



Flexible Me



What's It About?

Flexibility and coordination are two major components of fitness. In contrast to endurance and strength, they can be easily improved through playing and everyday activities.

This unit aims to show pupils how they can transform their inactive time into active time by following some simple instructions.

What You Will Need

- Worksheet 1 for teachers
- Worksheet 1 - copy for each pupil
- Skipping ropes

What Your Pupils Need

- A copy of **Worksheet 1**
- Red, yellow and green colour pens
- Completed **Weekly Activity Diary 2** from Unit 2



Teaching Aims

- Pupils will learn that flexibility and coordination are two other parts of fitness.
- Motivate children to think about which everyday activities increase flexibility and improve coordination.
- Pupils will find out which exercises increase flexibility and improve coordination.
- Introduce ways to transform inactive time to active time.
- Show pupils how much time they spend on inactive, moderate and vigorous activities.



Teacher's Background

Start the unit with some simple exercises as explained in **Unit One - Free To Be**. These activities will show your pupils how flexible they are and how well they can coordinate their moves.

Set up a brainstorming session and ask your pupils to use

their **Weekly Activity Diaries** to get ideas on activities that can improve their overall flexibility and coordination.

Use their records in the **Weekly Activity Diary 2** to show them how much time they spend being physically inactive or being moderately or vigorously active.





Teaching Activities

PART 1 Be active!

Get your class to try the following things:

Let your pupils sit down on the floor with their legs stretched out and their feet on the wall (perhaps ask them to take their shoes off first!).



They should try to touch the wall with their hands and count till 5 and go back.

Ask them whether they succeeded? Could they touch the wall with their fingertips or the palms of their hands? Did they feel any change between the first and the third time?

 3 times

Ask your pupils to take a skipping rope and try the following things:



- Can they travel while they skip?
- Can you skip when turning the rope backwards?
- How many two footed jumps can you perform?
- Can you perform a cross-over (crossing arms in front of the body) while skipping?

 15 minutes





PART 2 Knowledge

- Explain that being fit includes being flexible and able to coordinate your moves.
- Ask them which of the exercises they did demands flexibility and which is a coordination challenge.
- Let your pupils have a look at their completed *Weekly Activity Diaries*.
- Which of the activities they did was a flexibility exercise and which one was good for their coordination?
- Note those activities on the white board and ask your pupils to enter them into **Worksheet 1**.
- Which other activities can increase your flexibility or strengthen your coordination?
- Can you think of any everyday activities?

 10 minutes

PART 3

Ways to be active





-  Let your pupils get their *Weekly Activity Diaries* out and ask them to mark (colour code) all inactive activities RED, all moderate activities YELLOW and all vigorous activities GREEN.
-  Now your class has a perfect overview of how active they actually are.
-  Discuss now where inactive time can be changed into active time and how.
-  Help them to set their own activity goals using the wide variety of activities that are shown on **Worksheet 1**.

 10 minutes

PART 4

What we learnt?

Review the lesson and discuss your plans for the next lesson. Remind your class that:

-  Somebody can be physically fit in very different ways - discuss with your pupils that 2 aspects of fitness are flexibility and a sense of coordination.
-  Repeat activities which build up flexibility.
-  Repeat activities which increase your sense of coordination.
-  **Task:** Discuss with your pupils their favourite sports and physical activities. Which ones are very common? Which sport is special?

 5 minutes
Next Lesson:

The plan for the next unit involves your class putting together an event about Al Haraka Baraka, showcasing the various types of physical activity and useful tips about everyday things children can do to be more active.

The idea is that your class put on a demonstration to other children in the same year group. Check out Unit 4 for more details and suggestions.





Exercise 3a

Which SPORTS help you to increase flexibility and improve your coordination?

Flexibility	Coordination	Both
Swimming	Tennis	Gymnastics
Yoga	Football	Volleyball
Judo	Squash	Circuit training
Jumping & hurdling	Basketball	Handball

Exercise 3b

Which EVERYDAY activities help you to increase flexibility and improve your coordination?

Flexibility	Coordination	Both
Tying shoe laces	Cooking a meal	Skateboarding
Playing on a climbing frame	Swinging on a swing	Hop scotch
Reaching a high shelf for a book or to open a top draw	Skipping	Throwing and catching a ball with a friend
Making your bed	Cycling	Throwing and catching a frisbee with a friend





Exercise 3a

Which **SPORTS** help you to increase flexibility and improve your coordination?

Flexibility

Coordination

Both

Exercise 3b

Which **EVERYDAY** activities help you to increase flexibility and improve your coordination?

Flexibility

Coordination

Both

