

Physical Education
6th Grade
Stretching the Right Way
Mr. Sims

During this Chapter, the students will learn:

1. The importance for proper stretching
2. How to select the proper stretch
3. How to demonstrate a stretch
4. Create a journal log during workouts
5. How to use the internet for research of different stretches



This picture was found in Micro-soft clip art.

Stretching is:

a form of physical exercise in which a specific skeletal muscle (or muscle group) is deliberately stretched

Benefits of proper stretching:

- ❖ a feeling of increased muscle control
- ❖ greater flexibility and range of motion
- ❖ help therapeutically to alleviate cramps
- ❖ will help to reduce injuries



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The Proper Stretch

Selecting the proper stretch is essential prior to competing in a gym class activity or sporting event.

For example, prior to starting a daily jog - you will need to stretch your lower extremities and back



This picture was found in Micro-soft clip art.

The Proper Stretch - (continued)

Important Facts:

- ❖ certain stretching techniques and protocols prevent injuries when performed (within 15 minutes) prior to exercise
- ❖ stretching does not prevent delayed onset muscle soreness, neither when performed before nor after exercise
- ❖ one stretching exercise may not be enough to prevent all types of injury, therefore, multiple stretching exercises should be used to gain the full effects of stretching

For additional examples go to listed links below.

- ✓ <http://www.brianmac.co.uk/stretch.htm>
- ✓ <http://en.wikipedia.org/wiki/Stretching>
- ✓ <http://k2.kirtland.cc.mi.us/~balbachl/stretch.htm>
- ✓ <http://www.easystretchingexercises.com/>
- ✓ http://www.mayoclinic.com/health/back-pain/LB00001_D
- ✓ <http://exercise.about.com/cs/flexibility/l/blstretch.htm>



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Students should know:

- ❖ Increasing flexibility through stretching is one of the basic tenets of physical fitness.
- ❖ It is common for athletes to stretch before and after exercise in order to reduce injury and increase performance.
- ❖ Yoga involves the stretching of major muscle groups, some of which require a high level of flexibility to perform, for example the lotus position.
- ❖ Stretching can strengthen muscles, and in turn strong muscles are important to stretching safely and effectively.

Students must wear proper gym clothing



NO EXCEPTIONS!!!

This is a basic physical education class, therefore, students are required to dress out daily and participate regularly.

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Five points will be deducted daily for not dressing out.

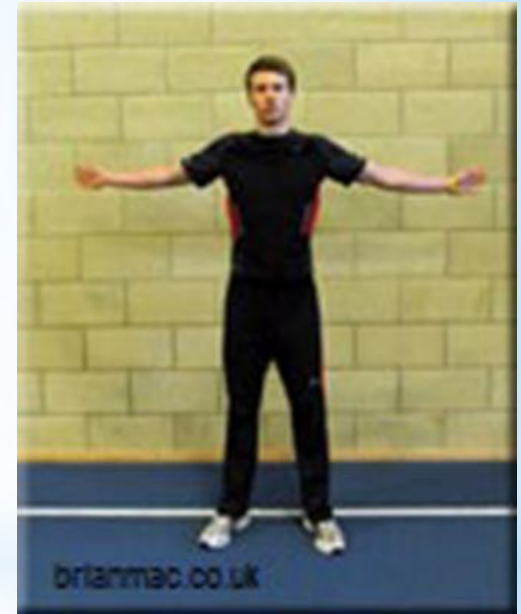
Each student will be required to demonstrate how to properly stretch.



For example:

Chest Stretch

- ❖ Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- ❖ Hold your arms out to the side parallel with the ground and the palms of the hand facing forward
- ❖ Stretch the arms back as far as possible
- ❖ You should feel the stretch across your chest



Upper Back Stretch

- ❖ Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- ❖ Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax
- ❖ You should feel the stretch between your shoulder blades



Hamstring Stretch

- ❖ Sit on the ground with both legs straight out in front of you
- ❖ Bend the left leg and place the sole of the left foot alongside the knee of the right leg
- ❖ Allow the left leg to lie relaxed on the ground
- ❖ Bend forward keeping the back straight
- ❖ You will feel the stretch in the hamstring of the right leg
- ❖ Repeat with the other leg



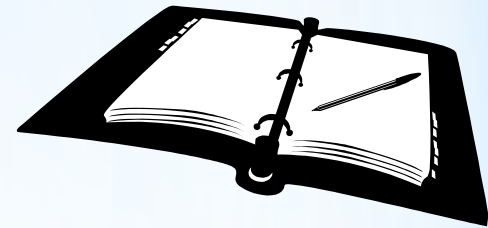
Adductor Stretch

- ❖ Stand tall with your feet approximately two shoulder widths apart
- ❖ Bend the right leg and lower the body
- ❖ Keep your back straight and use the arms to balance
- ❖ You will feel the stretch in the left leg adductor
- ❖ Repeat with the left leg



Students must:

- ❖ create a journal log create a journal log that displays a daily workout plan
- ❖ use the internet for research of different stretches and site web pages visited



RUBRIC

- ❖ Oral presentation
30 points
- ❖ Demonstrate three
stretches - 25 points
- ❖ Perfect dress out record
20 points
- ❖ Create a journal log
10 points
- ❖ Internet references
10 points
- ❖ Define stretching - 5 points



Grading System

- ❖ A = 93 - 100%
- ❖ B = 83 - 92%
- ❖ C = 70 - 82%
- ❖ D = 60 - 69%
- ❖ F = Below 60%



Extra Credit Assignments are available upon request

Materials & Resources:

The students will not have to purchase anything, for this course.

All class reading material will be provided by the school.

Each student will be given a class syllabus. Inside it will be instructions that states the requirements for this course.

All resources will be governed by the Sunshine States Standards.

The students must have access to a computer, after school hours and be able to log-onto the world-wide-web.

SUPPLIES

- ❖ Pencils
- ❖ Composition Note Book
- ❖ Proper gym clothes
- ❖ Proper gym shoes



References

(n.a.).(2012) Retrieved April 3, 2012 from
<http://www.brianmac.co.uk/stretch.htm>

(n.a.).(2012). Retrieved April 3, 2012 from
<http://en.wikipedia.org/wiki/Stretching>