



Personal Fitness Virtual Learning

7/8 Static Stretching

April 20, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [April 20th 2020]

Learning Target:

Describe and demonstrates the difference between dynamic and static stretches.(S3.M9.7)



Daily Essential Question/Objective: I can perform the workout and answer the following questions at the end of the lesson.

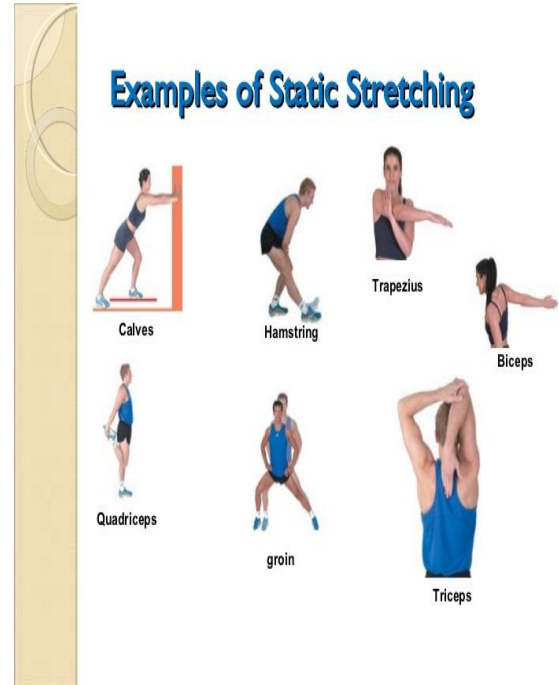
Warm up:

Jog for 1 min in place or around an open area. You will jog three times (mean jog for 3 minutes total). Then perform the following warm up for the workout today.



Static stretching

- When you stretch your muscle at rest (not moving).
- This type of stretching will elongate your muscles while you hold the position for 10-30 seconds.
- Should be done at the end of the game or activity.
- This helps improve flexibility, helps with decrease of muscle soreness, can be done individually.
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Butterfly stretch for 30 seconds

Use your elbows to push on your legs to get a better stretch.

Stretches your groin and hip flexors



Overhead arm stretch

Hold the stretch for left and right side for 30 seconds each.

Stretches your Triceps, Biceps and deltoid.



30 second right and left leg stretch

Try to touch your toes on the leg you're stretching. If you can do that, try to put your nose on your knee while touching your toes.

This stretches your glutes, hip flexors, hamstrings, and your gastrocnemius.



30 second Arm-Cross stretch

Stretch your left and right for 30 seconds each.

Stretches deltoid and your trapezius.



Leg Stretch

Spread legs out and reach as far as you can between your legs. Hold for 30 seconds.

This stretches your quads, glutes, hamstrings, and hip flexors



Lean-Back arm stretch

Lean back and put pressure on your arms. Hold the stretch for 30 seconds total.

This stretches your triceps, deltoids, and biceps.



Standing Quad stretch

Hold the stretch for 30 seconds each.
Don't forget to stretch your left and right leg. Try to keep your balance as long as possible.

This will stretch your quad, hip flexors, and your groin.



Chest stretch

Stand up and put your shoulder blades together. Try to bring arms up towards the sky to get a deeper stretch.

This stretches your pectoralis, deltoids, and your trapezius.



Side Lunge

Hold the lunge position to the side of your body for 30 seconds. Make sure you stretch your left and right side of the body.

This stretches your quads, hamstrings, gastrocnemius, glutes, hip flexors, and your groin.



Side Lunges

Assume a wide stance as shown

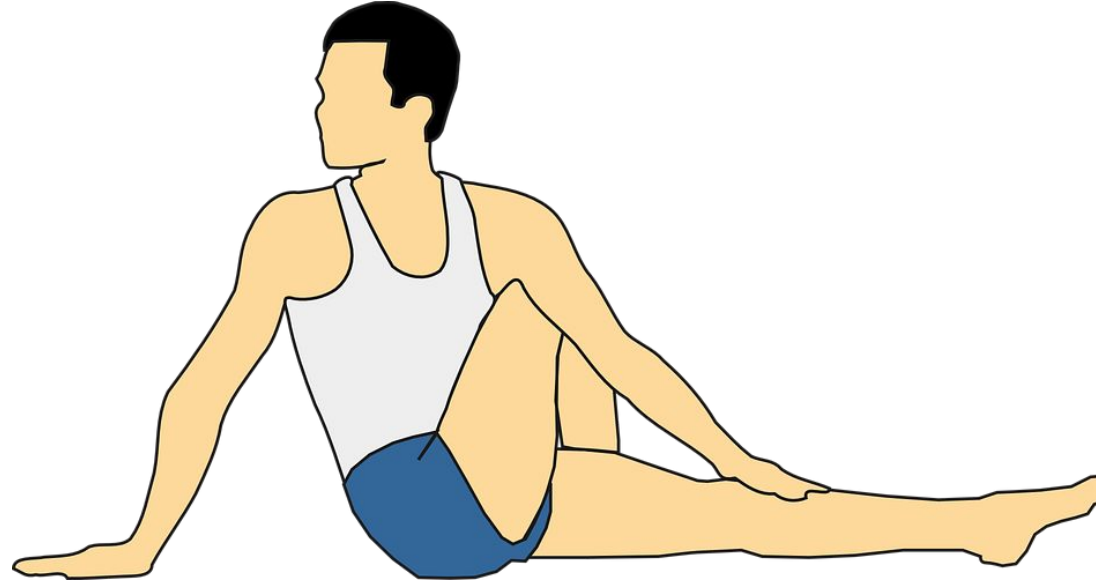
Keeping a straight back, lunge sideways as shown

Maintain both feet flat on the ground at all times

Lunges to the left and right represent one repetition

Hollywoods, hold for 30 seconds each.

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You are stretching your deltoids,
trapezius, biceps, glutes, hamstrings,
and hip flexors.



All Done!!!!

Nice job with completing the lesson. Answer the following questions.

- What type of stretches were all of these?
- What are 2 muscles are were used with all of the lower body exercises?
- What are 2 arm muscles are were used during this workout today?
- What exercise did you not like to perform and why?
- What exercise did you like and why?