



PE Virtual Learning

Stretching

May 22, 2020



6th Grade PE

Lesson: May 22, 2020

Objective/Learning Target:

I will be able to correctly stretch.

LT2.1- I can identify critical elements to improve performance in selected skills.

NAPSE:

Employs correct techniques and methods of stretching.11 (S3.M9.6)



Essential Question:

How do I correctly stretch and keep my body healthy?



Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
 - a. 10 Second Break
2. Sit-ups x 15
 - a. 10 Second Break
3. Air Squats x 15--Video: [Air squats](#)
 - a. 10 Second Break
4. Jog around your house 2 times.



Practice:

Read this article and watch the video in the article. The video will show you good stretches to keep you loose and flexible.

Video: [Benefits of Stretching/Stretching Techniques](#)

As you watch it, write down three aspects of stretching you didn't know.

Here is another video on the techniques of stretching.

Video: [Stretching Techniques](#)



Practice:

I will have a video that you will follow along with as you stretch. Make sure you are doing each move for the full amount of time and the full range of motion.

This will be about a 10 minute video for you to follow along and stretch with. Try to do the entire 10 minutes.

[10 Minute Stretch Workout](#)



Self Assessment:

How well were you able to stretch your muscles?

Was there a certain stretch that was more difficult?

What did you struggle with and what did you do well with?

If you could do it again, what would you do differently?