



Personal Fitness Virtual Learning

Flexibility Workout

May 5, 2020



7/8th Grade Personal Fitness
Lesson: [May 5th 2020]

Learning Target:

Students will be able to analyze technique of selected exercises
and track a personal activity log

Describes the role of flexibility in injury prevention. (S3.M10.8)

Essential Question: How can flexibility prevent injury?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will be able to explain why flexibility prevents injury**

Let's Get Started:

1. Follow this warm-up to get started!!
 - [Warm-up video](#)

Practice #1

- Click on the [link](#) to the article and read the information provided
 - take notes on the [AVID](#) note page; be sure to make a copy in order to edit the document
- In the color **RED** write down 3 activities that focus on flexibility

Practice #2

- Complete this beginners stretch [workout](#)
 - What areas of the body are not as flexible? Answer this question in **BLUE** on your AVID note page

Practice on your own:

- Complete the yoga [workout](#)

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: What are some workouts you can do to increase your flexibility at home?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house