

P.E. @ HOME WEEK 5 - FLEXIBILITY

What is flexibility? *Flexibility is the **range of motion in your joints**. That means how far your body can stretch, twist, move or bend.*

Why is flexibility important? *Good flexibility **helps** prevent injuries, improve posture, relieve soreness, improve balance, and practicing can be relaxing!*

Vocabulary

Base of support = the number of body parts touching the ground (1 base of support is standing on one foot; 3 bases of support is a headstand)

Inverted = when your heart is higher than your head (for example, a bridge or shoulder stand)

FLEXIBILITY GAMES

1. Pick-A-Card

- Cut out the balance and shapes cards and turn them over face-down.
- Draw a card and try the balance.

2. 4-A-Day

- Do one row or column of poses each day, or do extra!

3. Connect 4

- See if you can do 4 poses that are touching each other in a straight line. Either up-and-down, left-and-right or diagonally.

4. Sequence

- Create a sequence of stretches, like a routine, and then perform it for someone! Can you memorize it?
- K-1st = 4 poses; 2nd-3rd = 7 poses; 4th-6th = 10 poses

5. Mix-It-Up

- Pick a pose that has 1 base of support, then 2, then 3, then 4
 - Alternate between sitting and standing poses
 - Switch off and on with inverted and non-inverted poses
- Try to hold each pose without wiggling for 30 seconds or longer on each side of your body.
 - All of these games can be done by yourself, with a partner, or with a group.
 - You can *make it competitive* by challenging a partner to see who can hold the pose longer with good form or *make it cooperative* by taking turns and doing your best!

THESE GAMES USE THE BALANCES & SHAPES DOCUMENT FROM WWW.THEPHYSICALEDUCATOR.COM