

Physical Education (PE) - Athletics

Flexibility and core strength

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OAK
NATIONAL
ACADEMY

Athletics: Lesson 4 - Flexibility and core strength

In this lesson you will develop your stabilising and hamstring muscles, which will help improve your flexibility and core strength. These are both key to all athletics events.

Learning intention

- **Physical:** to develop flexibility and core strength.
- **Personal:** to engage in and be motivated by competitive situations.

Tasks

1) Sit and reach

- Sit with your legs in a 'V' shape and run a tape measure out from your knee area
 - Roll a toilet roll (or can of food) forwards along the floor, until you can reach no further. Make a note of the distance reached.
 - Perform some dynamic stretches and repeat the activity. Can you beat your previous distance?



2) Bear crawl

- Get in a bear crawl position (all fours)
 - Place a toilet roll in the centre of your back
 - Move around your space keeping the toilet roll in position

3) Crab Walk

- Get in a crab position (flat back, raised hips)
 - Place a toilet roll in the centre of your stomach
 - Move around your space, using sideways movements, keeping the toilet roll in position

4) Toilet roll tip

- Place 3 or 4 toilet rolls at different distances away from your feet
 - Lower yourself down into a hand plank and try to 'tip' a toilet roll over, whilst maintaining a strong body position
 - Return to standing before moving on to the next toilet roll (which should be further away)
 - Repeat until all the toilet rolls have been 'tipped'



Learning questions:

What are the benefits of stretching?

Which muscles does the body use when performing a crab walk?

STEP

S - Increase/reduce the distance between yourself and the toilet rolls

T - Set yourself a time limit to complete the challenges

E - Increase the number of toilet rolls you balance/need to tip over

P - Crab walk forwards and backwards/Perform the plank on your knees

