

## Grade 7 Life Orientation Worksheet

### Practical stretching activities











#### Practical stretching activity (Group activity)

A good exercise programme must include stretching. It is very good to stretch your muscles.

Look at these stretching programmes, which go hand-in-hand with some exercise programmes from Health24.com.







([www.health24.com/fitness/programmes/](http://www.health24.com/fitness/programmes/))

#### Total body stretch






<b>Chest stretch</b> Hold for 30 secs.		<b>Upper back stretch</b> Hold for 30 secs.	
<b>Tricep stretch</b> Hold for 30 secs.		<b>Calf stretch</b> Hold for 30 secs.	
<b>Inner thigh stretch</b> Hold for 30+ secs.		<b>Spine rotation</b> Hold for 30 secs.	
<b>Outer thigh stretch</b> Hold for 30+ secs.		<b>Glute stretch</b> Hold for 30 secs.	
<b>Hamstring stretch</b> Hold for 30 secs.		<b>Quadricep stretch</b> Hold for 30 secs.	

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### Lower-body stretch

<b>Inner thigh stretch</b> Hold for 30+ secs.		<b>Spine rotation</b> Hold for 30 secs.	
<b>Glute stretch</b> Hold for 30 secs.		<b>Hamstring stretch</b> Hold for 30 secs.	
<b>Quadricep stretch</b> Hold for 30 secs.		<b>Calf stretch</b> Hold for 30 secs.	

### Quick stretch

<b>Calf stretch</b> Hold for 30 secs.		<b>Hamstring stretch</b> Hold for 30 secs.	
<b>Quadricep stretch</b> Hold for 30 secs.		<b>Chest stretch</b> Hold for 30 secs.	
<b>Upper back stretch</b> Hold for 30 secs.			

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### Activity:

1. Divide into groups of 4 – 6 learners per group.
2. Practise the stretching movements you see in the instructions above.
3. Your teacher will assess your group work and participation in the activities using the rubric below.

Knowledge	Skills	Values and Attitudes
Understands the concepts: <ul style="list-style-type: none"> <li>• Fitness programmes</li> <li>• Importance of stretching</li> <li>• Types of stretching exercises</li> <li>• Basic physiology (what the human body can do)</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Practise stretching movements</li> <li>• Follow instructions</li> <li>• Work effectively as a group</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Believe in own abilities</li> <li>• Participate in activities with a positive attitude</li> <li>• Understand the importance of warm-up exercises</li> </ul>

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### Suggested Solutions

Question number	Possible marks	Solution
1	10	Use the rubric in the Appendix of Assessment Tools to assess the group work and participation in the activities.

### Appendix of Assessment Tools

#### Rubric to assess knowledge, skills, values and attitude

Knowledge	Skills	Values and Attitudes
Understands the concepts: <ul style="list-style-type: none"> <li>• Fitness programmes</li> <li>• Importance of stretching</li> <li>• Types of stretching exercises</li> <li>• Basic physiology (what the human body can do)</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Practise stretching movements</li> <li>• Follow instructions</li> <li>• Work effectively as a group</li> </ul>	Ability to: <ul style="list-style-type: none"> <li>• Believe in own abilities</li> <li>• Participate in activities with a positive attitude</li> <li>• Understand the importance of warm-up exercises</li> </ul>