

- LEARNING INTENTION:
- I CAN PERFORM THE SIT AND REACH TEST WHILE USING CORRECT FORM.
- I CAN STATE TWO HEALTH RISKS OF OBESITY.
- WHY – FLEXIBILITY HELPS WITH EVERYDAY SUCH AS BENDING AND SQUATTING. AS WE AGE, OUR FLEXIBILITY TENDS TO DECREASE IF WE DO NOT WORK ON IT.
- OBESITY LEADS TO HEART DISEASE WHICH IS THE NUMBER ONE LEADING CAUSE OF DEATH IN THE U.S.
- HOW –
- STUDENT WILL COMPLETE THE FITNESSGRAM (SIT AND REACH/HEIGHT AND WEIGHT)
- KY STANDARDS FOR PHYSICAL EDUCATION
- 6.3.PA1. DESCRIBE HOW BEING PHYSICALLY ACTIVE LEADS TO BETTER HEALTH.
- 7.3.PA1
- 8.3PA1

FLEXIBILITY



FLEXIBILITY

- FLEXIBILITY - IS THE ABILITY TO MOVE EACH JOINT THROUGH ITS FULL RANGE OF MOTION.
- FLEXIBILITY IS THE MOST NEGLECTED COMPONENT OF FITNESS.



FACTORS AFFECTING FLEXIBILITY

- **LEVEL OF PHYSICAL ACTIVITY**
- **AGE** - AS WE AGE, OUR BODY CHANGES AND ONE OF THE BEST WAYS TO LIMIT INJURIES IS TO STAY AS FLEXIBLE AS POSSIBLE.
- **GENDER** - FEMALES ARE GENERALLY MORE FLEXIBLE THAN MALES
- **BODY COMPOSITION** - IF YOU REMAIN INACTIVE, YOU WILL ALSO ADD BODY FAT, WHICH FURTHER LIMITS FLEXIBILITY.
- **PREVIOUS INJURIES**



EXAMPLES OF FLEXIBILITY

EXAMPLES OF FLEXIBILITY:

STRETCHING

YOGA

PILATES

MARTIAL ARTS

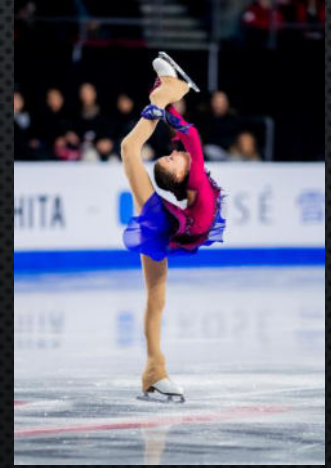


SPORTS

- **WHAT ARE SOME SPORTS THAT**
- **REQUIRE FLEXIBILITY?**
- **AND WHY?**



SPORTS THAT REQUIRE FLEXIBILITY



Your
Turn

What are some benefits of having
good flexibility?

BENEFITS

Improves Posture

Reduces risk of injury

Useful for everyday task (bending, or squatting)

Relaxation and stress relief (mental and physical)

Improves athletic performance

Decreases muscle soreness after exercise

Helps prevent low-back pain



Body Composition

The amount of fat vs.
the amount of muscle
that person has.

BMI – Body mass index

Body mass index (BMI) is a calculation that uses height and weight to estimate how much body fat someone has.

THE DIFFERENCE BETWEEN MUSCLE VS. FAT



- MORE DENSE
- TAKES UP LESS SPACE
- BURNS MORE CALORIES
- IMPROVES BONE MASS
- REDUCES INJURY RISK
- INCREASES DEFINITION
- LIKELY TO LIVE LONGER



- TAKES UP MORE SPACE
- CAN LEAD TO OBESITY
- INCREASED RISK OF HEART DISEASE, DIABETES, HIGH BLOOD PRESSURE, KIDNEY DISEASE, STROKE, AND ATHEROSCLEROSIS



