

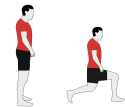
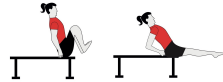


Feeling Flexible? PE Home Learning

Can you try your hardest on each station and ensure you do not give up?

Time to Learn:

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



Perform five 'repetitions' on each station instead of ten.

Exercise for one minute at each station before moving to the next one.

Challenge other members of your family to complete the circuit with you.

Top Tips

Stretch Out!

- By stretching 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

How do you think stretching will improve flexibility?

Why is being flexible important when playing sport?