



Personal Fitness Virtual Learning

# 7/8 Dynamic Stretching

April 22, 2020



## 7/8 Grade Personal Fitness & Wellness

Lesson: [April 22th 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.



## **First type is Dynamic stretching.**

- Means you are moving as you are stretching.
- Should be used before a workout.
- Is an effective method to prep athletes before a game or activity.
- Doing this type of stretch, will increase your range of motion, body awareness, activates muscles used during the game or activity and can enhance muscular performance, and decrease injury prevention.
- Examples: walking lunges, knee to chest, high kicks, jump squats, butt kicks, High knees, and karaoke (grapevine) just to make a few.

## 25 Lunges

Make sure your back knee is almost touching the ground.

**Lunges stretch your glutes, hamstrings, quadriceps your gastrocnemius. It also stretches muscles in your hips, ankles, and abdominals.**



## 10 Walking Leg swings per leg (20 total)

Reminder to reach with right arm to left leg or left arm to right leg. You are reaching across the body.

**Leg swing stretch your glutes, hamstrings, quad and hip flexors.**



## 25 High knees in place or while moving in an open area.

High knees are meant to be done quickly. How quickly can you finish 25 high knees?

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





## 25 Butt Kicks

Butt kicks should be done quickly. Can you complete this exercise in less than 12 seconds?

**Stretches your hamstrings, quads, and your gastrocnemius.**

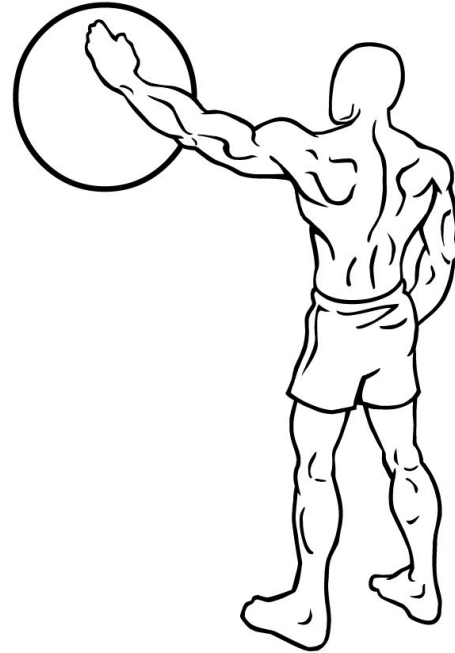


## 10 clockwise and 10 counter-clockwise Arm Circles

You are making a circle with both arms.

Try to make the circles as big as you can to get more of a stretch.

**This stretches your triceps, biceps, deltoids, and your trapezius.**



## 10 Plank walk-outs

Walk-out as far as you can when in the plank position. Remember to have a flat back. If you can use a mirror to check your flat back.

**This stretches your triceps, deltoids, abdominas, obliques, biceps, pectoralis, hamstrings, quads, glutes, and trapezius**



## 5 Walking leg stretch per leg (10 total)

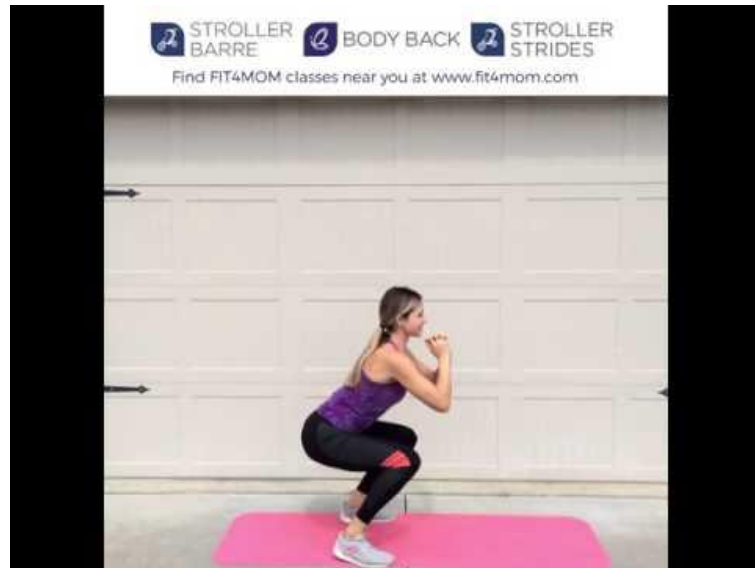
Go slow and watch your balance. This can be a tough stretch if you lose your balance.

**This will stretch your quad, trapezius, groin, and deltoid.**



## 10 Squat-Front Kick per leg (20 total).

This stretches your glutes, hamstring, quads, gastrocnemius, abdominals, and lower back.



## 20 Grapevine or Karaoke per side

This may be new to some of you and that is ok. Watch the video as many times and try it slowly. Once you get the hang of it, try to go faster. Start by standing by a wall and performing this exercise to the end of the room. Stay facing the same direction and go back to where you started. That way, you have completed Karaoke for the left and right side of the body.



**This stretches your quads, hamstrings, gastrocnemius, glutes, and your abdominals**

## 10 spiderman Lunge with T-spine Rotation

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You are stretching your deltoids, pectoralis, trapezius, biceps, triceps, quads, glutes, hamstrings, hip flexors, and gastrocnemius.



# 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?