

Class 4 - Flexibility

Ultimate warm-up – 7-minutes

- Arms: Super slides up and down the mat
- Legs: Plyos up and down the mat
- Abs: Stomach rolls up and down the mat
- Core: reverse crab walks up and down the mat

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on FLEXIBILITY.
- FLEXIBILITY means to have sufficient range of motion.
- Here are the three FLEXIBILITY tips that you will learn today:
 1. Passive FLEXIBILITY –using only your own weight, such as middle splits.
 2. Active FLEXIBILITY –maintain extended positions without any external support.
 3. Dynamic FLEXIBILITY –perform movements through its full range of motion, such as stretch kicks.

Skill-building drills – 15-minutes

1. **Chamber Lifts:** Students will practice having good FLEXIBILITY by demonstrating their ability to work on multiple different types of stretching but this will also utilize the power of choices by giving the students the ability to pick what they want to do.

- **Teaching SKILLZ: UP THE REP** - Challenge the student to hold higher and higher each time.
- **Brain SKILLZ: ATTENTION CONTROL** – Students must focus on continually lifting their leg high, while also focusing on maintaining the proper chamber and posture.

2. **Ring of Fire:** Students will practice having good FLEXIBILITY by demonstrating their ability to use the muscles in their legs to do multiple stretch kicks over their head level which will increase their flexibility.

- **Teaching SKILLZ: CHOICES** - Let the students choose which kick they do first, second and third.
- **Brain SKILLZ: ATTENTION CONTROL** – Students will need to maintain their focus and attention to keep their foot from touching the ring of fire.

Skill stripe test – 10-minutes

- See testing charts

Partner stretches: 5-minutes

- Seesaw stretch
- Standing hamstring stretch
- Straddle belt pull
- Surfing stretch

Game –3-minutes

- Freeze tag

End of class announcements – 2-minutes