# Year 7 to 10 physical activity – lesson 4

View video at: <https://youtu.be/m-ogHPTvNaE>

## Video transcript

Hi, I'm Matt welcome back to our physical activity learning from home series.

Today's lesson is going to be on flexibility. So, flexibility is the ability to move muscles through a full range of motion. Now to start off we're not going to have our usual warm up we're going to start off with a flexibility test so if you find a place to sit against a wall and a little bit of tape or chalk to mark how far you can reach.

We're going to start off sitting back against the wall just like this, legs out straight. We’re going to keep our knees flat the whole time. Now reaching out we're going to try and place this piece of tape as far forward as we can and that is going to be our starting marker. Now I'll give everybody a little bit of time you can try this test 3 times see which distance you can reach to and then we'll come back for our warm up activity.

Okay now that we've tried our initial sit and reach test we're going to go through some dynamic movements and some yoga to help warm up our muscles to move through a greater range of motion. So starting off we're just going to jog on the spot getting our body warm get the blood flowing to all of our muscles. Alright from there I'm going to go for skipping okay next up we've got bunny hops so 2 feet together jumping up and down.

Excellent now we're going to go for high knees same time try and get your knees up as high as they go. Okay moving on next to butt kicks. Alright and finally we're going to go star jumps.

Alright shaking our legs and arms out we're going to move into some yoga so really stretching our muscles now so reaching up as high as we can go going to fold forward walking out into a push-up. Hips up head left feet back and chest up looking at the sky. We’re going to bring our left foot forward to our left hand left arm reaches up open the chest going a bit further each time. One more reach as far as we can good stretch there.

Okay we're going to bring our right knee to the ground straighten that left leg and bend forward. Okay feet together and standing back up I'm going to go through that 1 more time this time targeting the other side so reach up fold forward walking out to a push up hips to the sky pedal the feet chest through head up to the ceiling.

Okay bringing our right foot forward to our right hand this time nice deep lunge open up the body. A bit further and as far as we can go on this last one. Wonderful. Left knee down straighten the right leg and fold forward feet together and standing up. Alright that's the end of our yoga sequence.

I'm going to give you guys a little bit of time to grab a drink and cool down before we move to our retest.

Excellent job with that main activity hopefully you saw a bit of an improvement with your sit and reach test. What we're going to try now is a bit of an extra challenge is we're going to test the flexibility of our upper body so with one arm you're going to reach over the top of your shoulder other arm coming back just like this and see if you can touch your fingers together. So I can only do it on one side trying the other side I can't really reach.

Now there's a few exercises we can do to increase the range of motion of our shoulders. So 1 as an example is grabbing your elbow pulling it across like this you try that for both sides and bringing our arm across stretching out our shoulders. So I want you to go away try those stretches see if you can find any other ones doing some research yourself. Then I want you to come back try the flexibility test again and see if you improve. Once you've done that we're going to come back for our cooldown. I'll see you then.

Okay excellent job with our main activity. Now that our muscles are a bit more warmed up we're going to try and do our sit and reach test again and see how much we've improve. So grabbing another piece of tape or chalk we're going to sit back against the wall. And now reaching out see if we can go any further.

So you can see here from my attempt I’ve improved about 20 centimetres just from doing those activities and our yoga. So give it a bit of time to do that and then we're going to come back for our cooldown.

Alright I hope you saw a bit of an increase in your shoulder flexibility from that challenge exercise. What we're going to do now is calm ourselves down and get ourselves ready for our next lessons so finding a towel or somewhere comfortable to sit we're going to lay down on our back starting off just focusing on our breathing. Nice and deep feel the stomach come up and when we exhale the stomach falls.

I'm going to do 3 deep breaths. Now that our heart rate's beginning to come down what we're going to do is focus on our muscles starting at our feet so we're going to point our toes and squeeze as hard as we can and release. Pull your toes up towards your body nice and hard and release.

Now we're going to tense our quad muscles release focus on our hamstrings and release working our way all the way up the body so go to the hips and relax glutes and relax. I'm going to squeeze our abs flex nice and tight and relax. Next up we've got our back squeezing the back muscles and release focus on our chest squeeze and release shoulders and relax, working our way down our arms in our biceps and relax triceps and relax. Now we're going to squeeze our fists tight as we can and relax scrunch up your face and relax. Now full body squeeze and release. Alright taking a second here a few more deep breaths.

Alright excellent job with today's lesson, look forward to seeing you all tomorrow.

**End of transcript.**