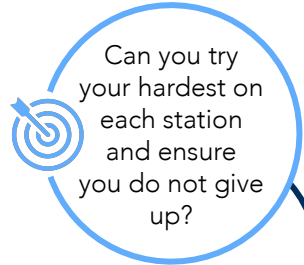




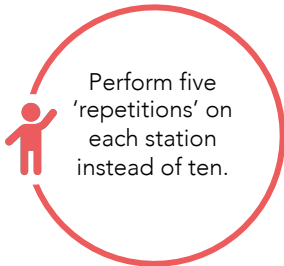
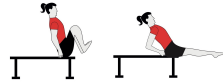
# Feeling Flexible? PE Home Learning



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?



## 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?