

# Stretch Activity

**Theme:** Stretching

**Curriculum Area:** Physical Education

**Activity:** Students will learn the importance of stretching before a workout by following along to a stretch routine.

**Age of Children:** 5th grade

**Materials Needed:** comfortable clothing

## **Developmental Objectives/Domains:**

By participating in this activity students will:

1. Understand how to assess and maintain a level of physical fitness to improve health and performance.
2. Be able to explain the benefits of stretching after warm-up activities.
3. Enhance cognitive development by performing flexibility exercises that will stretch particular muscle areas for given physical activities

## **Procedure:**

- 1.) First students will be taught the benefits of stretching before and after a workout
- 2.) Students will learn about the muscles that will be stretched
- 3.) Before stretching, students will see how far they can reach their toes while standing
  - a.) Be sure that students are wearing comfortable clothes to complete the stretch routine in
- 4.) To start the activity, students will watch the video and follow along with the tutorial
- 5.) After stretching has been completed, students will try to reach their toes once again and see that they reached further than before the stretching activity.

