



# FLEXIBILITY

Flexibility is the range of limb movement around the joints.

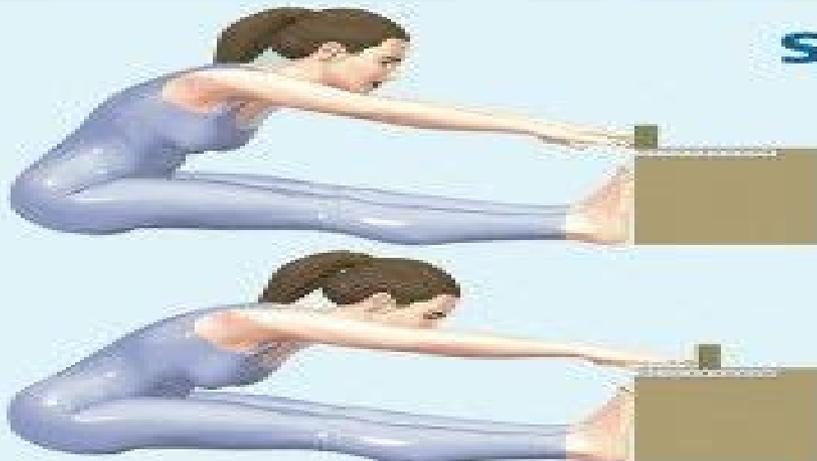
## WHY IS IT GOOD ?

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

**Kristen M. Chase**



## Testing Your Flexibility Poster:

Physical Education for Homeschool, Classroom, and Recreation Settings John Byl, Bettie VanGils Kloet, 2014-06-25

Remember the days when with very little equipment and just a few kids you could have an endless amount of fun playing games. Those days are back. And Physical Education for Homeschool Classroom and Recreation Settings 102 Games With Variations adds a twist to those fun games. They are educational as well. The 102 games and 10 dance and gymnastics activities in this book are specifically designed for small group settings. They're great for parents who homeschool or who simply want to supplement their children's PE instruction and have fun with their kids, physical education teachers in small school settings or who break their class into smaller groups and leaders of after school recreation, intramural and recess programs. While the settings may change, the results don't. Children learn skills and healthy concepts while playing games that keep them coming back for more. Physical Education for Homeschool Classroom and Recreation Settings offers the following Games and activities that are ready-made, easy and fun to play and grounded in research. Yearly lesson plans for grades K-5 making it easy for you to teach. Games that are grounded in American Academy of Pediatrics research on the importance of play, the Canadian Sport for Life model, physical literacy and the Teaching Games for Understanding (TGfU) approach. The TGfU approach helps children learn interpersonal, social reasoning and problem-solving skills which they can apply to multiple situations. And as they take part in the fun physical activities, kids develop fundamental abilities and learn how to develop and maintain a healthy lifestyle through regular physical activity. The book includes a game finder to help you see what skills and equipment are involved for each game. Photos, illustrations and easy-to-use components help make the games simple to teach and you'll be shown how to modify each game as needed for your children and to ensure the game applies to different sports. Each game ends with questions that lead to understanding the skills and concepts applied during the game. Physical Education for Homeschool Classroom and Recreation Settings includes warm-up, cool-down and fitness games, target, territory, invasion and net and wall games, dribbling, striking and fielding games and dance and gymnastics activities. Whether you are looking for a useful PE book for your homeschooler or looking to supplement your physical education program, recreation program or after school or intramural program, this book is a great find. You'll find it comprehensive, well-grounded and filled with challenging educational games that your kids will love. **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** **Stretching/Flexibility Posters Set** Human Kinetics, 1997-03-17. These high-quality full-color posters complement the Teaching Flexibility and Flexibility for Sport and Fitness videos, accentuating the importance of stretching and serving as a thorough reference at a glance for fitness enthusiasts or athletes. Each poster includes easy-to-read

instructions for every stretch or range of motion test pictured Laminated and printed on durable matte paper they re so striking and informative that you ll want to have them framed Testing Your Flexibility depicts 13 simple tests for testing range of motion for all major joints and muscle groups Stretching Basics illustrates the HK Stretch Routine 14 stretches proven to increase and maintain optimal flexibility for each major muscle group And Stretching for a Healthy Back presents 14 safe effective stretches for eliminating pain and building strength in this crucial area of the body Use the posters alone or in conjunction with Teaching Flexibility and Flexibility for Sport and Fitness to help athletes and clients increase whole body flexibility for improved performance and reduced risk of injury Special package price When you order the whole series you get three posters for the price of two Individual poster size 24 x 36 Type Full color poster Matte finish **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 **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 **The Poster**, 1917 Forum, 1997 **Gr. 3 Michigan's Exemplary Physical Education Curriculum Project**, 2000 **100 Amazing Make-It-Yourself Science Fair Projects** Glen Vecchione, 2005 This extensive collection of do it yourself projects ranges from simple ideas using household materials to sophisticated plans which are unique Booklist There are many good projects Appraisal The directions are clear and straightforward VOYA From a device that makes sounds waves visible to a unique pomato plant these 100 imaginative and impressive science projects will impress science fair judges and teachers and astound all the kids in the school Some of the experiments can be completed

quickly others take more time thought and construction but every one uses readily available materials Budding Einsteins can make their own plastic build a working telescope or choose from a range of ideas in electricity ecology astronomy and other scientific fields Children's Magazine Guide ,1999 **Teen Health Course 3** Wright Group-McGraw Hill,2002-04

Flyers that Work Sophia Tarila,1994 Music Dealer ,1952 **The Essential Elements of Public Speaking** Joseph A. DeVito,2005 The Essential Elements of Public Speaking is a concise exploration of the ins and outs of public speaking and makes a clear link between theory and practice all in only twelve chapters Listening speech criticism selecting speech topics purposes and theses audience analysis using supporting materials and visual aids organizing wording and delivering speeches informing and persuading audiences special occasion speeches and speaking in small groups Introductory public speaking

**The Spark** Glenn Alan Gaesser,Karla Dougherty,2001 Perfect for people with busy schedules this groundbreaking book explains how to get started on the path to fitness and maintain better health through short simple exercises the authors call sparks 19 illustrations

The Spark Glenn A. Gaesser,Karla Dougherty,2002-01-08 FAST EASY ANYWHERE FITNESS What if you could get fit lower your cholesterol and lose weight without ever exercising for more than ten minutes at a time In the world of the The Spark that what if can become a reality Based on the groundbreaking Spark 2000 study conducted at the University of Virginia The Spark shows you how ten minute bursts of exercise can improve your level of fitness and help prevent heart disease diabetes and cancer as effectively as an hour at the gym three times a week With The Spark you don t have to squeeze exercise into an already hectic schedule Instead you can work out wherever and whenever you want with complete ten minute HEAD TO TOE STRENGTH TRAINING SPARKS FAT BURNING AEROBIC SPARKS AND YOGA LIKE SPARKS FOR FLEXIBILITY AND STRESS RELIEF These techniques combined with The Spark s energy fueling and easy weight loss food plan will get you on the road to good health and vitality for life *Police Officer Examination Preparation Guide* Larry F. Jetmore,1994 Answers common questions about being a police officer offers aids on assessing readiness and includes sample examinations

**Teen Health** Mary Bronson Merki,1999 **Teen Health, Course 3, Student Edition** McGraw-Hill,2004-03-22 Teen Health Courses 1 2 and 3 The integrated activities based health program written especially for middle school students This comprehensive integrated skills based program is available for grades 6 7 and 8

The Music Therapy Assessment Handbook Kristen M. Chase,2002

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