



FLEXIBILITY

Flexibility is the range of limb movement around the joints.

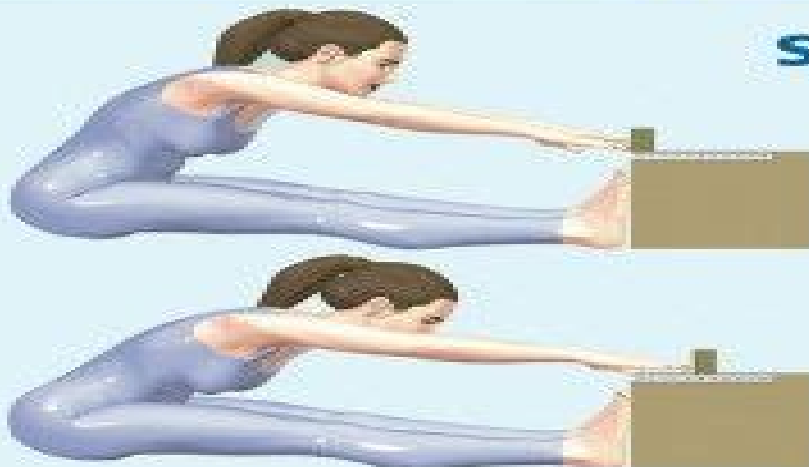
WHY IS IT GOOD ?

Flexibility is important to all athletes as it reduces the risk of injury.



TEST

SIT AND REACH



- Place your feet against the bench or 'sit and reach' box.
- Keep your legs straight.
- Reach forward as far as possible.
- Hold for 3 seconds (do not buckle).
- Record your result.

Testing Your Flexibility Poster

Glenn A. Gaesser, Karla Dougherty

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Testing Your Flexibility Poster:

Physical Education for Homeschool, Classroom, and Recreation Settings Byl, John, VanGils Kloet, Bettie, 2014-06-12 This book offers 112 games and activities for small groups Parents teachers and recreation leaders can use the book to teach kids how to be physically literate and acquire social reasoning and problem solving skills **One Hundred and One Fun**

Warm-up and Cool-down Games John Byl, 2004 101 Fun Warm Up and Cool Down Games provides the antidote to the age old warm up and cool down routines of jogging and stretching These games engage students and athletes in fun warm ups that will prepare them mentally and physically for their activity and cool downs that will help them recover BOOK JACKET

Learning Through Movement and Music Debby Mitchell, GeoMotion Group, 2012 Kids love to move and it s proven that children learn academic concepts better when those concepts are combined with music and movement So Debby Mitchell created a book and DVD package that includes video clips that combine learning with music and movement The DVD also includes reproducible assessments lyrics and posters that can be used in the classroom to facilitate learning Learning Through Movement and Music Exercise Your Smarts gets upper elementary and middle school students moving while teaching them about their bodies health and fitness concepts and assessment of their fitness abilities The book and DVD include background information and song lyrics for each activity video clips that introduce each of the 14 activities lyrics to use as handouts posters for many of the concepts that can be used in the classroom and activity assessments including questions and answers flow charts word searches and crossword puzzles and teacher answer keys The DVD contains posters that reinforce the health and fitness concepts as well as the song lyrics and assessments which you can reproduce You can distribute the song lyrics to your students helping them to learn the concepts The activities are a great blend of movement and academic concepts and are suited for use in both PE classes and regular classrooms The activities themselves cover warming up stretching muscle identification and workouts cardio and interval training fitness testing the FITT principle and cooling down Learning Through Movement and Music enlightens students on the benefits guidelines and reasons for exercise and fitness in the environment in which they most love to learn one where they are moving and having fun ,

Women's Health , 2008-02 Womens Health magazine speaks to every aspect of a woman s life including health fitness nutrition emotional well being sex and relationships beauty and style **Personal Fitness** Charles S. Williams, 2004-04-28

The Spark Glenn A. Gaesser, Karla Dougherty, 2001-01-01 The spark a revolutionary new plan to get fit and lose weight 10 minutes at a time **Newsletter** , 1978 *FitnessGram Administration Manual* The Cooper Institute, 2017-01-06 The best just got better FitnessGram is the gold standard for assessing the health related fitness and activity levels of youths The Cooper Institute has updated the FitnessGram Administration Manual with new material to ensure that FitnessGram is the most comprehensive and informative program that can drive meaningful behavior change and set up children for a healthy future The fifth edition of FitnessGram Administration Manual The Journey to MyHealthyZone offers K 12 teachers two

primary assessment resources that allow them to produce individualized reports for each student in their class FitnessGram provides a complete battery of health related fitness assessments that are scored using criterion referenced Healthy Fitness Zone standards The standards are age and sex specific and are based on how fit children need to be for health New to this fifth edition Audio of cadences and videos and photos for test protocols making it easier for you to administer tests A chapter on communicating with stakeholders students parents faculty and staff administrators and the community A chapter on data mining and using data to inform your instruction and help you make sound curricular decisions A design that enhances your ease in using the material and administering the tests You will learn how to administer the tests interpret the results and provide feedback to your students on their results FitnessGram Administration Manual also offers a web resource that includes video clips that demonstrate the assessments audio for the PACER curl up and push up tests and reproducible forms Through FitnessGram you can assess children s fitness in these areas Aerobic capacity Muscle strength Muscular endurance Flexibility Body composition Several test options are provided for most of those areas one test item is recommended As a FitnessGram user you also have access to everything the Presidential Youth Fitness Program has to offer The Presidential Youth Fitness Program helps physical educators assess track and recognize youth fitness and physical activity Through this program you are also provided with the following Instructional strategies for promoting student physical activity and fitness Communication tools to help physical educators increase awareness about their work in the classroom Options for recognizing fitness and physical activity achievements This latest version of the FitnessGram Administration Manual The Journey to MyHealthyZone is your guide to conducting the test protocols recording the data interpreting the results and sharing those results in ways that will encourage students to be physically active and adopt healthy behaviors throughout their lives

Stretch Yourself Fanny Passeport, Caitlin McLemore, 2018-12-17 Two award winning young educators from opposite sides of the globe share their insights to guide teachers on how to take risks and innovate in their daily practice Stretch Yourself A Personalized Journey to Deepen Your Teaching Practice is chock full of tools and strategies to show teachers especially those new to the profession how to stretch and innovate in their teaching Using the metaphor of yoga with its focus on process and practice the authors take teachers on a journey of self reflection and assessment leading them through three stages Breathe Stretch and Meditate The book covers such topics as developing a sense of self awareness to achieve excellence and the importance of maintaining balance and persevering in your practice This book features The unique look and feel of a journal with space to write and reflect on ideas as you read A self assessment quiz so you can evaluate your mindset in terms of technology use and innovation Ideas for using tools available in your edtech toolbox to improve your teaching practice Highlights of teachers and students voices through project examples so you can learn from various perspectives Practical activities aligned to ISTE Standards for Educators and the ISTE Standards for Students As the authors state Only through interacting with content making mistakes and trying new things can we truly become aware of

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