**North East School Division**



**Unpacking Outcomes**

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| **Outcome (stated in its entirety) to be unpacked** |
| **5.2 Muscular Fitness - Apply, with guidance, beneficial and safe strategies to improve flexibility and muscular endurance through participation in a variety of movement activities.**  |
| **Outcome Unpacked** (circle the verb and underline the Nouns/Qualifiers) |
| **Apply strategies to improve flexibility in a variety of movement activities.****Apply strategies to improve muscular endurance in a variety of movement activities.** |
| **KNOW** | **UNDERSTAND** | **BE ABLE TO DO** |
| **Know:*** **Flexibility** - *the ability to move a body part through a full range of motion.*
* **Static Stretching -** Best way of increasing flexibility that involves passively stretching muscles by placing it in an almost maximal stretch.
* **Dynamic Stretching** - Involves repetitive movement of specific muscles that increase core temperature and do not push muscles to maximum range.
* **Benefits of Flexibility**
* Flexibility increases performance because it allows one to have a fuller range of motion.
* Flexibility decreases the chance of injury, because it allows one to have a fuller range of motion.
* Flexibility decreases aches and pains.
* Stretching to increase flexibility reduces muscular tension, promoting relaxation.
* **Muscular endurance** - *the ability of the muscles to perform physical tasks over a period of time without becoming fatigued.*
* **Benefits of Muscular Endurance**
* **Stamina** - Those with muscular endurance find an ability to press though and keep going, no matter what they are doing. It may be an intense workout program, but it also may be a hike with friends, shoveling the snow or hoeing the garden. Muscles that are used repeatedly and have a high level of endurance do not tire easily when day-to-day demands require that they be used.
* **Increased Metabolism** - Muscles do not have endurance unless they are toned and firm. Bodies that contain toned muscle, though not completely without excess fat, usually have less fat on them. Because muscles burn calories more efficiently and quickly than fat does, those with muscular endurance find themselves with quicker metabolisms, which in turn, can lead to healthy weight levels.
* **Fewer Injuries** - Muscles that have endurance are not as prone to muscle strains and tears as muscles that do not have endurance to them. That is because these muscles are used to the actions they are being put through, and instead of being unduly strained, are able to respond properly to the demands being put on them.
* **Extended Workout Times** - Muscles that have built up their endurance are able to keep being put through the same actions repeatedly, thereby allowing a person to extend and intensify workout sessions. This results in a full-circle type of situation, in that a person who is able to extend his workout time is able to build up more muscular endurance, which in turn allows for a longer workout time, continuing the cycle.
* **Exercise Approaches to improved Muscular Endurance.**

***Body-weight*** (Recommended for children 14 and under) - exercises use the weight of your body as resistance. Exercises such as push-ups, sit-ups, jumping jacks, chin-ups, and leg lifts are well suited for this type of program. The advantage is that you can perform these exercises just about anywhere without the need for equipment. The disadvantages are that it is difficult to increase the resistance easily and target specific muscle groups. ***Machine-weight (Not recommended for children 14 and under)*** exercises allow you to control resistance as well as isolate specific muscles. The disadvantage is that you need special equipment. * ***Free-weight (Not recommended for children 14 and under with the exception of thera-band and tubing)*** exercises allow you to control resistance, isolate specific muscles, and improve your muscle balance using (at a minimum) a bench and some weights. The disadvantage is that the risk of injury is higher than with machine-weights since the resistance is not mechanically supported.
* F.I.T.T. Principle
* F = Frequency
* I = Intensity
* T = Time
* T = Type

**How To:*** **Apply Strategies of effective Static Stretching**
* “Only” to be done after activity where by the muscles are warm ideally in a cool down.
* Hold muscles to be stretched for 15-30 seconds.
* Practice Relaxing Breathing techniques of deep breathers through the nose and out the mouth.
* Never push muscle point of discomfort or pain.
* Mentally focus on the muscle being stretched.
* **Apply Strategies of effective Dynamic Stretching**
* Done after short bout of cardiovascular activity (5-10 min.) that results in increased heart rate, respiration and circulation.
* Can consist of a variety and combination of moving body parts and joints.
* **Incorporate Supports to Stretching**
* Stretching routines vary according to activity.
* Improved flexibility can be helped with the use of certain equipment (balls and thera-bands)
* Sport-specific equipment can be used to assist in stretching.
* **Create a flexibility Routine according to**
* **Frequency**
* 3-5 times a week
* **Intensity**
* Maximal Range of muscle without pain.
* **Time**
* 2 Sets of holding a stretch for 15-30 seconds.
* As part of Cool Down
* **Type**
* Static Stretching Exercises from head to toe.
* **Create a Muscular Endurance Routine according to FITT Principle.**
* **Frequency**
* 3-5 times a week
* **Intensity**
* 3 Sets of 10-15 Reps
* **Time**
* 5-10 min. Warm-up
* 20-40 min. Exercise
* 5-10 min. Cool Down
* **Type**
* Weights either body, machine, or free weight.
 | * Flexibility is beneficial to the overall well-being of the individual in terms of performance, decreasing injury, reduces aches and promoting relaxation.
* I improve flexibility by:
* Static Stretching after the body is warm.
* Stretches held for 15-30 seconds in a relaxed fashion.
* Use of equipment to increase range of motion.
* Do it at times where you can focus on your muscles and relax.
* I should worry about my muscular endurance because:

 FITT for Flexibility* I improve muscular endurance by:

 FITT for Muscular Endurance* One improves flexibility and muscular endurance:
* School
* Home
* Community Gym
* Outside
 | a. Identify the health-related fitness benefit (e.g., whether flexibility or muscular endurance; which muscles are benefiting) while participating in teacher-selected exercises and activities that enhance flexibility or muscular endurance. b. Explain the potential consequences of poor flexibility as related to possible injury and the ability to perform various activities, including daily living activities such as housework and yard work. c. Determine, demonstrate, and express the purpose and qualities of effective and safe flexibility (including dynamic stretching) and muscular endurance exercises.d. Analyze the flexibility and muscular endurance benefits of participation in various movement activities.e. Explain the benefits of an improved level of health-related fitness, specifically muscular endurance and flexibility, on personal ability to improve performance of motor skills.f. Incorporate the use of a variety of objects and equipment into muscular endurance and flexibility challenging activities (e.g., dynaband, resistance bands, surgical tubing, exercise ball, skipping rope, towel).g. Demonstrate and incorporate different ways to use sports-related equipment to improve muscular endurance and flexibility (e.g., stretch using a golf club or lacrosse stick for resistance, pass a basketball against the wall with two hands without stopping for one minute).h. Collaboratively create (in small groups) and participate in a flexibility routine and muscular endurance exercise plan that prepares the body for a specified activity (e.g., alternate environment activity – skiing: muscular endurance exercises for the leg and shoulder muscles). |
| **ESSENTIAL QUESTIONS** |
| 1. **Why is it important for me to improve my Flexibility?**
2. **How do I improve flexibility?**

**3.) Why should muscular endurance be important to me?****4.)How do I improve muscular endurance?****5.) Where does one improve flexibility and muscular endurance** |