Watch the episode and mark the statements True or False

1. There five kinds of stretching **True** **False**

2.Muscles are very similar to rubber bands **True** **False**

3.Sarcomere is the smallest unit of muscle tissue **True** **False**

4.Due to muscles elastic properties this impact will be gone in just ten minutes without further activity **True** **False**

5.You don't need to stretch often for permanent flexibility **True** **False**

6.Long-distance running involves different kinds of muscle motion **True** **False**

LIVEWORKSHEETS