


# DISTANCE LEARNING- Week 6

## 3rd - 6th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
<b>Big Idea</b>	Regular stretching with proper form will increase your flexibility.				
<b>Warm-Up</b>	<a href="#">Old Town Road Tabata</a>	<a href="#">Fortnite Fitness Tabata</a>	<a href="#">Happier Tabata</a>	<a href="#">Rock That Body Tabata</a>	<a href="#">Stars Tabata</a>
<b>Knowledge Building</b>	The purpose of stretching is to develop and maintain range of motion.	Dynamic stretching involves moving while stretching (ex. Plank walk-out, lunge torso twist) and can safely be completed BEFORE a workout.	Static stretching involves holding a stretch without moving (ex. Reaching for feet or arm across chest) and should only be completed AFTER your muscles are warm.	When stretching, be sure to AVOID: <ul style="list-style-type: none"> <li>• Hyper-extension of knees (don't be a flamingo)</li> <li>• Knees in front of toes</li> </ul>	When stretching, be sure to AVOID: <ul style="list-style-type: none"> <li>• Pulling on toes when stretching quadriceps (pull on ankles instead)</li> <li>• Pulling on neck</li> </ul>
<b>Fitness Activity</b>	<a href="#">Cosmic Kids Yoga: Minecraft</a>	<a href="#">Cosmic Kids Yoga: Frozen</a>	<a href="#">Cosmic Kids Yoga: Star Wars</a>	<a href="#">Cosmic Kids Yoga: Wizard of Oz</a>	<a href="#">Cosmic Kids Yoga: Moana</a>
<b>Journal/ Reflection</b>	Record your physical activity (PA) in your PA Journal  What is one goal you will set for yourself this week?	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Write a reflection: What were your biggest challenges this week? Successes? How will you improve on your challenges?
Physical Activity Break (to be completed throughout day whenever a break is needed)					
<a href="#">May 2020 Drop Everything and Move Calendar</a>					

## POSSIBLE DISCUSSION QUESTIONS:

- What function do muscles play in our body?
- How is having good range of motion beneficial in our everyday lives?
- Why is it safer to do a static stretch while our body is warm than while our body is cold?
- What are two important factors to consider when trying to increase flexibility?
- Do you think it's important for everyone to work on flexibility, or only certain people ? Why?
- Most people have a favorite stretch, what is yours? How would you teach others to do your favorite stretch?