The project teaches students the importance of including flexibility exercises in their daily routines to improve range of motion and prevent injuries to muscles during activities.

**Curriculum/State Standards**
Illinois State Goal #20: Achievement and maintenance of a health-enhancing level of physical fitness based on continual self-assessment.

**Overview**
This project was created for the purpose of educating students about the importance of achieving and maintaining a healthy level of flexibility. Through fun activities, goal setting, and self-assessment, students learn the benefits of stretching and about activities they can do to maintain healthy flexibility for a lifetime.

**Objectives**
The student will understand what flexibility means and the importance of stretching to keep his/her body healthy. The student will be able to increase his/her flexibility as measured by the sit and reach test.
The student will create personal goals and strive to achieve them.
The student will learn specific activities he/she can do to improve flexibility.
The student will learn new skills from a certified yoga instructor.

**Materials**
- personal fitness data folders for each student to chart progress
- sit-n-reach testing box
- yoga instructional posters/cards
- flexibility chart-demonstrates proper technique of stretches

**Readiness Activity**
-Create a personal fitness data folder for each student.

**Strategies/Activities**
-Pre-test students in the fall using the sit and reach test box to obtain a flexibility score.
-Students write their scores in their personal fitness data folders.

-Students check to see if their scores fall into the healthy range as measured by the fitness test battery.
-Provide students with their individual fitness reports indicating all of their pre-test fitness scores as communication to their parents.
-Students create individual flexibility goals in their data folders for the sit and reach post-test given in the spring.
-Review the flexibility data with the classes and create grade level goals for the spring post-test for the students to work toward.
-Provide activities throughout the year to help the students improve their flexibility.

These activities can include the following:
*Fitness Warm-Up: Students jog around the gym for 1 min then stop and perform a stretch. Repeat until they have completed 5 minutes of jogging and 5 stretches. They will do this warm-up three times a week.

*Provide fitness activities every Friday. These activities can be stations or highly active games that include learning and performing various stretches/yoga poses.

*Fitnessball game: A dodgeball style game in which, if you get out during the game, you have to perform a stretch or yoga pose to re-enter the game.

**THIS WINNING PROJECT IDEA SUBMITTED BY:**
Melissa Hanneman
Westfield School
Glen Ellyn, IL
*Inquire local yoga studios if they will volunteer a day of yoga instruction for the classes at your school.

**Culminating Activity**
- Post-test the students in the spring using the sit and reach test box.
- Students compare their scores to their pre-test data and individual goals and write scores in their personal fitness data folders.
- Provide students with individual print outs indicating their post-test scores as communication to their parents.
- Review the grade level data with each class to see if the goals were met.
- If the grade level goals are not met, provide more practice and another opportunity to take the test.

**Evaluation Method**
Assess flexibility by using the Sit-n-Reach Tester.
Assess students’ knowledge of fitness with Health-Related Fitness Components written tests.