“Stretching 101 The Easy Way”

A WebQuest for 6th Grade (Physical Education)

Designed by Matthew Sims

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**Introduction**

Hello everyone, I bet you are wondering what this teacher is trying to get us to do this time! Well prepare yourself, as you venture through this endeavor. This lesson will help you to understand the concepts of stretching.

If you are ready to experience your first encounter click [here](http://www.youtube.com/watch?v=apELAM4g5Hg)!

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**Now that I seem to have your attention, let’s try to engage your thoughts**

**even deeper! Click** [**here**](http://www.youtube.com/watch?v=Njx-wHXdQuc&feature=endscreen&NR=1)**.**

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**Tasks**

Today’s assignment will be designed to help the students learn the definition of stretch & flexibility and the importance of proper stretching. By the end of this Webquest, you will be able know the difference between flexibility, range of motion, stretch properly, and demonstrate three stretches.

**Definition**

 [Flexibility](http://www.youtube.com/watch?v=7erGc-tcLQc)



 Yoga stretch

This picture was taken from clip art.

![C:\Users\Valued Customer\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\DE4CGPLA\MC900440548[2].wmf]()[Stretching](http://www.thestretchinghandbook.com/archives/stretching.php)

 The upper body stretch

 [Range of motion](http://www.thestretchinghandbook.com/archives/stretching.php) (ROM), or range of movement



 Full body stretch

Click on the highlighted link for additional information about stretches designed to help the body to become ‘[*flexible*](http://www.youtube.com/watch?feature=endscreen&NR=1&v=9obE0aOIfEw)’.



![C:\Users\Valued Customer\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\K0O7W0UI\MP900431174[1].jpg]()The following pictures are helpful in helping you to gain greater knowledge towards ‘range of motion’, for the body. Click [here](http://www.youtube.com/watch?v=PlgQAxkczIc)!



These pictures will help you to understand the importance for stretching.

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Click [here](http://www.youtube.com/watch?v=3xB3oOsnXj4&feature=relmfu) for additional information….

**Process**

**![C:\Users\Valued Customer\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\K0O7W0UI\MC900090359[1].wmf]()As a group, decide who will perform the different tasks**

**Group coordinator:** This person is in charge of making sure all members are participating in the group assignment. The group assignments are:

**Assignment #1**

![C:\Users\Valued Customer\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\S7687CZ2\MC900439931[2].wmf]()1. Find three different flex and range of motion [stretches](http://www.brianmac.co.uk/stretch.htm)

2. Make sure everyone find [web](http://www.topendsports.com/medicine/stretches/index.htm) pictures of stretches

3. Rotate having a person to demonstrate/command each stretch

**Assignment #2**

**![C:\Users\Valued Customer\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\AM1I8PN9\MC900441339[1].png]()**4. Rotate [video](http://www.youtube.com/watch?v=ANKbwIc7nMg) camera person, as to have all group members to

 engage in the assignment (video cameras will be provided )

5. Everyone must keep a journal during this assignment

6. All group members must cite references

**Assignment #3**

7. Each group member must write a three paragraph report of

 what was learned during this Webquest stretching assignment.

 This report will count as 15% of the student’s final grade.

**Evaluation**

This assignment will be graded as a group project. Students will be evaluated on their ability to recall the information they have learned and work collaboratively.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Beginning4 | Developing3 | Accomplished2 | Exemplary1 |
| Enthusiasm | Facial expressions and body language generate a strong interest and enthusiasm about the topic in others. | Facial expressions and body language sometimes generate a strong interest and enthusiasm about the topic in others. | Facial expressions and body language are used to try to generate enthusiasm, but seem somewhat faked. | Very little use of facial expressions or body language. Did not generate much interest in topic being presented. |
| Preparedness | Student is completely prepared and has obviously rehearsed. | Student seems pretty prepared but might have needed a couple more rehearsals. | The student is somewhat prepared, but it is clear that rehearsal was lacking. | Student does not seem at all prepared to present. |
| Speaks Clearly | Speaks clearly and distinctly all (100-95%) the time, and mispronounces no words. | Speaks clearly and distinctly all (100-95%) the time, but mispronounces one word. | Speaks clearly and distinctly most (94-85%) of the time. Mispronounces no more than one word. | Often mumbles or cannot be understood OR mispronounces more than one word. |
| Props | Student uses several props (could include costume) that show considerable work/creativity and which make the presentation better. | Student uses 1 prop that shows considerable work/creativity and which make the presentation better. | Student uses 1 prop which makes the presentation better. | The student uses no props OR the props chosen detract from the presentation. |
| Stays on Topic | Stays on topic all (100%) of the time. | Stays on topic most (99-90%) of the time. | Stays on topic some (89%-75%) of the time. | It was hard to tell what the topic was. |
| Posture and Eye Contact | Stands up straight, looks relaxed and confident. Establishes eye contact with everyone in the room during the presentation. | Stands up straight and establishes eye contact with everyone in the room during the presentation. | Sometimes stands up straight and establishes eye contact. | Slouches and/or does not look at people during the presentation. |
| Grade |  |  |  |  |

**Conclusion**

Great job guys! I hope this experience was helpful in many ways. I know it was a lot of work but the rewards out-weigh the negatives. This webquest was designed to help broaden your knowledge of the technology tools available for learning. Therefore, [stretching](http://www.youtube.com/watch?v=DM42KElr3j0) is very important and is essential in helping everyone. There are many different stretches designed for many purposes, when done right it will help you to feel better and go through a daily routine with a healthier state of mind.

Stretching is a form of [physical exercise](http://en.wikipedia.org/wiki/Physical_exercise) in which a specific [skeletal muscle](http://en.wikipedia.org/wiki/Skeletal_muscle) (or muscle group) is deliberately stretched, often by abduction from the torso, in order to improve the muscle's felt elasticity and reaffirm comfortable muscle tone.

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**Credits**

Experience:[**http://www.youtube.com/watch?v=apELAM4g5Hg**](http://www.youtube.com/watch?v=apELAM4g5Hg)

Definitions: [**http://www.thestretchinghandbook.com/archives/stretching.php**](http://www.thestretchinghandbook.com/archives/stretching.php)

Thoughts: [**http://www.youtube.com/watch?v=Njx-wHXdQuc&feature=endscreen&NR=1**](http://www.youtube.com/watch?v=Njx-wHXdQuc&feature=endscreen&NR=1)

Importance: [**http://www.youtube.com/watch?v=3xB3oOsnXj4&feature=relmfu**](http://www.youtube.com/watch?v=3xB3oOsnXj4&feature=relmfu)

Range of Motion: [**http://www.youtube.com/watch?v=PlgQAxkczIc**](http://www.youtube.com/watch?v=PlgQAxkczIc)

Flexible: [**http://www.youtube.com/watch?feature=endscreen&NR=1&v=9obE0aOIfEw**](http://www.youtube.com/watch?feature=endscreen&NR=1&v=9obE0aOIfEw)

Flexibility:[**http://www.youtube.com/watch?v=7erGc-tcLQc**](http://www.youtube.com/watch?v=7erGc-tcLQc)

Stretching: [**http://www.brianmac.co.uk/stretch.htm**](http://www.brianmac.co.uk/stretch.htm)

Web: <http://www.topendsports.com/medicine/stretches/index.htm>

End Stretching:[**http://www.youtube.com/watch?v=DM42KElr3j0**](http://www.youtube.com/watch?v=DM42KElr3j0)

Video:[**http://www.youtube.com/watch?v=ANKbwIc7nMg**](http://www.youtube.com/watch?v=ANKbwIc7nMg)

Physical exercise:[**http://en.wikipedia.org/wiki/Physical\_exercise**](http://en.wikipedia.org/wiki/Physical_exercise)

My Website: <http://whynottrytolearnmore.weebly.com/>

**Teacher Page**

This WebQuest was designed to help the students to learn the importance for proper stretching and that stretching has many affects and its effects on the body is a relaxing endeavor. Hopefully, this opportunity helped you to gain a better understanding proper stretching. I was an athlete for many years, and without proper stretching, I would not have been able to stay on the playing football field, basketball court, or softball diamond. Instead, I would have spent many hours rehabbing the body area that was affected, by not taking proper stretching serious. Throughout this Webquest, the groups were able to view several videos and see real definitions of flexibility, stretch, and range of motion. Each definition was different and is often confused as being the same. Now that this lesson is finished, all students will have a better understanding stretching and a personal experience with the Webquest. Please feel free to visit [my website](http://whynottrytolearnmore.weebly.com/) for additional information.

Standards

This WebQuest lesson is designed for 6th Grade students.

Sunshine State Standard:

Demonstrate competency in many and proficiency in a few movement forms from a variety of categories (Fitness/Wellness, Educational Gymnastics/Educational Dance).

Benchmark:

PE.6.M.1.1

Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility, and proper body composition.