

Lesson Plan - Teacher

Subject: Physical education

Grade: 5 (10 - 11 years old)

Lesson Objective: to learn six stretching positions.

Interaction patterns: Whole class, Group work, Individual work.

Starter: Brainstorming – Talking in a group: “What stretching positions do you know? If you know some, show it us!”

Main activity:

1. position

- 1) Stand upright.
- 2) Step forward with your right leg.
- 3) Slowly bend your right knee, keeping your left leg straight.
- 4) Continue to bend your right knee.
- 5) Hold for 5 seconds.
- 6) Return to the start position.
- 7) Repeat steps 1 - 6 five times.
- 8) Perform with your left leg forward.



2. position

- 1) Stand upright.
- 2) Bend over and attempt to touch your toes while keeping your knees straight.
- 3) Hold for 5 seconds.
- 4) Return to the start position.
- 6) Repeat steps 1 - 4 five times.



3. position

- 1) Stand upright.
- 2) Spread your legs shoulder distance apart.
- 3) Slowly lean to your right while bending your right knee.
- 4) Keep your left leg straight.
- 5) Hold for 5 seconds.
- 6) Return to the start position.
- 7) Repeat steps 1 - 6 five times.
- 8) Perform again, this time leaning to the left.



4. position

- 1) Lie flat on the floor.
- 2) Place your arms by your side.
- 3) Slowly raise your legs over your head.
- 4) Continue to raise your legs until your toes touch the floor behind your head.
- 5) Hold the position for 15 seconds.
- 6) Repeat 3 times.



5. position

- 1) Lie flat on your stomach.
- 2) Push up with both arms bending backwards.
- 3) Continue until your arms are straight.
- 4) Hold the position for 15 seconds.
- 5) Repeat 3 times.



6. position

- 1) Sit on the floor with your legs straight out in front of you.
- 2) Reach forward towards your toes.
- 3) Hold the position for 15 seconds.
- 5) Repeat 3 times.



Revision: Tell to each other what new stretching positions you remember.
Show and describe it.

Lesson Plan - Worksheet

Starter: Brainstorming – Talking in a group: “What stretching positions do you know? If you know some, show it us!”

Put the picture under the correct position:

1. position

- 1) Stand upright.
 - 2) Step forward with your right leg.
 - 3) Slowly bend your right knee, keeping your left leg straight.
 - 4) Continue to bend your right knee.
 - 5) Hold for 5 seconds.
 - 6) Return to the start position.
 - 7) Repeat steps 1 - 6 five times.
 - 8) Perform with your left leg forward.
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2. position

- 1) Stand upright.
 - 2) Bend over and attempt to touch your toes while keeping your knees straight.
 - 3) Hold for 5 seconds.
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3. position

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4. position

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6. position

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