

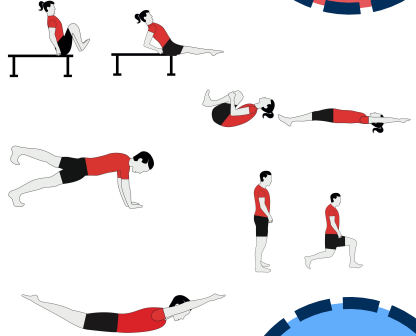
Feeling Flexible?

Home Physical Education

Can you complete the circuit with a partner, encouraging each other?

How to play:

- Layout 5 markers in a space around your area. These are your 5 flexibility circuit activities
- **Station 1:** Perform 10 extended tucks.
- **Station 2:** Perform 10 roll and release.
- **Station 3:** Perform 10 lunges.
- **Station 4:** Perform 10 arches, holding each one for 5 seconds.
- **Station 5:** Perform 10 extended leg raises.
- How many times can you repeat the circuit?



Can you keep trying even if you feel tired?

Top Tips

Stretch Out!

By stretching (static or dynamic) this will improve our flexibility.

'Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion'

Let's Reflect

Do you understand why stretching your muscles will improve your flexibility?

Do you understand why it is important to be flexible when playing sport?