



# FLEXIBILITY

Flexibility is the range of limb movement around the joints.

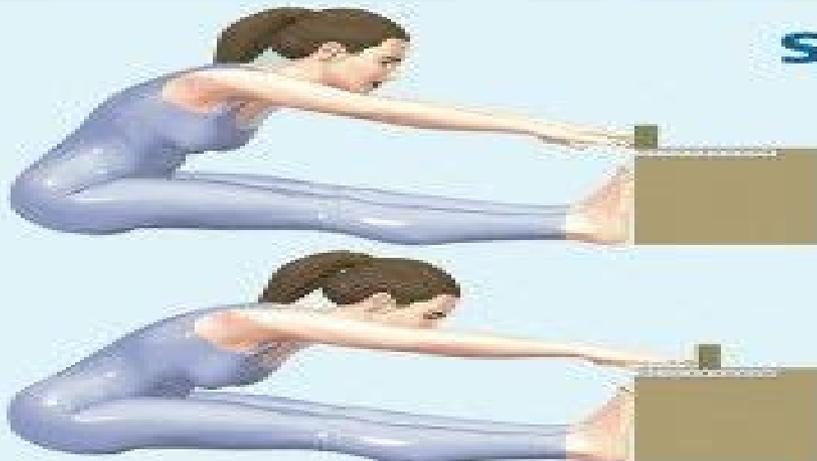
## WHY IS IT GOOD ?

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

**Huangqi Zhang**



## 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** **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 are so striking and informative that you will 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 **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 potato 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 *Forum*, 1997 *Gr. 3 Michigan's Exemplary Physical Education Curriculum Project*, 2000 **Children's Magazine Guide**, 1999 *Music Dealer*, 1952 **Teen Health** Mary Bronson Merki, 1999 *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 **Teen Health Course 3** Wright Group-McGraw Hill, 2002-04 **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 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      **Police Officer Examination Preparation Guide** Larry F. Jetmore,1994 Answers common  
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