

LESSON 4: FLEXIBILITY TRAINING PLAN

Grade-Level Outcomes

Primary Outcomes

Engages in physical activity: Plans and implements a program of cross-training to include aerobic, strength & endurance and flexibility training. (S3.M4.8)

Fitness knowledge: Employs a variety of appropriate static stretching techniques for all major muscle groups. (S3.M9.8)

Embedded Outcomes

Fitness knowledge: Describes the role of flexibility in injury prevention. (S3.M10.8)

Fitness knowledge: Uses available technology to self-monitor quantity of exercise needed for a minimal health standard and/or optimal functioning based on current fitness level. (S3.M8.8)

Stress management: Demonstrates basic movements used in other stress-reducing activities, such as yoga and tai chi. (S3.M18.8)

Lesson Objectives

The learner will:

- practice exercises to improve muscular strength and endurance.
- document physical activity outside of class and in class.
- develop a flexibility training plan for outside of class.

Equipment and Materials

- Copies of Weight Training Chart (see lesson 7)
- Pencils
- Clipboards
- Sand bells
- Hand weights
- Medicine balls
- Aerobic steps
- Cones for stations
- Station cards
- Shoulder folders for station cards
- Heart rate monitors

Introduction

Today, you will add an important component to your physical activity plan: flexibility training.

Instructional Task: Class Discussion

■ PRACTICE TASK

Ask students these questions using a whiteboard:

- When is the best time to stretch?
- What does stretching help us do?
- Is stretching an appropriate warm-up?
- Is static stretching considered moderate to vigorous physical activity?

Extension

Show video clips of students performing stretches correctly and incorrectly. In groups, have students describe what they see as correct or incorrect.

Student Choices/Differentiation

- Student may choose their groups.
- Pictures or videos can reinforce content.

What to Look For

Students identify proper stretching behaviors.

Instructional Task: Muscular Strength and Endurance Stations

■ PRACTICE TASK

Students rotate through muscular strength and endurance stations.

Encourage students to try different weights to put them in the range of 6 to 15 reps.

Extension

Add a cardio station (fitness video) or a flexibility station (yoga video).

EMBEDDED OUTCOME: S3.M8.8. Students wear heart rate monitors during the station activities to self-monitor effort during exercise. Students can compare scores to minimal health standards or optimal functioning based on current fitness levels.

Student Choices/Differentiation

Students can choose from a variety of equipment.

What to Look For

- Students are using proper form during the exercises.
- Students are putting forth maximum effort.
- Students are using appropriate weight.

Instructional Task: Static Stretching Stations

■ PRACTICE TASK

Point out that now is the best time to stretch because muscles are warm from working out.

Students rotate through stretching stations that combine stretching movements and stretching-related content.

Refinement

Circulate around the class and provide feedback so that students are holding the stretches using proper form.

Extension

Students discuss the benefits of being flexible in sports and in life.

EMBEDDED OUTCOME: S3.M10.8. Students describe the role of flexibility in preventing injuries.

Student Choices/Differentiation

Students provide a couple of different options for each major muscle group.

What to Look For

- Students are using proper form.
- Students are holding stretches long enough to make improvements.
- Students are reading the content on stretching at various stations.

Instructional Task: Flexibility Training Plan

■ PRACTICE TASK

Provide students with 3 × 5 cards, and ask them to develop a flexibility training plan to be incorporated into their aerobic training plans.

Extension

Students can use computers to research different ways of improving flexibility.

Student Choices/Differentiation

- Provide samples of flexibility plans.
- Students can work in groups.

What to Look For

- Students are able to develop a flexibility training plan.
- Students are able to find exercises to improve flexibility in an Internet search.

Formal and Informal Assessments

- Class discussion
- Exit slip: Describe three ways flexibility is important to overall health.

Closure

Today, we reviewed static stretching and included it as part of your workout following your muscular strength and endurance training. Remember that while stretching is important, it is not considered moderate to vigorous physical activity and should not be considered part of your daily 60 minutes. Keep trying to improve your overall health by participating in at least 60 minutes of physical activity each day!

Reflection

- Do students seem to understand the importance of stretching?
- Do students understand stretching is not moderate to vigorous physical activity?
- Are students performing the stretches correctly?

Homework

For homework, add static stretching to your physical activity plan. Make sure that you record stretching in your log. Remember to include stretching at the end of other activities so you are not stretching cold muscles, and remember that stretching is not a proper warm-up.

EMBEDDED OUTCOME: S3.M18.8. Encourage students to try a stress-reducing activity such as yoga and tai chi for homework. Suggest they go to the local fitness center or yoga studio to take a class, rent or borrow a yoga DVD, or find yoga clips online.

Resources

NASPE. (2005). *Physical best activity guide: Middle and high school levels*. Champaign, IL: Human Kinetics.

Internet keyword search: “flexibility plans,” “static stretching”