



PE/Health Virtual Learning

**6th Grade/ Health Related
Fitness-Flexibility**

May 6th, 2020



6th Grade/Physical Education
Lesson: [May 6th, 2020]

Objective/Learning Target:

Essential Question/ Objective: How can I improve my health related fitness through a variety of activities?

Learning Target: LT4- I can actively, consistently participate in warm-up activities.

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



Practice:

Below, please watch the video and read the article to understand the health related fitness-Flexibility:

- [Flexibility Article/Video](#)



Practice:

Activities to do at home to improve your flexibility:

This article will show you step-by-step instructions to complete these stretches:

[Best stretches to improve flexibility](#)

1. Quad stretch/hamstring stretch
2. Chest and shoulder stretch
3. Biceps and tricep stretch
4. Side stretches



Additional Practice:

Below are additional resources to help you understand the cardiorespiratory endurance in greater detail.

- [Flexibility Article](#)
- [Flexibility Article](#)



Self Assessment:

Answer the questions to the best of your ability:

- 1. Why do athletes or athletic individuals need flexibility?**
- 2. Can others, besides athletes, benefit from flexibility? Why?**
- 3. What stretches do you perform before you compete in competition? Explain.**