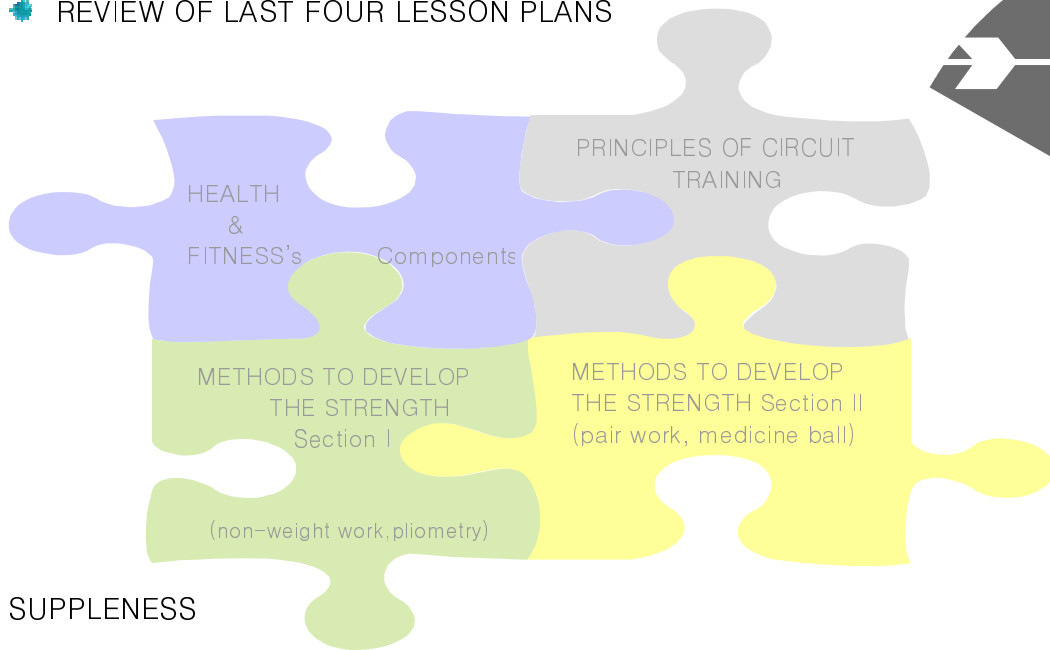
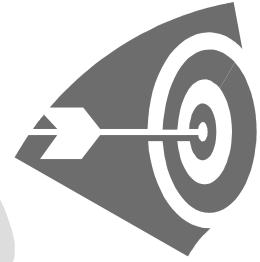


LESSON 5 READY TO STRETCH MUSCLES

REVIEW OF LAST FOUR LESSON PLANS



SUPPLENESS

All the lessons have had a common aspect, your muscles have been working but also you have been stretching them at the end of the practice or after the warm up section. So, today we are focusing in Suppleness.

Suppleness, flexibility, mobility are all to do with how far your joints move, and this depends on the type of joint and the stretchiness of the muscles around it.

DEFINITION

Try to order the sentence in order to build the suppleness' definition

around a particular – commonly described – joint or set of joints. – as the range of movement,

Suppleness is.....

Or in layman's terms, how far we can reach, bend and turn.

FITNESS AND SUPPLENESS

An individual's physical fitness depends on a vast number of components; suppleness is only one of these, as you have studied. Although particular sports require different levels of each fitness component it is essential to plan a regular training program of suppleness because in any sort of physical activity or sport you should be involved in a huge range of movement in your joints.

Have a look to "blau-grana's" right leg!
 Circle the muscle that is suffering a stretching too forced



There are sports that rely heavily on strength and power; however the exclusion of flexibility training could lead to serious injury and poor performance.



While some people seem to be naturally strong it would be foolish for such a person to ignore the flexibility as other component of physical fitness. An individual good flexibility at one joint or muscle group does not mean that the entire individual will be flexible. Therefore suppleness must be viewed as specific to a particular joint or muscle group.

Don't expect to reach the same levels of suppleness than others.

Every speciality requires focusing the stretching in one muscle groups.



SUPPLENESS HAS MANY BENEFITS

Write a caption for each of the next explanations about the benefits of flexibility.

1) _____

Stretching is a good way to warm up and get your body ready to work.

2) _____

If you're flexible, you're less likely to pull or strain a muscle or stretch too far and injure yourself



3) _____

You can't do some sports without being flexible. Flexibility makes you more efficient in other sports like swimming or hurling, so you use less energy.

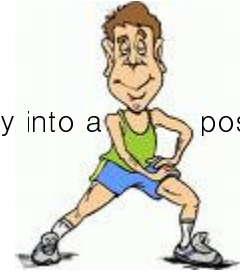
4) _____

More flexibility means a better posture and fewer aches and pains. Bad posture can

lead to permanent deformity of the spine, and back.
as well as straining the abdominal muscles

WHAT IS STRETCHING

Stretching is the process of placing particular parts of the body into a position that will lengthen the muscles and associated soft tissues.



ACTIVE or PASSIVE STRETCHES IMPROVE FLEXIBILITY

Flexibility's a good thing, so you should know how to **improve** it. In a nutshell, you need to move the joint **past** where it would normally go, but there are mainly **two** ways to do that:

✚ Write the tails of each head sentence and the head of the ending.

ACTIVE STRETCHING	PASSIVE STRETCHING
<p>HEAD</p> <ol style="list-style-type: none"> 1) you do the work of stretching your muscles, 2) If it hurts, or if your muscles start to shake, 3) Don't bounce into a stretch because <p>TAILS</p> <ul style="list-style-type: none"> - easy up - slowly and gently - you can tear muscle fibres 	<p>HEAD</p> <ol style="list-style-type: none"> 1) A partner 2) Tell him or her straight away <p>TAILS</p> <ul style="list-style-type: none"> - does the work of stretching your muscles - if you feel any pain.

The challenge for next lessons is to set up a circuit training in little groups of five. A part of the principles of circuit training you will have to prepare for each station a drawing of the exercise and write the name of the main muscle that they are working.

Next activities are presented with weight training and machines, but as you know it is not necessary that you use this equipment. However, you should recognize the muscles even in this case.

e.g **pectoral work**

No-weight	Pair work	Medicine ball	Weight training

What do you think is the best method for you ?

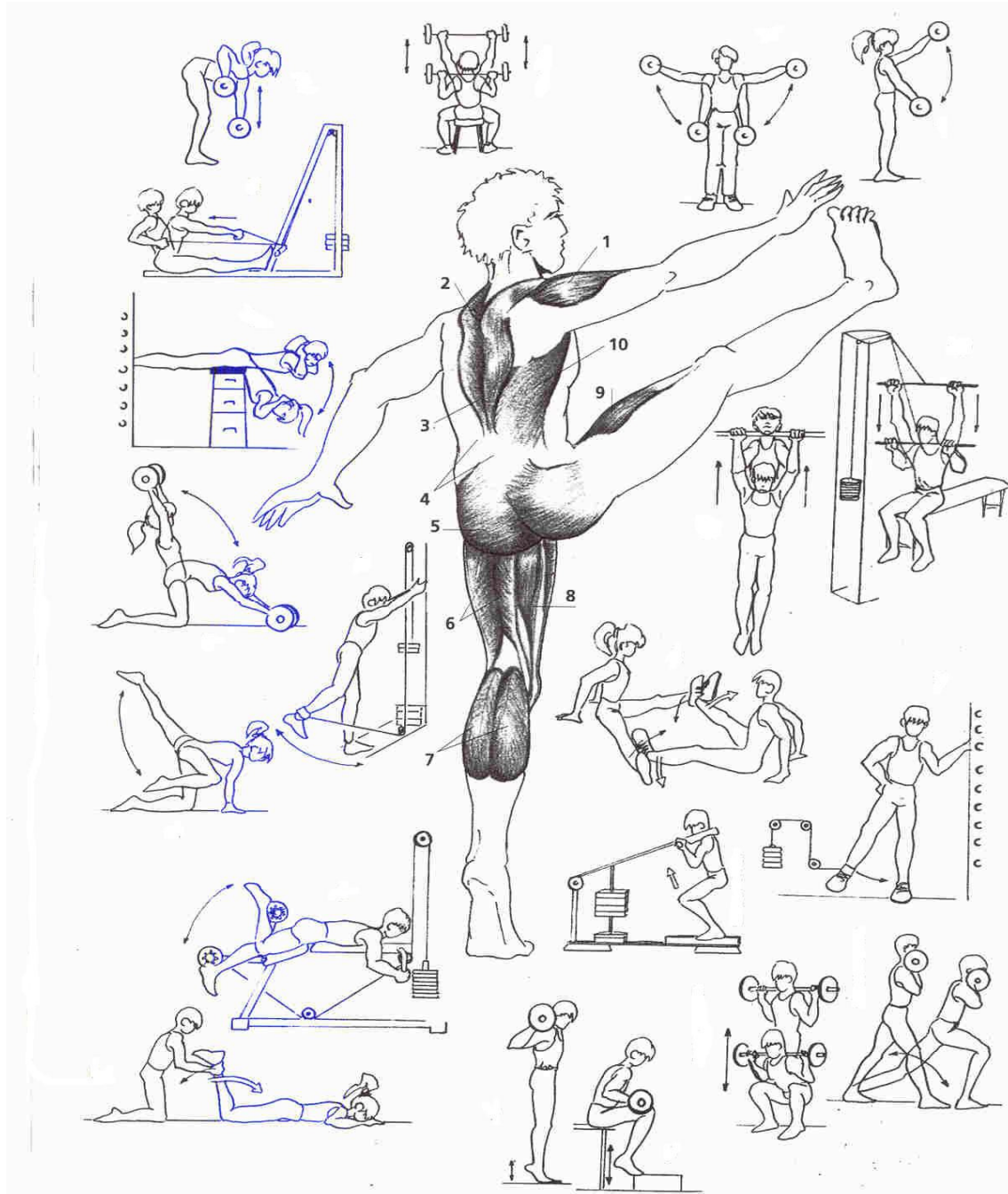
SETTING UP A CIRCUIT TO WORK STRENGTH

When setting up the training circuit, focus on the order and frequency of the exercises that are to be performed. But specially you should be able to identify the muscles.

1.- Identify the names below with each number of the main picture.

Gluteus		Iliocostalis lumborum	
Trapezium		Deltoid	
Quadriceps		Adductor	
Rhomboid		Latissimus dorsi	
Hamstring		Calves	

2.- Write next to each drawing the number of the muscle that is being worked.



STRETCHING