

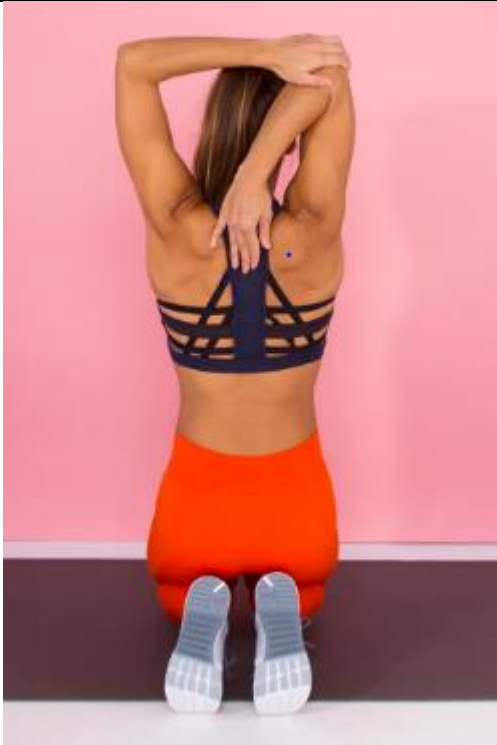
Subject: Physical Education	Topic: Components of Fitness- FLEXIBILITY	Year: Ks3	Date: 8/6/20	Week: 7
Learning Activities			Communication	Supporting Sites
<p>Topic: Components of Fitness- FLEXIBILITY What do you want students to know?</p> <ol style="list-style-type: none"> How to exercise and keep fit safely at home Relate exercises to a specific area of fitness – in this case – FLEXIBILITY A range of Exercises that can be done at home <p>What do you want them to produce to demonstrate learning?</p> <ol style="list-style-type: none"> Practice the exercises daily and try to improve. Video record Think of some ways you could change/add new exercises to make it easier or more difficult – depending on your level of fitness. <p>ACTIVITIES Remember hold stretches for between 10 and 30 seconds if possible and repeat each flexibility exercise up to 3 times:</p> <ol style="list-style-type: none"> Tricep Stretch – stand/sit/kneel – bend one of your arm at the elbow over the shoulder and try to touch the top/middle of your back. Put your other hand on your elbow and gently apply downward pressure until you can feel the muscle stretch. Swop arms every 10-30 seconds – up to 3 times each arm. Butterfly Stretch – Sit on the floor, back straight, soles of feet together, knees bent out to the side; Hold your ankles, lower upper body towards the floor and press your knees gently to the floor. Hold for 10-30 seconds, relax, repeat – up to 3 times. Knees to Chest – Lie on your back, pull your knees to your chest with both hands. Keep your lower back on the floor. Relax and repeat for 10-30 seconds – up to 3 times. 			<p>WHAT DO YOU WANT THEM TO PRACTICE? HOW?</p> <ol style="list-style-type: none"> Complete each exercise daily as outlined in the ACTIVITIES section – hopefully increasing how long you stretch for and how many times you do each stretch throughout the 1 week block as recommended. These must be performed strictly and safely as instructed. Remember key vocabulary – Names of exercises, names of muscles used, other subject specific key word (see key vocab at the end). <p>WHAT CAN THEY TEACH TO SOMEONE ELSE? HOW?</p> <ol style="list-style-type: none"> Teach all 5 exercises to someone else in your 	<p>Resources Needed:</p> <p>Comfortable clothing/sports wear</p> <p>Inside or outside space</p> <p>CURRICULUM LINKS: This is linked to the PERSONAL FITNESS strand of the PE Curriculum</p> <p>KEY VOCAB: Try to find out the meaning/definition/any interesting facts about: Why is it important to stretch? Are there any differences pre or post workout? Flexibility; Triceps; Quadriceps; Abdominals; Hamstrings; Deltoids; Core Strength; Pectorals; Warm Up; Cool Down; Gluteus Maximus; Latisimus Dorsi</p> <p>SUPPORTING SITES/FURTHER READING: NB – There are probably many videos (You Tube etc) and/or pictures on the internet to help support the descriptions given. Just type in the exercise name and select from the vast array of sites/information on offer – have a look at a few and choose the one you prefer to support your workout.</p> <p>Good Luck – Stay Healthy; Stay Fit; Stay Safe.</p> <p>President Kennedy School PE Department</p>

4. Standing Quad Stretch – Stand with your feet together; bend one knee and use either hand to pull the foot to the buttock. KEEP KNEES TOGETHER. Use your spare hand to balance on a nearby wall if necessary. Relax, repeat on other leg. Hold each time for 10-30 seconds – up to 3 times per leg.
5. Side Bend Stretch – Kneel on the floor, back straight. Put left leg out to the side (not in front or behind) fully extended. Extend right arm overhead, rest left arm on left leg, bend torso and right arm to the left side. Hips face forward. Hold for 10-30 seconds – up to 3 times each side.

Cool down properly (remember your PE lessons), refresh and change clothing.

household – you model – they copy.

2. Teach the key vocab – test on words/definitions/information etc – verbal or written.
3. Make the exercises competitive with others in the household and the Key vocab tests. Keep daily/weekly scores.



TRICEP STRETCH

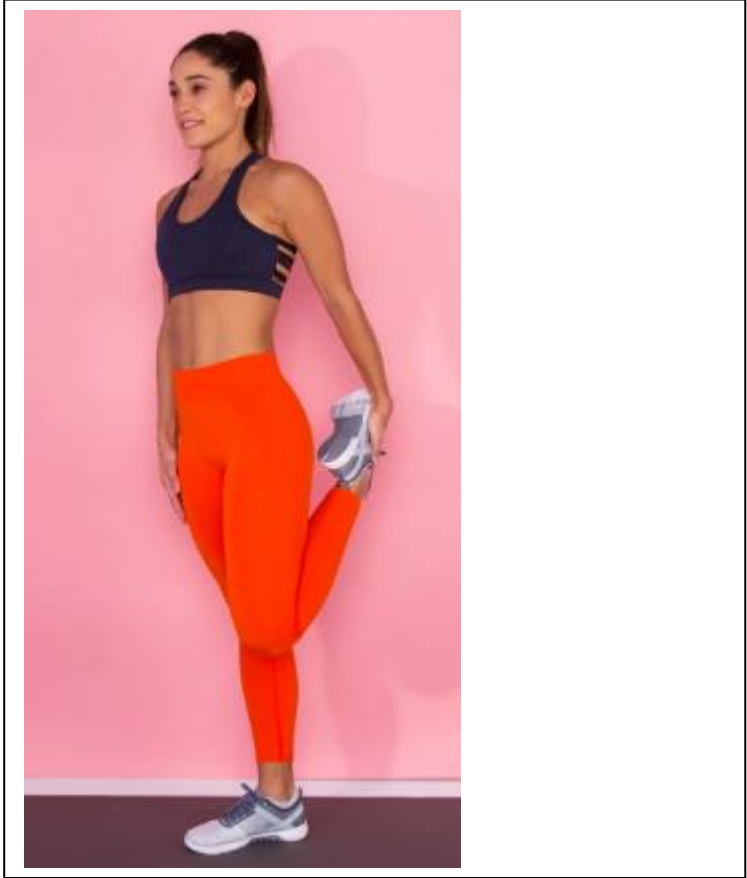
BUTTERFLY STRETCH





SIDE BEND STRETCH

STANDING QUAD STRETCH



KNEES TO CHEST