

## Flexibility training

Stretching is a fitness training \_\_\_\_\_.

Sports performers use stretching to lengthen their muscles. This improves \_\_\_\_\_ by increasing the \_\_\_\_\_ of movement at a joint.

\_\_\_\_\_ stretching is when you stretch a muscle and hold it in one \_\_\_\_\_.

**Task 1** – complete the task by writing the correct words from the list below into each space.

*position*

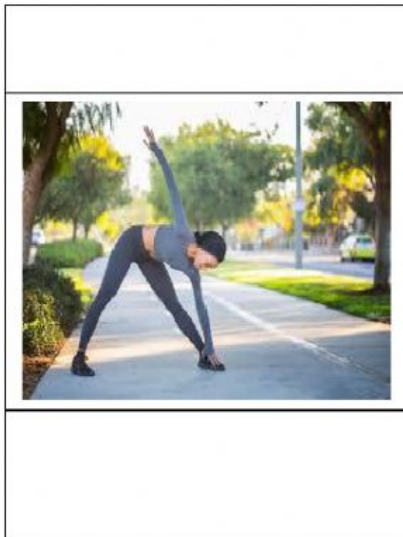
*static*

*method*

*range*

*flexibility*

### Static stretching



**Task 2** – complete the task by dragging and dropping the correct information into the static stretching diagrams above.

This is where you use your own muscle to hold the stretch.

**Active**

**Passive**

This is where you use a piece of equipment or another person to help hold the stretch.

**Task 3** – Identify whether the pictures below are static or active stretches by typing *active* or *passive* into the box.














### **Ballistic stretching**

Ballistic stretching is when you make \_\_\_\_\_ movements or \_\_\_\_\_ movements to stretch your muscles.

The movements are \_\_\_\_\_ to the sport you are preparing for and replicate its movement patterns.

Ballistic stretches are used more often by \_\_\_\_\_ athletes as this type of stretching can \_\_\_\_\_ a muscle if not performed correctly.

**Task 4** – complete the task by writing the correct words from the list below into each space.

*strain*

*specific*

*experienced*

*fast*

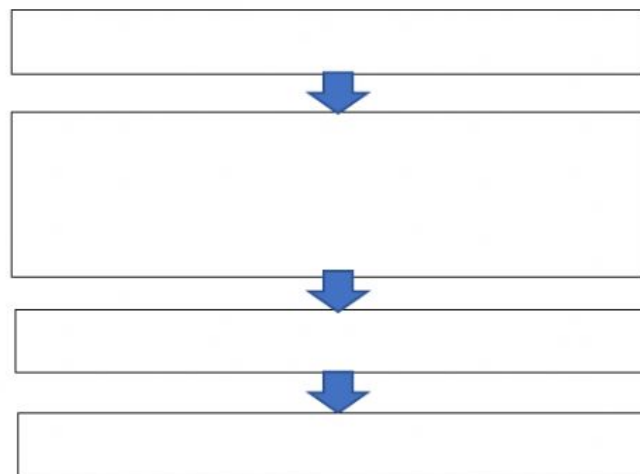
*bouncing*

**Task 5 – complete the table below by adding true or false to the final column.**

Statement	True or False
Ballistic stretching is essential for a marathon runner.	
Footballers use ballistic stretches as these replicate the kicking motions they use in a match.	
A long jumper should avoid ballistic stretching	
A triple jumper should use ballistic stretching as their activity involves a lot of fast, explosive movements.	
A gymnast should avoid ballistic stretching as their activity involves a lot of fast, explosive movements.	

### **Proprioceptive Neuromuscular Facilitation (PNF)**

**Task 6 – complete the flow diagram by dragging the statements into the correct position to create a step by step guide of how to perform PNF stretching.**



The performer relaxes the muscle.

The performer stretches the muscle as far as it can go.

A partner holds the muscle in position. The performer pushes against their partner creating an isometric contraction for 6-10 seconds.

The partner helps to stretch the muscle a little bit more.

**Task 7 – complete the table below by adding true or false to the final column.**

Statement	True or False
Muscles have a stretch reflex which stops them from being stretched too far.	
PNF works by stopping the stretch reflex.	
Stopping the stretch reflex prevents the muscle from being stretched further than usual.	