



**FITNESS CURRICULUM  
LESSON PLAN 3**



## Lesson 3- Stretching and Posture

Primary Subject: Health

Objectives:

- Students will learn why stretching is important for their overall muscle health and will perform some simple stretches

Materials:

- Rubber bands (two for each student)

Introduction:

### 1. Anticipatory Set

- Explain to the students that stretching is important because it improves flexibility therefore preventing injuring and helping athletic performance
- Stretching provides energy to the muscles by creating better blood flow

Major Instructional Sequence:

- Explain to the students that while stretching has many benefits (injury prevention, and better range of motion) it should also be done safely
- Explain how our muscles are like rubber bands, when stretched too much, they become weak and can break, but when stretched a little they become strong(allow the students to try this with their own rubber bands, stretching and unstretching them)
- Explain that if a stretch hurts them, they should stop and do it again, but lighter
- Explain to the students that in addition to stretching, having good posture is important too (having good posture prevents back problems later in life and is good for the spine and whole body)
- Ask each student to check their own posture, making sure their shoulder are back and backs aligned in their chairs

Concluding Sequence:

- Have the students touch their toes ten times, do five circles with their arms, and roll their necks five times
- Ask the students if they have any favorite stretches, and if the students have any, let the student show the rest of the class
- Explain that if the students are tired or cannot focus, they should get up, move around, and touch their toes a few times
- Also explain that stretching regularly provides the best results (2-3 times a week)

Vocabulary:

Muscle- The tissues around our bones that expand and contract to allow us to move

Posture- The alignment and straightening of the back while sitting

