



Year 3 & 4 PE Lesson

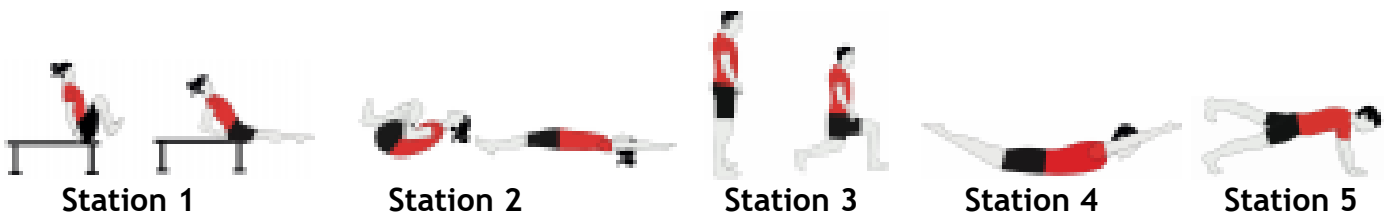
FITNESS: CIRCUITS - FEELING FLIXIBLE?

Layout 5 markers in a space around your area

These are your 5 flexibility circuit activities

- Station 1: Perform 5 extended tucks
- Station 2: Perform 5 roll and release
- Station 3: Perform 5 lunges
- Station 4: Perform 5 arches, holding each one for 3 seconds
- Station 5: Perform 5 extended leg raises
- How many times can you repeat the circuit?

Can you keep trying even if you feel tired?



Top Tips! Stretch Out!

By stretching (static or dynamic) 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’

Lets Reflect

Do you understand why stretching your muscles will improve your flexibility?
Do you understand why it is important to be flexible when playing sport?