

Physical Education Lesson Plan: Muscle Stretch

Subject:	Physical Education
Concept:	Movement --- weight and balance transfer Physical Activity --- exercises for flexibility Health Science --- muscular system
Grade Level:	4 th grade
Objective:	To demonstrate non-locomotor movement such as stretching while enhancing flexibility of muscles and demonstrating proper breathing techniques.
Materials:	Gymnastics mat or pad or gym floor
Timeline:	1 hour
Instructional Procedures:	<p>Students will begin their stretching routine against the wall of the gym and conclude their stretching exercises on a mat or gym floor. Students need to allow at least four [4] feet of space between each other on the mat. Students will demonstrate four [4] stretching exercises while breathing properly. Note: Students must hold each stretching position for at least 30 seconds while inhaling and exhaling.</p> <p><u>Standing calf stretch:</u> Facing the wall, students will extend both arms out front and press against the wall with both hands flat on the wall. Legs need to be spread apart with the left leg extended front with knee bent and back right leg needs to be stretched and straight. Students will press and hold for 30 seconds and then switch to stretch their other leg.</p> <p><u>Quadriceps stretch:</u> Next, students will turn sideways to the wall and press right hand against the wall while holding their left front foot with their left hand. Right leg is straight and extended with flat foot. Left leg is bent at the knee backwards with the left hand holding the left foot. Students will hold their foot and stretch for 30 seconds.</p> <p><u>Piriformis stretch:</u> Students will move to the gym floor or mat and lie down on their back. Bring knees up to mid point of body, bending both legs. Cross right leg over left thigh and clasp hands together under the knee of the left leg and pull the left leg slowly to the stomach/chest area. Switch legs and stretch the other leg and hold for 30 seconds.</p> <p><u>Hip flexor stretch:</u> On the mat, students will get in a squatting position with arms extended to the mat and both hands on the mat. Student will extend their left leg forward bent knee with their right leg stretched backward with slightly bent knee. Student will lean slightly forward on left bent front leg over knee and press both hands on the mat.</p>

Name _____



Date _____

Physical Education Lesson Plan: Muscle Stretch 4th Grade (cont'd)

Integrated Curriculum:

Integrate major body system: muscular system. Discussion question: Why is it important to stretch your muscles before doing physical activity? Answer: Stretching does two major things for us, at the cellular level. First, it extends muscle fibers, actually elongating them (that's why it's called stretching). Second, it increases blood flow to the muscles, ligaments and tendons, providing the cells with more oxygen and nutrients. Stretching will help prevent injuries and increase your energy. Even if you're not the exercising type, stretching will increase flexibility, help your coordination and reduce muscle tension.

Assessment:

Students should be able to demonstrate proper stretching techniques while breathing properly in through the nose and out through the mouth slowly for at least 30 seconds. Students should be able to balance their weight when transferring to different stretching poses. Extra credit given for students who answer the discussion question correctly.