between physical activity and personal physical health status. That is not the purpose of this e-book, so please go ahead and read over the game sheets and feel free to use them with any students or school age children in your care. I completely endorse what co-founder Chris Meade has started three years ago at CROSSNET. I am almost double his age and certainly old enough to be his parent, but I have great respect with he and his team's ability to get the game of CROSSNET into the hands of thousands of school age children. As a health and physical education teacher for the past 32 years I am going to step up to the plate and help grow even more.



**EXPERT SECRETS ROADMAP**

**LET THE GAMES BEGIN**

1.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'BEAT THE PASS'

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** This one is very simple. You play normal CROSSNET rules. The one twist is this. Every time you touch the ball and get it back over the net to another player you must complete one 'burpee' before the ball gets back to you. You score a bonus point for your team if you can. If you can do two burpees before the ball gets back, then its 2 bonus points. There is no limit to the extra points you can score. You play each game for 8 minutes. Set a timer, at the end of the 8 minute game the winner is the pair with the most points. The 8 minute game is 'one set'. You should play a minimum of two sets.

**PE Outcome.** A burpee is a physical activity which requires a young persons entire body to be fully activated in a short space of time. The main outcome is that it drives up your students or child's heart rate over the 80% maximum level. The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

2.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

**Name. 'ELIMINATOR BUNNY HOP'**

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** You play normal CROSSNET rules. The one twist is this. Every time you touch the ball and get it back over the net to another player and they do not get the ball back to another player, each of you must complete 5 quick 'bunny hops'. Put your hands on the ground in front of you, squat down, kick your legs backwards in the air! Do this 5 times and keep playing. If you miss the ball 2 times in a row, then you have to run one lap around the outside of the court and then come back into your square. The game goes for 8 minutes, the leading point scorer is the winner of that set. Play at least two sets. You can play 2-4 players. You play as individuals.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a person's heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

3.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

**Name. 'ELIMINATOR RUN'**

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** You play normal CROSSNET rules. The one twist is this. Every time you touch the ball and get it back over the net to another player and they do not get the ball back to another player, each of you must complete 1 lap around the outside of the court! If you miss the ball 2 times in a row, then you have to run 2 laps around the outside of the court and then come back into your square. The game goes for 8 minutes, the leading point scorer is the winner of that set. Play at least two sets. You need 4 players for this game. You play as individuals.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

**FREE BOOK. CLICK HERE**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**RADIO SHOW**

Hosted by Shane Stubbs. A health & physical education teacher with over 30,000 lessons taught to school children. Expert guests each week from around the world.

**LISTEN NOW**

**FREE Learning about this PE Outcome:  
CLICK HERE. FREE RADIO SHOW**

**NEW MEDICAL RESEARCH BREAKTHROUGH**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**ROADMAP**

**THE UNDERGROUND EDUCATION REVOLUTION**  
**FOR PHYSICAL EDUCATION TEACHERS AND PARENTS WHO WANT KIDS TO BE HEALTHY FOREVER**  
**SHANE STUBBS**

4.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

**Name. 'UNDERS & OVERS'**

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** You play normal CROSSNET rules. The one twist is this. Every time you touch the ball you must get the ball to the next person by catching it first, then throwing it under the net so that another player has a 'fair' chance at catching it. That person then must throw the ball over the net for another player to catch it. You score a point only when a player drops the ball from an 'over the net' pass. As soon as you drop the ball from an over the net pass, you must run one lap around the outside of the court and get back to your square. The game goes for 8 minutes and the person leading at the end is the winner of that set. Play at least two sets. You need at least 3 players.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

5.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'TENNIS NETBALL '

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. The one twist is this. In this game you use a tennis ball instead of a volleyball. Players use one hand to push the ball back over the net to another players square. This takes more skill as the ball is much smaller. Exact same rules as CROSSNET for this game except when the ball hits the ground all players must rotate clockwise under the net quickly to the next square. Each player must complete 5 jumping jacks before they game can restart in the new square you just landed in. So other players might restart before you! Play as individuals for 8 minutes. The winner of the set is the points leader at the end. Play 2 sets.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

6.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'FOOTBALL RELAY'

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** You play normal CROSSNET squares. The one twist is this. In this game you lower the net to around the waist height. This game is especially for those players that enjoy playing with a soccer ball. One player starts with the ball and kicks it over the net to another square, it bounces once and that player kicks it back over. If the next player who misses it, the player who kicked it wins a point. Score 2 points if you kick the ball on the fall back into another player square and they miss it. As soon as a player scores two points every player must run and rotate clockwise to the next square. Before the game starts again each player does two Burpee's.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a person's heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

7.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'SCOOP BALL'

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** You play normal CROSSNET squares. In this game you use a 'SCOOP BALL' bat and 'waffle ball'. One player starts with a ball and using the scoop that underarms it over the net into another square. The ball and have one bounce and still be in play. The next player get the ball in their scoop either on the full after one bounce and scoops it back to another square. If a player does not get it back into another square, the person who scooped the ball to them scores a point. As soon as one point is scored Every player must put their back down in the middle of the square, run out of the square complete one lap and come back into the square and start immediately. One game last eight minutes, the winner is the person leading on points. Play it least two sets.



**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

8.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'HOT CROSS BALL'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. This game is especially for those who enjoy basketball. Extend the nets to the maximum height. All players are sitting on the floor in their square to start the game. One player was chosen to start and shoot the basketball over the net into our opponents square. That player is allowed to jump up and catch the ball, then must immediately sit back down and shoot the basketball over into another players square. The next player does the same. Any player who keeps the ball for more than two seconds loses the point and all other players gain a point. The aim of the game is speed. Dropped the ball and you must run two laps around the outside of the court before you can join back in.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

All these games are Copyright to PE 21 PTY LIMITED. 2020. They can be used, but not resold. CROSSNET IS A PATENTED GAME WHICH DOES NOT BELONG TO PE 21. PATENT 9,504892

**FREE BOOK. CLICK HERE**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**RADIO SHOW**

Hosted by Shane Stubbs. A health & physical education teacher with over 30,000 lessons taught to school children. Expert guests each week from around the world.

**LISTEN NOW**

**FREE Learning about this PE Outcome:  
CLICK HERE. FREE RADIO SHOW**

**NEW MEDICAL RESEARCH BREAKTHROUGH**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**ROADMAP**

**THE UNDERGROUND EDUCATION REVOLUTION**  
**FOR PHYSICAL EDUCATION TEACHERS AND PARENTS WHO WANT KIDS TO BE HEALTHY FOREVER**  
**SHANE STUBBS**

9.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'HOT CROSS BALL MULTI-SPORT'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. See game number 8 to understand how this is played. Extend the nets to the maximum height. All players are sitting on the floor in their square to start the game. It is identical to 'Hot Cross Ball' with one exception. At the start of the rally each player can choose three different pieces of equipment to substitute the volleyball each time they win a point. For example one player might have a soccer ball, a tennis ball and a scoop ball bat sitting on the outside of their square. When they win a point they can choose a piece of equipment from the three pieces sitting on the outside of the square and remove the volleyball for that rally. As always eight minute games, play with the most points wins. Play two sets.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

10.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'RAID THE NET'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. You play with a normal CROSSNET volleyball. Each player has 10 witches hats on the outside of the square at the start of the game. Every time the ball is not in your Square you can run under the net or around the net and collect one hat to put back in your square. If the ball lands in your net and hit the ground and you are not there because you are raiding the net of someone else for hats, the game pauses for two seconds and the player who won the point receives two witches hats from the person who was not back in the square. The winner after eight minutes is the person with the most points, one point is added for each witches hat you have in your square.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

11.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'BUILD THE TOWER'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. In this game you use a normal CROSSNET volleyball. You hit the ball over like volleyball, if you hit the ball over the net and the person in the that square misses it or does not successfully get the ball into someone else's square over the net, then you win a witches hat. Approximately 20 witches hats are placed right in the middle of the court at the beginning of the game. Every time you win a point you collect one of the witches hats very quickly and place it on the outside of your court. Your aim is to build your tower as high as possible, the winner at the end of eight minutes is the person with the highest stack of witches hats. Play two sets.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

12.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'HORSE NET'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. In this game you use a normal CROSSNET volleyball. You hit the ball over like volleyball, if you hit the ball over the net and the person in the that square misses it or does not successfully get the ball into someone else's square over the net, then that person is awarded the first letter in the word HORSE. As soon as you have one letter, you must complete one Burpee in your square. When you get two letters you must complete two Burpees. You keep going until you have all five letters or when eight minutes of the game expires. If you get all the letters before the end of eight minutes, you must run one lap around the outside of the court. The winner is the person with the least number of letters at the end of eight minutes.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

All these games are Copyright to PE 21 PTY LIMITED. 2020. They can be used, but not resold. CROSSNET IS A PATENTED GAME WHICH DOES NOT BELONG TO PE 21. PATENT 9,504892

13.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'FRISBEE BURST'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. In this game you use two standard frisbees whilst the game is being played. Two players out of the four are chosen to start with a frisbee each. When the whistle goes you must float your frisbee over the top of the net at full height without it touching the net. Two Frisbees can go into the same square at the same time. At any point that your frisbee goes outside of another players square, you lose the point and the game pauses for two seconds. The same thing happens if you attempt to catch a floating frisbee and you drop it. If you drop it the person who threw the frisbee gains a point. So you can win points and lose points in the eight minutes of each game. Each time a point is won or lost, two new people get the frisbee and start again. Play eight minutes sets.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

**FREE BOOK. CLICK HERE**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**RADIO SHOW**

Hosted by Shane Stubbs. A health & physical education teacher with over 30,000 lessons taught to school children. Expert guests each week from around the world.

**LISTEN NOW**

**FREE Learning about this PE Outcome:  
CLICK HERE. FREE RADIO SHOW**

**NEW MEDICAL RESEARCH BREAKTHROUGH**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**ROADMAP**

**THE UNDERGROUND EDUCATION REVOLUTION**  
**FOR PHYSICAL EDUCATION TEACHERS AND PARENTS WHO WANT KIDS TO BE HEALTHY FOREVER**  
**SHANE STUBBS**

14.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

**Name. 'MULTI-NEWCOMBE BALL'**

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** You play normal CROSSNET squares. In this game you use two volleyballs at the same time. The game is then played as a version of Newcombe ball. Instead of players hitting the ball like a normal volleyball game, they are allowed to catch the volleyball and keep it for no longer than two seconds. They throw the volleyball over into another square, but cannot leave the ground whilst they are throwing the ball. Both volleyballs can be thrown into the same square at the same time. You lose a point if your ball gets thrown and does not land in someone's Square, and you gain a point if the person you through two drops either ball. You also lose a point if you are the person who dropped the ball. Play for eight minutes, you can win and lose points in the same game. At the end of each minute, you are a complete the number of Burpee's that matches the points you have scored.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

All these games are Copyright to PE 21 PTY LIMITED. 2020. They can be used, but not resold. CROSSNET IS A PATENTED GAME WHICH DOES NOT BELONG TO PE 21. PATENT 9,504892

15.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'JUGGLE BALL'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** You play normal CROSSNET squares. In this game you use a Soccer ball and lower the net to approximately waist height. Do you want to play this game like soccer tennis, where the ball is bounced on the ground kicked over the net and he's allowed to bounce once in someone else's Square before it is kicked back over the net. If a player is skilled enough, they can juggle the soccer ball for up to 20 seconds. Whilst this is happening the players who are not juggling the ball must complete full Burpee's inside their square. After a maximum of 20 seconds, the person juggling the ball scores 10 points for that rally and the players doing the Burpee's score one point for each full Burpee completed. The game continues for eight minutes.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

16.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'TIME ZONE'

FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)

**How to Play.** In this game you need to have a timer app on a mobile phone. You play the game as normal with a volleyball, and use Newcombe ball rules. Set a timer for 30 second intervals. Play the game scoring points each time a player does not catch the ball that you throw, and they lose a point each time they do not catch the ball. Of all must go over the net and can't touch the net, you can only hold off the ball for a maximum of two seconds before you must get rid of it. At the end of each 30 second segment, the timer goes off and you must move to a new square immediately. Nominate a number for each of the four squares before the game. When you move into square 1 you must do five push-ups, square 2 is three Burpee's, square 3 is high need a lift for 15 seconds, square 4 is 5 sit ups. Once all activities are completed continue the rally. 8 minute games. Do not start the timer for the next 30 seconds until all physical activities have been finished.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

All these games are Copyright to PE 21 PTY LIMITED. 2020. They can be used, but not resold.  
CROSSNET IS A PATENTED GAME WHICH DOES NOT BELONG TO PE 21. PATENT 9,504892

17.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'LAP RALLY BALL'

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** In this game you are to play normal volleyball rules. However each rally can only go for a maximum of 10 hits. As soon as the ball either hit the ground or goes out of someone's square, the ball is placed on the ground and each player must leave the square and complete one for a lap of the court. The first person back into their court scores a point, the second person back scores two points, the third person back scores three points and the fourth person back scores four points. The next time the ball is missed all does not land in a square all players leave there are square and now must complete two laps. Points are awarded exactly the same as before. The third time in an eight minute game the ball is missed or does not land in a square all players must complete three laps and so on as before. The winner of this game has the least points after eight minutes.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

All these games are Copyright to PE 21 PTY LIMITED. 2020. They can be used, but not resold. CROSSNET IS A PATENTED GAME WHICH DOES NOT BELONG TO PE 21. PATENT 9,504892

18.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'VELODROME BALL'

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** In this game you Play using normal Newcombe ball rules. Players can catch the ball hold it for two seconds before they must throw it back over the net and landed on someone else the square. You cannot leave the ground when throwing the ball over the net. You play this game in pairs and start the game with one player from either side standing outside the court but next to their square. A whistle goes at the start of the game and the two players on the outside must run around the court and get back to their Square before the other person does. Whoever gets back first plays in the rally, which begins as soon as the third player is back. The player who came second in the velodrome race must complete another lap before they can get in and join the rally. As soon as my point is awarded in a rally, the opposite to players must complete a velodrome race in exactly the same way. The pair with the most points at the end of 8 minutes wins the game.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

19.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

Name. 'LIGHTNING SHUTTLE'

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** In this game you will lower the net to approximately waist height and use for badminton rackets and two shuttlecocks. You will play normal badminton rules, where two people are serving underarm over the net into someone else's square. The game is exceptionally fast as two shuttlecocks are in play at all times between four players. As soon as someone misses the shuttle or hits outside a square, then all players must complete one Burpee inside their square. The rally immediately start again with two shuttlecocks in play, and a point is awarded to each player who can make someone else miss or hit out of the squares. You lose a point if you hit out of the squares or miss the shuttle and do not get it back over the net. .The second time a person loses a point, the rally stops and everyone must complete two Burpee's, the third time three Burpee's. This keeps building up until the game is finished at the end of eight minutes.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

All these games are Copyright to PE 21 PTY LIMITED. 2020. They can be used, but not resold. CROSSNET IS A PATENTED GAME WHICH DOES NOT BELONG TO PE 21. PATENT 9,504892

20.

# THE EXPERT SECRETS

## ROADMAP **NEW GAMES FOR CROSSNET**

**Name. SLAM BALL**

**FREE Learning about this PE Outcome:  
[CLICK HERE. FREE RADIO SHOW](#)**

**How to Play.** In this game you use a volleyball. The aim is to grab the ball and slam the ball into the ground, making sure it goes in someone else's square. The nets are played at three-quarter height, not the normal full height for a CROSSNET game. You can slam the ball into the ground on your side of the net first if you choose to. You win a rally when a person in another square is not able to get the ball back over with only having had one bounce in their square. You have two options when you slam the ball. Option one, slam it into your square first and have a bounce over into someone else's square, option two is to jump up and slam the ball directly into someone else's court without touching the net with your body arms or the ball. If you use option one then you scored two points if you win that rally. The only score one point if you use option two. The game goes for eight minutes.

**PE Outcome.** The biggest EXPERT SECRET shared by the childhood physical activity researchers I have consulted with is a concept I invented called 'INTENSITY BLOCKS'. This is where a persons' heart rate reaches 80% of maximum (168 beats per minute approx for a 10-18 year old) for 8 minutes at a time. This drives up a health metric called ACTIVE HEART FITNESS SCORE. Global medical evidence shows this score is critical if you want to lower your risk of the biggest killer of adults - heart and blood vessel disease.

**FREE BOOK. CLICK HERE**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**RADIO SHOW**

Hosted by Shane Stubbs. A health & physical education teacher with over 30,000 lessons taught to school children. Expert guests each week from around the world.

**LISTEN NOW**

**FREE Learning about this PE Outcome:  
CLICK HERE. FREE RADIO SHOW**

**NEW MEDICAL RESEARCH BREAKTHROUGH**

**MY CHILD'S HEALTHY LIFE**  
**EXPERT SECRETS**  
**ROADMAP**

**THE UNDERGROUND EDUCATION REVOLUTION**  
**FOR PHYSICAL EDUCATION TEACHERS AND PARENTS WHO WANT KIDS TO BE HEALTHY FOREVER**  
**SHANE STUBBS**