



Activity Plan

TITLE: Run and Stretch (Exercises to Increase Flexibility)

KEY SKILL(S) and CONCEPT(S): Flexibility, strength, cardiovascular endurance

General stretching principles:

- Warm up before stretching.
Example: slow walking while pumping arms.
- Keep knees slightly bent.
- Hold stretches for at least 20-30 seconds.
- No bouncing or jerking during stretches.
- Stretch equally on both sides.
- Breathe normally while stretching.
- Stretch after running.

SUGGESTED GRADE LEVEL(S): 4-8

OBJECTIVE(S): Students will be able to:

- Understand the importance of flexibility, stretching and injury prevention.
- Demonstrate appropriate warm up and stretching practices.
- Recognize individual similarities and differences and participate cooperatively in class activities.
- Independently treat peers, teacher, and property respectfully at all times.

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 4 - Achieves and maintains a health-enhancing level of physical fitness.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

MATERIALS NEEDED: Whistles, signal systems, stopwatch, cones, stretch photos (preferably laminated/sheet protected and posted as directed).

Flexibility photos provided on the NASPE/ING RFSB website: www.naspeinfo.org/run

DESCRIPTION:

Place stretch photos and directional arrows around your route (inside the school hall ways, outside loop, or local training area). Stagger students along the route or training areas by grade, clusters of students, etc. enabling a safe workout.

Option A - indoor activity: Students run for six minutes along the designated route. After six minutes announce (intercom, bull horn, whistles, music or any signal) for students to run to nearest stretch photo. Perform that stretch for two minutes then announce on preferred signal to start running again. Continue this cycle with four intervals of running and three intervals of stretching. Conclude with walking to cool down and continue back to the origination area. Maintain safe supervision at all times.

Option B - outdoor activity: To perform this activity outdoors, place signs around a safe perimeter within the school property. Have staff, parent volunteers, or older student helpers scattered along the course with stopwatches to monitor time intervals. Announce every six minutes when to stop and find the nearest stretching photo. Perform that stretch for two minutes then announce on preferred signal to start running again. Continue this cycle with four intervals of running and three intervals of stretching. Conclude with walking to cool down and continue back to the origination area. Maintain safe supervision at all times.

VARIATIONS AND/OR EXTENSIONS:

- Incorporate time intervals appropriate for your student population based on ability and age.
- Increase one - two minutes of running interval times per week.
- For older or more experienced students add "speed challenges" within the running interval challenging students to run a little faster.

Activity idea submitted by ING RFSB School Awards Program committee member Cathy Caldwell, Shamrock Springs Elementary School (IN).