

Stretching



Theme: Proper stretching to increase flexibility

Curriculum Area: Physical Education

Activity: We will be learning the proper stretches for specific muscle areas. The goal for this exercise is to learn how to stretch safely and increase flexibility.

Age: 5th/6th grade (approx. 10-13 years of age)

Materials Needed:

1. Comfortable clothes
2. Open space
3. Yoga mat (optional)

Developmental Objectives: By participating in this activity, children will:

1. Understand safe stretching
2. Learn about specific muscle areas and how to stretch them
3. Learn about their limitations and understand that overstretching can hurt.

Procedure: *Triceps:*

1. Reach left arm into air, bend elbow, place hand on upper back
2. Use your right hand to grab elbow and pull your elbow towards your head
3. Hold for about 20 seconds and switch sides



Biceps:

1. Reach arms behind back and clasp hands with your palms facing each other
2. Rotate your wrists backwards while hands are still clasped – palms should be facing the ground
3. Keep elbow straight and raise your arms – hold for about 20 seconds



Hip Flexors:

1. Stand with feet hip-width apart
2. Take a big step forward with right foot
3. Bend down about an inch or two
4. Press hips forward, you should begin to feel the stretch in front of your left hip
5. Hold for about 20 seconds and switch sides



References: [Physical Education Model Content Standards - Content Standards \(CA Dept of Education\)](#)

3.6 Perform flexibility exercises that will stretch particular muscle areas for given physical activities