



Year 5 & 6 PE Lesson:

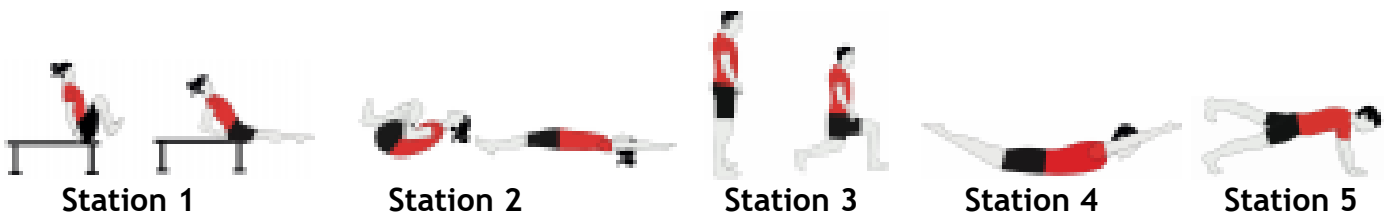
## FITNESS: CIRCUITS - FEELING FLEXIBLE?

Layout 5 markers in a space around your area

These are your 5 flexibility circuit activities

- Station 1: Perform 10 extended tucks
- Station 2: Perform 10 roll and release
- Station 3: Perform 10 lunges
- Station 4: Perform 10 arches, holding each one for 5 seconds
- Station 5: Perform 10 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?