

## United Faith Christian Academy, Stretching Guidelines for School Athletes

### Project Resources

ROLE	NAME
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Primary Client	United Faith Christian Academy

### Front End Analysis:

### Needs Analysis Section:

#### Organization Description

Founded in 1985, United Faith Christian Academy (UFCa) is a private, college-preparatory, co-ed Christian school with approximately 245 students in Pre-K to 12<sup>th</sup> grade. The school also ranks among the top 20% of private schools in North Carolina for offering the most extracurriculars. The Global Goal of UFCa is to Serve-Lead-Succeed, and their mission is to impact their community by guiding the students to educate their bodies, souls, and spirits. They are best known for their Mentoring, Spiritual Development & Leadership, and Basketball programs.

United Faith Christian Academy offers different interscholastic sports; the largest are Basketball, Track and Field, and Volleyball. The Athletic Team's goal is to develop the skills of discipline and perseverance to win regional championships and success throughout life. United Faith participates in the North Carolina Independent Athletic Association (NCISAA) and the Southern Piedmont Athletic Association (SPAA).

#### Performance Analysis

Student-athletes were performing well at the beginning of the competitive season, but as the season progressed students began to lose games due to injuries. The coaches determined that student-athletes were not performing at their highest level due to a variety of concerns, including stretching appropriately before and after practice sessions and games. After interviewing the coaches and observing the athletes, it was obvious that even though they knew that they must stretch, they did not have the knowledge of what and how to stretch. Another important factor is that the staff is reduced, making it more difficult to supervise and support the students to stretch.

#### Desired Outcomes

UFCa's Basketball Program understands that if the students stretch properly, their performance will improve. For this reason, they are motivated to support their athletes to perform at their highest level, and to achieve this goal they need to provide their athletes with the knowledge of how to stretch correctly before and after an activity. Due to the lack of staff, time, and resources, UFCa would like an online

platform that guides the students with personalized stretching routines, allowing the students to stretch at their own time and pace without supervision, but with the right directions and according to their personalized programs.

### **Problem Statement:**

UFCA athletes are having injuries related to inefficient and insufficient stretch routines before and after sports activities caused by the students' lack of knowledge on how to perform stretches properly without coach supervision.

## **Learner Analysis Section**

### **Basic Demographics**

Even though UFCA would like to apply this training in all its sports teams, in this initial phase, and for this learning environment, we are focusing on the Basketball teams. There is a male and female Varsity Team including grades 11<sup>th</sup> and 12<sup>th</sup>, Junior Varsity only has a male team: 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup>, and Freshman has a male team as well including students from 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>. The ethnicity of the students is 80% black and 20% white. All the students speak English as their first language.

Some other important factors to consider are:

1. Age difference of the students. The age groups are from 11 to 18 years old.
2. Anatomical knowledge and attention span are different according to their age.
3. Some of the athletes have ADHD.
4. Students spend their afternoons and nights at school or traveling to another city to play, which requires a lot of energy.
5. Basketball athletes need to eat at school and do their homework while waiting for their turn to play because there is only one basketball court.
6. Younger students look up to older students as role models.
7. Each team only has its coach for supervision, but many times the coach needs to attend to other responsibilities and leave the athletes to stretch by themselves.

Accommodations must be applied to ensure the information is presented in an engaging environment and with instructions simple enough for all ages.

### **Interest Level of Your Learners**

This will be a required training, so students must be able to follow the instructions correctly. However, most of the students will be willing participants, as they are competitive in nature and are looking to be the best in each division. Should students not be willing participants, they need to understand the reason behind the importance of stretching and how it will help their performance to become the conference champions.

### **Entry Level Behaviors**

Student-athletes know the basic principles of stretching, but the understanding may not be across the board. Since each of the games in question is team-oriented, all students should have a similar threshold of knowledge. Students already know how to warm up before stretching and can perform pre-determined

stretches taught by coaches. Students seem to understand why stretching before a game or practice is important, but not necessarily *after* the game as a cool-down.

### **Prerequisite Knowledge**

Before learning how to do static and dynamic stretches, students need to have a basic understanding of the following concepts:

1. Definition of Stretching
2. Location of main regions of the body.
  - a. Neck
  - b. Shoulder
  - c. Elbow
  - d. Hands
  - e. Fingers
  - f. Hips
  - g. Knees
  - i. Ankles
  - i. Toes
  - j. Back
3. Aware of any pre-existing health conditions or injuries.
4. Able to recognize their pain.
5. How to open and navigate a website on their Chromebooks.
6. Able to follow instructions.

## **Task / Content Analysis Section**

### **Major Sections and Sub Sections:**

- I. Things You Should Know Before Stretching: Section to engage students' attention, explain basic definitions of stretching, and emphasize the importance of stretching.
  - a. Definition of Stretching: Basic explanation of what stretching is and how it works.
  - b. Importance of Stretching: Benefits of stretching and explain negative consequences if avoided.
  - c. Types of Stretching: Students should learn and differentiate between static and dynamic stretching.
  - d. Real-World Examples: Videos of famous athletes stretching before/after playing.
- II. Stretching Routine for Basketball: Stretching routine for basketball players before and after playing.
  - a. Before Playing: a list of static and dynamic stretching exercises with emphasis on the anatomical regions that demand a workout while playing.
  - b. After Playing: a list of global stretching exercises to complete after playing as a cool-down routine.
- III. Check your knowledge: Activities to test athletes to recognize the stretching exercises to a specific body region.

## Task/Content Analysis

### I. Things You Should Know Before Stretching

- a. Definition of Stretching:
  - i. Extension of a muscle or group of muscles to a full range of motion.
    - Objective i.1
  - ii. Basic anatomy and physiology of a joint (video).
  - iii. Dangers of stretching above the normal range.
    - i. Strain of a muscle.
    - ii. Sprain of a joint.
- b. Importance of Stretching:
  - i. Improves performance in physical activities.
  - ii. Decreases the risk of injuries.
  - iii. Facilitates joint movement in full range.
  - iv. Enables muscles to work most effectively.
  - v. Boosts mood and reduces stress levels.
  - vi. Improves Balance.
  - vii. Helps recover faster after sports activities.
- c. Types of Stretching:
  - i. Static
    - 1. Definition: static-passive stretches.
    - 2. Directions and Rules
      - a. Move a muscle as far as it can go.
      - b. Shouldn't cause pain.
      - c. Hold the position for approximately 30 seconds.
      - d. Don't bounce.
    - 3. Examples
  - ii. Dynamic
    - 1. Definition: movement-based stretches.
    - 2. Directions and Rules:
      - a. Move carefully.
      - b. Repeat the movement the number of times indicated.
      - c. Don't bounce.
      - d. It shouldn't cause pain.
    - 3. Examples
- d. Real-World Examples:
  - i. Pictures and videos of famous athletes stretching before and after playing.

### II. Stretching Routine for Basketball

- a. Before Playing
  - i. Static Stretches
    - 1. Lower Body

a. Hips

i. Knee-to-chest:

1. Initial Position: lay on your back.
2. Movement: bring your knee to your chest (hug your knee) for 30 seconds.
3. Repeat 3 times. Repeat the same sequence with your other leg.

ii. Butterfly:

1. Initial Position: sit on the floor.
2. Movement: Bring your feet together and let your knees fall to the floor for 30 seconds.
3. Repeat 3 times.

iii. Backward Lunge

1. Initial Position: Standing.
2. Movement: Bring your feet together and let your knees fall to the floor for 30 seconds.
3. Repeat 3 times. Repeat the same sequence with your other leg.

b. Knees

i. Standing Quad

1. Initial Position: Standing.
2. Movement: bend your knee back by grasping your ankle with one hand for 30 seconds.
3. Repeat 3 times. Repeat the same sequence on your other knee.

ii. Standing Hamstrings

1. Initial Position: Standing.
2. Movement: Bend forward, hinging at the hips, letting arms hang in front towards your toes for 30 seconds.
3. Repeat 3 times.

c. Ankles

i. Calf Stretch

1. Initial Position: Stand in front of a wall with one foot in front of the other with hands on the wall.
2. Movement: Bend the lead while the back leg knee is straight, and the foot is flat on the ground. Lean toward the wall and push you should feel a stretch in the calf and back of the leg for 30 seconds.
3. Repeat 3 times which each leg.

2. Upper Body

a. Neck

i. Side to side

1. Initial Position: standing.

2. Movement: Move your head toward your right shoulder and try to touch it with your ear. Hold for 30 seconds.
3. Repeat each side 3 times.
- ii. Back and Front
  1. Initial Position: Sitting on the floor.
  2. Movement: Lower your chin toward your chest and hold for 30 seconds. Relax, and slowly lift your head back up. Tilt your chin up toward the ceiling and bring the base of your skull toward your back. Hold for 30 seconds.
  3. Repeat each side 3 times.
- b. Shoulders
  - i. Cross Arm Stretch
    1. Initial Position: standing.
    2. Movement: Reach one arm across the other and hold for 30 seconds.
    3. Repeat each side 3 times.
- c. Elbows
  - i. Triceps
    1. Initial Position: standing.
    2. Movement: Bring your elbow straight up while bending your arm. Grab your elbow with your other hand and pull your elbow toward your head with light pressure. Hold for 30 seconds.
    3. Repeat each side 3 times.
  - ii. Biceps
    1. Initial Position: Standing next to a wall.
    2. Movement: Put your arm behind you and place it against the wall. Rotate your trunk to the opposite side. Hold for 30 seconds.
    3. Repeat each side 3 times.
- d. Hands
  - i. Hand to the front
    1. Initial Position: standing.
    2. Movement: Hold one hand with your other hand and gently push it to your palm. Hold for 30 seconds.
    3. Repeat each side 3 times.
  - ii. Hand to the back
    1. Initial Position: Standing next to a wall.
    2. Movement: Hold one hand with your other hand and gently push it to the back of your hand. Hold for 30 seconds.
    3. Repeat each side 3 times.
3. Back
  - a. Upper Back
    - i. Trunk rotators
      1. Initial Position: Standing.
      2. Movement: Rotate back to one side. Hold for 30 seconds.
      3. Repeat each side 3 times.

b. Lower Back

i. Lumbar Spine lateral flexors

1. Initial Position: Standing.
2. Movement: Move your trunk to one side. Hold for 30 seconds.
3. Repeat 3 times on each side.

ii. Dynamic Stretches

1. Ankle Rolls

- a. If you are sitting down grab an ankle and rotate it in circles to the right ten times and then rotate it to the left ten times.
- b. If you are standing, pick an ankle and get on the balls of your foot you want to roll. Use the ground as support and rotate left 10 times and right ten times repeatedly.
- c. Repeat 2 to 3 sets.

2. Walking Lunges

- a. Stand feet shoulder-width apart.
- b. Step into a lunge by taking a big step forward with the heel hitting the ground first.
- c. Do not let the knee go past the toes and make sure the back knee gets low to the ground.
- d. Stand up and take another step with the other leg and get into a lunge position with the other leg.
- e. Repeat 5 to 10 times each leg for 2 to 3 sets.

3. Squats

- a. Stand with your feet slightly wider than shoulder-width apart with your hands on your head, and feet pointed out to open the hips.
- b. Lower down by bending at the hips to parallel, then return to starting position.
- c. Repeat 2 to 3 sets of 10.

4. Lateral Hip Swings

- a. Stand arms-length away from a wall, extend your arms and place your hands on the wall.
- b. Feet shoulder-width apart, swing your right leg in front of your left and back to the outside. (Imagine your leg as a pendulum).
- c. Repeat with the other leg 2 to 3 sets of 10.

5. Walking Quadriceps Stretch

- a. Standing up straight with your feet shoulder-width apart take a step forward with your left foot while bringing up your right heel to your butt.
- b. Grab your ankle with your right hand and pull it towards your butt and hold till you feel a stretch briefly.
- c. Take a step with your right foot and do the opposite with your left now.
- d. Complete 5 to 10 reps with each leg for 2 to 3 sets.

6. Walking Knee Hugs

- a. Standing up straight with your feet shoulder-width apart take a step forward with your left foot while bringing up your right knee to your chest and hug your knee and pull up briefly.
- b. Repeat with the other leg.
- c. Complete 5 to 10 reps with each leg for 2 to 3 sets.

## 2. After Playing – Static Stretches

- a. Overhead Reach with Back Stretch
  - i. Stand with your two feet about shoulder-width apart, take your hands and reach over your head and then lock them in place.
  - ii. Keeping your core tight, lean back a little bit to target your mid-back and the front of your shoulders.
  - iii. After you've locked your arms, hold the pose for 30 seconds and repeat this five times.
- b. Cross Body Arm Reach
  - i. Standing with your two feet about shoulder-width apart, grab your elbow with your other arm and pull that arm across your body for a gentle stretch in the back of your shoulder. “
  - ii. Hold for 30 seconds three times.
- c. Standing Calf Stretch
  - i. Put one foot in front of the other and bend your front knee. Tam notes that the important thing here is you want to keep that back leg heel down so that you feel that stretch in the calves.
  - ii. Gently lunge forward to get that stretch right in the back of the calves and bend your knees a bit for a deeper stretch.
  - iii. Hold for 10 seconds for each and repeat five times.
- d. Abductor Rock Movement
  - i. Start by standing shoulder-width apart and bend one knee down as you shift to the side then reach for the floor with your hands and lean back a little more.
  - ii. Keep your other leg straight as you sit back on your hips on the other side.
  - iii. Hold for 10 seconds and repeat five times.
- e. 90/90 with Rotation
  - i. Start by standing shoulder-width apart and bend one knee down as you shift to the side then reach for the floor with your hands and lean back a little more.
  - ii. Keep your other leg straight as you sit back on your hips on the other side.
  - iii. Hold for 10 seconds and repeat five times.

## III. Check your knowledge: Multiple-choice questions to identify the most important stretches.

- a. Question 1: Standing Quads
- b. Question 2: Standing Hamstrings
- c. Question 3: Standing Calves
- d. Question 4: Shoulder Stretch
- e. Question 5: Trunk Rotators



## Goals and Objectives Section:

**Main Goal:** Student-athletes will learn to stretch themselves following the online tutorial before and after each practice and/or game without supervision.

### SECTION I: THINGS YOU SHOULD KNOW BEFORE STRETCHING

#### I. THINGS YOU SHOULD KNOW BEFORE STRETCHING

**Main Goal of Section I:** Engage students' attention, explain basic definitions of stretching, and emphasize the importance of stretching.

##### a. Definition of Stretching:

**Goal 1:** The learners will understand the importance of stretching, the basics of the physiology of stretching, and identify the main dangers of performing incorrect stretching.

##### *Objectives:*

- 1.1 Without the use of notes, TLWBAT describe the basic definition of stretching with 90% accuracy.
- 1.2 Without the use of notes, TLWBAT identify the main anatomical parts of a joint with 90% accuracy.
- 1.3 Without the use of notes, TLWBAT recognize the way joints function is by the movement of a muscle's tendon attached to a bone.
- 1.4 Without the use of notes, TLWBAT recall at least 2 negative effects of stretching above the normal range.

##### b. Importance of Stretching:

**Goal 2:** The learner will understand the importance and benefits of stretching correctly.

##### *Objectives:*

- 2.1 Without the use of notes, TLWBAT describe how stretching will help them perform better while playing basketball with three examples.
- 2.2 Without the use of notes, TLWBAT recognize that stretching decreases the risk of injuries with at least 2 examples.
- 2.3 Without the use of notes, TLWBAT contrast how a range motion of a joint improves after stretching with at least 2 examples.
- 2.4 Without the use of notes, TLWBAT explain how stretching enables muscles to work efficiently with 85% accuracy.
- 2.5 Without the use of notes, TLWBAT recognize that stretching boosts the mood and reduces stress levels.
- 2.6 Without the use of notes, TLWBAT discuss how having better balance could improve their athletic performance with at least 50 words.
- 2.7 Without the use of notes, TLWBAT to express the importance of stretching after a sports activity to recover faster with at least 3 examples.

**c. Types of Stretching:**

**Goal 3:** The learner will differentiate the types of stretching.

**i. Static Stretch**

**Goal 3.1:** The learner will learn the basics of static stretching.

**Objectives:**

- 3.1.1** Without the use of notes, TLWBAT recognize that a static stretch is a passive position maintained for at least 30 seconds in a multiple-choice question.
- 3.1.2** With the use of notes, TLWBAT explain at least 3 steps to perform a static stretch.
- 3.1.3** Without the use of notes, TLWBAT recognize that static stretches should not cause pain.
- 3.1.4** Without the use of notes, TLWBAT recall that the duration of holding a static stretch is at least 30 seconds.
- 3.1.5** Without the use of notes, TLWBAT underline that while doing a static stretch the person should not bounce.
- 3.1.6** Without the use of notes, TLWBAT identify at least 3 examples of static stretches in a multiple-choice question.

**ii. Dynamic Stretch**

**Goal 3.2:** The learner will learn the basics of dynamic stretching.

**Objectives:**

- 3.2.1** Without the use of notes, TLWBAT identify that a dynamic stretch is a movement-based stretch in a multiple-choice question.
- 3.2.2** With the use of notes, TLWBAT explain the importance of moving carefully when doing a dynamic stretch with at least 50 words.
- 3.2.3** Without the use of notes, TLWBAT restate that a dynamic stretch may be repeated as many times as indicated.
- 3.2.4** Without the use of notes, TLWBAT underline that while doing a static stretch the person should not bounce.
- 3.2.5** Without the use of notes, TLWBAT recognize that static stretches should not cause pain.
- 3.2.6** Without the use of notes, TLWBAT identify at least 4 examples of dynamic stretches in a multiple-choice question.

**d. Real-World Examples:**

**Goal 4:** The learner will view real-world examples of athletes stretching.

**Objectives:**

- 4.1** With the use of notes, TLWBAT identify the type of stretch LeBron James is performing.
- 4.2** With the use of notes, TLWBAT identify the type of stretch Steph Curry is performing.

- 4.3 With the use of notes, TLWBAT summarize the importance of stretching for the NBA players in at least 100 words.

## II. STRETCHING ROUTINE FOR BASKETBALL

**Main Goal of Section II:** The learners will learn the main static and dynamic stretches routines for before and after practice and basketball games.

### a. Before Playing

**Goal 1:** The learner will learn a routine of static stretches to perform before each practice and/or game.

#### i. Static Stretches

**Goal 1.1** The learner will learn the most important static stretches before each practice and/or game.

##### 1. Lower Body

**Goal 1.1.1** The learner will learn the most important static stretches for the lower body before each practice and/or game.

##### **Objectives:**

**1.1.1** Using the instructions of the training and without supervision, TLWBAT demonstrate how to do static stretches for their lower body.

##### a. Hips

**Goal 1.1.1.1** The learner will be able to perform each of the following stretches for their hips.

##### i. Knee-to-Chest

##### **Objectives:**

**1.1.1.1.1** With the use of notes and without supervision, TLWBAT replicate the Knee-to-Chest Stretch initial position by itself.

**1.1.1.1.2** Without the use of notes and without supervision, TLWBAT perform the Knee-to-Chest Stretch movement and hold it for at least 30 seconds.

**1.1.1.1.3** Without the use of notes and without supervision, TLWBAT repeat the Knee-to-Chest Stretch at least 3 times on each knee.

##### ii. Butterfly

##### **Objectives:**

**1.1.1.1.4** With the use of notes and without supervision, TLWBAT replicate the Butterfly Stretch initial position by itself.

**1.1.1.1.5** Without the use of notes and without supervision, TLWBAT perform the Butterfly Stretch movement and hold it for at least 30 seconds.

**1.1.1.1.6** Without the use of notes and without supervision, TLWBAT repeat the Butterfly Stretch at least 3 times.

iii. Backward Lunge

**Objectives:**

- 1.1.1.1.7** With the use of notes and without supervision, TLWBAT replicate the Backward Lunge Stretch initial position by itself.
- 1.1.1.1.8** Without the use of notes and without supervision, TLWBAT perform the Backward Lunge Stretch movement and hold it for at least 30 seconds.
- 1.1.1.1.9** Without the use of notes and without supervision, TLWBAT repeat the Backward Lunge Stretch at least 3 times.

b. Knees

**Goal 1.1.1.2** The learner will be able to perform each of the following stretches for their knees.

i. Standing Quads

**Objectives:**

- 1.1.1.2.1** Without the use of notes, TLWBAT identify the description of the stretch Standing Hamstrings in a multiple-choice question.
- 1.1.1.2.2** With the use of notes and without supervision and without supervision, TLWBAT replicate the Standing Quads Stretch initial position by itself.
- 1.1.1.2.3** Without the use of notes and without supervision, TLWBAT perform Standing Quads Stretch movement and hold it for at least 30 seconds.
- 1.1.1.2.4** Without the use of notes and without supervision, TLWBAT repeat the Standing Quads Stretch at least 3 times on each leg.

ii. Standing Hamstrings

**Objectives:**

- 1.1.1.2.5** Without the use of notes, TLWBAT identify the description of the stretch Standing Hamstrings in a multiple-choice question.
- 1.1.1.2.6** With the use of notes and without supervision, TLWBAT replicate the Standing Hamstrings Stretch initial position by itself.
- 1.1.1.2.7** Without the use of notes and without supervision, TLWBAT perform the Standing Hamstrings Stretch movement and hold it for at least 30 seconds.
- 1.1.1.2.** Without the use of notes and without supervision, TLWBAT repeat the Standing Hamstrings Stretch at least 3 times on each leg.

c. Ankles

**Goal 1.1.1.3** The learner will be able to perform each of the following stretches for their ankles.

i. Calf Stretch

**Objectives:**

- 1.1.1.3.1** With the use of notes and without supervision, TLWBAT replicate the Calf Stretch initial position by itself.
- 1.1.1.3.2** Without the use of notes and without supervision, TLWBAT perform the Calf Stretch movement and hold it for at least 30 seconds.
- 1.1.1.3.3** Without the use of notes and without supervision, TLWBAT repeat the Calf Stretch at least 3 times on each ankle.

## 2. Upper Body

**Goal 1.1.2** The learner will learn the most important static stretches for the upper body before each practice and/or game.

### **Objectives:**

**1.1.2** With the use of notes and without supervision, TLWBAT demonstrate how to do static stretches for their upper body.

#### a. Neck

**Goal 1.1.2.1** The learner will be able to perform each of the following stretches for their necks.

##### i. Side to Side

### **Objectives:**

**1.1.2.1.1** With the use of notes and without supervision, TLWBAT replicate the Side to Side Stretch initial position by itself.

**1.1.2.1.2** Without the use of notes and without supervision, TLWBAT perform the Side to Side Stretch movement and hold it for at least 30 seconds.

**1.1.2.1.3** Without the use of notes and without supervision, TLWBAT repeat the Side to Side Stretch at least 3 times on each side.

##### ii. Back and Front

### **Objectives:**

**1.1.2.1.4** With the use of notes and without supervision, TLWBAT replicate the Back and Front Stretch initial position by themselves.

**1.1.2.1.5** Without the use of notes and without supervision, TLWBAT perform the Back and Front Stretch movement and hold it for at least 30 seconds.

**1.1.2.1.6** Without the use of notes and without supervision, TLWBAT repeat the Back and Front Stretch at least 3 times back and front.

#### b. Shoulders

**Goal 1.1.2.2** The learner will be able to perform each of the following stretches for their shoulders.

##### i. Cross Arm Stretch

### **Objectives:**

**1.1.2.2.1** With the use of notes, TLWBAT identify the description of the Cross Arms Stretch in a multiple-choice question.

**1.1.2.2.2** With the use of notes and without supervision, TLWBAT replicate the Cross Arm Stretch initial position by itself.

**1.1.2.2.3** Without the use of notes and without supervision, TLWBAT perform Cross Arm Stretch movement and hold it for at least 30 seconds.

**1.1.2.2.4** Without the use of notes or supervision, TLWBAT repeat Cross Arm Stretch at least 3 times on each side.

#### c. Elbows

**Goal 1.1.2.3** The learner will be able to perform each of the following stretches for their elbows.

i. Triceps

**Objectives:**

- 1.1.2.3.1** With the use of notes and without supervision, TLWBAT replicate the Triceps Stretch initial position by itself.
- 1.1.2.3.2** Without the use of notes and without supervision, TLWBAT perform the Triceps Stretch movement and hold it for at least 30 seconds.
- 1.1.2.3.3** Without the use of notes and without supervision, TLWBAT repeat the Triceps Stretch at least 3 times on each side.

ii. Biceps

**Objectives:**

- 1.1.2.3.4** With the use of notes and without supervision, TLWBAT replicate the Biceps Stretch initial position by itself.
- 1.1.2.3.5** Without the use of notes and without supervision, TLWBAT perform the Biceps Stretch movement and hold it for at least 30 seconds.
- 1.1.2.3.6** Without the use of notes and without supervision, TLWBAT repeat the Biceps Stretch at least 3 times back and front.

d. Hands

**Goal 1.1.2.4** The learner will be able to perform each of the following stretches for their hands.

i. Hand to the Front

**Objectives:**

- 1.1.2.4.1** With the use of notes and without supervision, TLWBAT replicate the Hand to the Front Stretch initial position by itself.
- 1.1.2.4.2** Without the use of notes and without supervision, TLWBAT perform the Hand to the Front Stretch movement and hold it for at least 30 seconds.
- 1.1.2.4.3** Without the use of notes and without supervision, TLWBAT repeat the Hand to the Front Stretch at least 3 times on each side.

ii. Hand to the Back

**Objectives:**

- 1.1.2.4.4** With the use of notes and without supervision, TLWBAT replicate the Hand to the Back Stretch initial position by itself.
- 1.1.2.4.5** Without the use of notes and without supervision, TLWBAT perform the Hand to the Back Stretch movement and hold it for at least 30 seconds.
- 1.1.2.4.6** Without the use of notes and without supervision, TLWBAT repeat the Hand to the Back Stretch at least 3 times back and front.

3. Back

**Goal 1.1.3** The learners will learn the most important static stretches for their back.

**Objectives:**

**1.1.3** With the use of notes, TLWBAT demonstrate how to do static stretches for their back.

a. Upper Back

**Goal 1.1.3.1** The learners will be able to perform each of the following stretches for their upper back area.

i. Trunk Rotators

**Objectives:**

**1.1.3.1.1** With the use of notes and without supervision, TLWBAT replicate the Trunk Rotators Stretch initial position by itself.

**1.1.3.1.2** Without the use of notes and without supervision, TLWBAT perform the Trunk Rotators Stretch movement and hold it for at least 30 seconds.

**1.1.3.1.3** Without the use of notes and without supervision, TLWBAT repeat the Trunk Rotators Stretch at least 3 times on each side.

b. Lower Back

**Goal 1.1.3.2** The learners will be able to perform each of the following stretches for their lower back area.

i. Lumbar Spine Lateral Flexors

**Objectives:**

**1.1.3.2.1** With the use of notes and without supervision, TLWBAT replicate the Lower Back Stretch initial position by itself.

**1.1.3.2.2** Without the use of notes and without supervision, TLWBAT perform the Lower Back Stretch movement and hold it for at least 30 seconds.

**1.1.3.2.3** Without the use of notes and without supervision, TLWBAT repeat the Lower Back Stretch at least 3 times on each side.

ii. **Dynamic Stretches**

**Goal 1.2** The learner will learn the most important dynamic stretches for before each practice and/or game.

**Objectives:**

**1.2.1** With the use of notes and without supervision, TLWBAT demonstrate how to do dynamic stretches before playing basketball.

1. Ankle Rolls

**Goal 1.2.1** The learners will be able to perform the dynamic stretch for their ankles.

**Objectives:**

**1.2.1.1** With the use of notes and without supervision, TLWBAT replicate the Ankle Rolls Stretch initial position by itself.

**1.2.1.2** Without the use of notes and without supervision, TLWBAT perform the Ankle Rolls Stretch movement.

**1.2.1.3** Without the use of notes and without supervision, TLWBAT repeat the Ankle Rolls Stretch at least 3 times on each side.

2. Walking Lunges

**Goal 1.2.2** The learners will be able to perform the dynamic stretch for their hips and knees.

**Objectives:**

**1.2.2.1** Without the use of notes, TLWBAT identify the description of the stretch Walking Lunges in a multiple-choice question.

**1.2.2.2** With the use of notes and without supervision, TLWBAT replicate the Walking Lunges Stretch initial position by itself.

**1.2.2.3** Without the use of notes and without supervision, TLWBAT perform Walking Lunges Stretch movement 5-10 times.

**1.2.2.4** Without the use of notes and without supervision, TLWBAT repeat Walking Lunges Stretch at least 3 times on each side.

3. Squats

**Goal 1.2.3** The learners will be able to perform the dynamic stretch for their hips and knees.

**Objectives:**

**1.2.3.1** With the use of notes and without supervision, TLWBAT replicate the Squats Stretch initial position by itself.

**1.2.3.2** Without the use of notes and without supervision, TLWBAT perform the Squats Stretch movement 10 times.

**1.2.3.3** Without the use of notes and without supervision, TLWBAT repeat the Squats Stretch at least 3 times.

4. Lateral Hip Swings

**Goal 1.2.4** The learners will be able to perform the dynamic stretch for their hips.

**Objectives:**

**1.2.4.1** Without the use of notes, TLWBAT identify the description of the stretch Lateral Hip Swing in a multiple-choice question.

**1.2.4.2** With the use of notes and without supervision, TLWBAT replicate the Lateral Hip Swings Stretch initial position by themselves.

**1.2.4.3** Without the use of notes and without supervision, TLWBAT perform the Lateral Hip Swings Stretch movement 10 times.

**1.2.4.4** Without the use of notes and without supervision, TLWBAT repeat the Lateral Hip Swings Stretch at least 3 times on each side.

5. Walking Quadriceps

**Goal 1.2.5** The learners will be able to perform the dynamic stretch for their hips, knees and ankles.

**Objectives:**

**1.2.5.1** With the use of notes and without supervision, TLWBAT replicate the Walking Quadriceps Stretch position by itself.



**1.2.5.2** Without the use of notes and without supervision, TLWBAT perform the Walking Quadriceps Stretch movement 10 times without supervision.

**1.2.5.3** Without the use of notes and without supervision, TLWBAT repeat the Walking Quadriceps Stretch at least 3 times on each side.

6. Walking Knee Hugs

**Goal 1.2.6** The learners will be able to perform the dynamic stretch for their hips, knees and lower back.

**Objectives:**

**1.2.6.1** Without the use of notes, TLWBAT identify the description of the stretch Lateral Hip Swing in a multiple-choice question.

**1.2.6.2** With the use of notes and without supervision, TLWBAT replicate the Walking Knee Hugs Stretch initial position by itself.

**1.2.6.3** Without the use of notes and without supervision, TLWBAT perform the Walking Knee Hugs Stretch movement 10 times.

**1.2.6.4** Without the use of notes and without supervision, TLWBAT repeat the Walking Knee Hugs Stretch at least 3 times on each side.

b. After Playing

**Goal 2:** The learner will learn a routine of static stretches to perform after each practice or game.

**Objectives:**

**2.** With the use of notes, TLWBAT demonstrate how to do static stretches after playing basketball.

i. Overhead Reach with Back Stretch

**Goal 2.1** The learners will be able to perform the static stretch for their shoulders and backs.

**Objectives:**

**2.1.1** Without the use of notes, TLWBAT identify the description of the Overhead Reach with Back Stretch in a multiple-choice question.

**2.1.2** With the use of notes and without supervision, TLWBAT replicate Overhead Reach with Back Stretch initial position by itself.

**2.1.3** Without the use of notes and without supervision, TLWBAT perform Overhead Reach with Back Stretch movement and hold it for at least 30 seconds.

**2.1.4** Without the use of notes and without supervision, TLWBAT repeat Overhead Reach with Back Stretch at least 3 times on each side.

ii. Cross Body Arm Reach

**Goal 2.2** The learners will be able to perform the static stretch for their shoulders and backs.

**Objectives:**

**2.2.1** With the use of notes and without supervision, TLWBAT replicate the Cross Body Arm Reach Stretch initial position by itself.

**2.2.2** Without the use of notes and without supervision, TLWBAT perform the Cross Body Arm Reach Stretch movement and hold it for at least 30 seconds.

**2.2.3** Without the use of notes and without supervision, TLWBAT repeat the Cross Body Arm Reach Stretch at least 3 times on each side.

iii. Standing Calf Stretch

**Goal 2.3** The learners will be able to perform the static stretch for their shoulders and backs.

***Objectives:***

**2.3.1** Without the use of notes, TLWBAT identify the description of the Standing Calf Stretch in a multiple-choice question.

**2.3.2** With the use of notes and without supervision, TLWBAT replicate the Standing Calf Stretch initial position by itself.

**2.3.3** Without the use of notes and without supervision, TLWBAT perform the Standing Calf Stretch movement and hold it for at least 30 seconds.

**2.3.4** Without the use of notes and without supervision, TLWBAT repeat the Standing Calf Stretch at least 3 times on each side.

iv. Abductor Rock Movement

**Goal 2.4** The learners will be able to perform the static stretch for their hips.

***Objectives:***

**2.4.1** With the use of notes and without supervision, TLWBAT replicate the Abductor Rock Movement Stretch initial position by itself.

**2.4.2** Without the use of notes and without supervision, TLWBAT perform the Abductor Rock Movement Stretch movement and hold it for at least 30 seconds.

**2.4.3** Without the use of notes and without supervision, TLWBAT repeat the Abductor Rock Movement Stretch at least 3 times on each side.

v. 90/90 with Rotation

**Goal 2.5** The learners will be able to perform the static stretch for their hips, knees, ankles and lower backs.

***Objectives:***

**2.5.1** Without the use of notes, TLWBAT identify the description of the 90/90 with Rotation Stretch in a multiple-choice question.

**2.5.2** With the use of notes and without supervision, TLWBAT replicate the stretch 90/90 with Rotation's initial position by itself.

**2.5.3** Without the use of notes and without supervision, TLWBAT perform the corresponding movement of the stretch 90/90 with Rotation and hold it for at least 10 seconds.

**2.5.4** Without the use of notes and without supervision, TLWBAT repeat the exercise 5 times on each side.

**III. CHECK YOUR KNOWLEDGE**

**Main Goal of Section III:** The learner will demonstrate what he/she learned by completing interactive assessments to recognize the stretching exercises for a specific body region.

**Objectives:**

1. Given a multiple-choice question, TLWBAT choose the image that represents the stretch Standing Quads.
2. Given a multiple-choice question, TLWBAT choose the image that represents the stretch Standing Hamstrings.
3. Given a multiple-choice question, TLWBAT choose the image that represents the stretch Standing Calves.
4. Given a multiple-choice question, TLWBAT choose the image that represents the stretch Shoulders Stretch.
5. Given a multiple-choice question, TLWBAT choose the image that represents the stretch Trunk Rotators.

<b>Assessment of Learners Materials Section:</b>
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**I. Multiple Choice Questions:** Four quizzes of multiple-choice questions.

**Quiz 01:** After completing Section I: “Things you Should Know Before Stretching”, the learner will have to complete a quiz of five multiple-choice questions.

1. Which are the main anatomical parts of a joint? (*Objective: 1.2*) LOTS Question.

- a) Bones – skin – ligaments – cartilage.
- b) Bones - tendons – hair - cartilage.
- c) Bones – tendons – ligaments - cartilage.**
- d) Bones – skin – tendons - cartilage.

2. Which of the following is responsible for connecting muscles to bones and creating movement at the joint? (*Objectives: 1.3*) LOTS Question.

- a) Cartilage
- b) Tendons**
- c) Synovial Fluid
- d) Ligaments

3. When basketball players stretch above the normal range of motion and feel pain, which of the following symptom is associated with risk when stretching? (*Objectives: 1.4*) HOTS Question.

- a) Declined flexibility.
- b) Decrease muscle strength.
- c) Fractures of the bones.
- d) Muscle strains or tears.**

4. Which of the following is a characteristic of static stretching? (*Objectives: 3.1.1, 3.1.4, 3.1.5*) LOTS Question.

- a) **It involves holding a stretch in a fixed position for at least 30 seconds.**
- b) It involves bouncing movements for at least 30 seconds.
- c) It involves holding a stretch in a fixed position for only 5 seconds.
- d) It can lead to decreased flexibility if hold for at least 10 seconds.

5. Dynamic stretching involves actively moving the muscles through a full range of motion in a rhythmic pattern of a controlled movement, done carefully for a certain number of repetitions, without bouncing and without pain. Is this statement about dynamic stretching true or false? (*Objective: 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5*) HOTS Question

- a) False
- b) **True**

Quiz 01: Specification Template		
Learning Objective	Level of Knowledge	
	Lower Order Test Question #s	Higher Order Test Question #s
Identify the main anatomical parts of a joint and how it functions. ( <i>Objective: 1.2, 1.3, 1.4</i> )	1, 2	3
Differentiate static and dynamic stretches. ( <i>Objectives: 3.1.1, 3.1.4, 3.1.5, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5</i> )	4	5

**Quiz 02:** After completing Section II. 1: “Static Stretches Before Playing Basketball”, the learner will have to complete a quiz of three multiple-choice questions.

1. Which of the following are the correct steps to perform the Standing Quad Stretch? (*Objectives: 3.1.6, Section II 1.1.1.2.1*) HOTS Question.

- a) **Stand with your feet hip-width apart and lift one leg behind you, bending your knee and holding your ankle with your hand.**
- b) Start in a seated position with your legs extended in front of you, then lift one leg up and hold it with your hand.
- c) Step forward with one foot and bend your knee, then reach back with your opposite hand and grab your ankle.
- d) Lie on your back with your legs extended, then lift one leg up and hold it with your hand.

2. Which of the following statements about the Standing Hamstrings Stretch is true? (*Objectives: 3.1.6, Section II 1.1.1.2.5*) HOTS Question.

- a) **The Standing Hamstrings Stretch is a dynamic stretching exercise.**

- b) **The Standing Hamstrings Stretch is a static stretching exercise where you hinge forward at the hips and reach for your toes.**
- c) During the Standing Hamstrings Stretch, you lift one leg up behind you and hold it with your hand.
- d) The Standing Hamstrings Stretch targets the muscles in your quadriceps.

3. Which of the following statements about the Cross Arms Stretch is true? (*Objectives: 3.1.6, Section II 1.1.1.2.2.1*) HOTS Question.

- a) During the Cross Arms Stretch, you reach your arms overhead and bend forward at the waist.
- b) During the Cross Arms Stretch, the arms move back and front.
- c) During the Cross Arms Stretch, the targeted muscles are the quadriceps.
- d) **The Cross Arms Stretch is a static stretching exercise where you cross your arms in front of your chest and pull your shoulders forward.**

Quiz 02: Specification Template		
Learning Objective	Level of Knowledge	
	Lower Order Test Question #s	Higher Order Test Question #s
Identify the steps to perform a static stretch before playing. ( <i>Objective: 3.1.6, Section II 1.1.1.2.1, 1.1.1.2.5, 1.1.2.2.1</i> )	N/A	1, 2, 3

**Quiz 03:** After completing Section II. 2: “Dynamic Stretches Before Playing Basketball”, the learner will have to complete a quiz of four multiple-choice questions.

1. Which of the following statements about Walking Lunges is true? (*Objectives: 3.2.6, Section II 1.2.2.1*) HOTS Question.

- a) Walking Lunges involve stretching only working your quadriceps muscles.
- b) Walking Lunges involve a static stretching exercise for the knees.
- c) **Walking Lunges involve taking a step forward and lowering your body until your front knee is bent at a 90-degree angle.**
- d) Walking Lunges are not effective for warming up your muscles before playing basketball.

2. Which of the following statements about Lateral Hip Swing is true? (*Objectives: 3.2.6, Section II 1.2.4.1*) HOTS Question.

- a) **During the Lateral Hip Swing, you swing your leg side to side in front of your body.**
- b) Lateral Hip Swing only works your quadriceps muscles.
- c) During Lateral Hip Swing, you swing your leg back and forth in front of your body.
- d) During Lateral Hip Swing, you swing your leg in circles.

3. Which of the following muscle groups are targeted during the Walking Knee Hugs dynamic stretch? (*Objectives: 3.2.6, Section II 1.2.5.1*) LOTS Question.

- a) Shoulders and arms.
- b) Quadriceps and hamstrings.
- c) Calves and ankles.
- d) Hips, glutes, and lower back.**

4. Which of the following statements about the Walking Quadriceps Stretch is true? (*Objectives: 3.2.6, Section II 1.2.6.1*) HOTS Question.

- a) The Walking Quadriceps Stretch is a static stretching exercise.
- b) During the Walking Quadriceps Stretch, you lift one leg up behind you and hold it with your hand.**
- c) The Walking Quadriceps Stretch targets the muscles in your hips and lower back.
- d) The Walking Quadriceps Stretch is not an effective warm-up exercise before playing basketball.

Quiz 03: Specification Template		
Learning Objective	Level of Knowledge	
	Lower Order Test Question #s	Higher Order Test Question #s
Identify the steps to perform specific dynamic stretches before playing. ( <i>Objective: Objectives: 3.2.6, Section II 1.2.2.1, 1.2.4.1, 1.2.6.1</i> )	N/A	1, 2, 4
Identify the target part of the body of a specific dynamic stretch before playing. ( <i>Objectives 3.2.6, Section II 1.2.5.1</i> )	3	N/A

**Quiz 04:** After completing Section II. 3: “Static Stretches After Playing Basketball”, the learner will have to complete a quiz of three multiple-choice questions.

1. Which of the following steps is correct for performing the Overhead Reach with Back Stretch? (*Objectives: 3.1.1, Section II 2.1.1*) HOTS Question.

- a) Stand with your feet hip-width apart and lift your arms up above your head, reaching towards the ceiling.
- b) Start in a seated position with your legs crossed, then reach your arms up and lean back to stretch your back.
- c) Stand with your feet shoulder-width apart and interlock your fingers behind your back, then lift your arms up and away from your body to stretch your chest and shoulders.**
- d) Sit on the floor with your legs extended in front of you, then reach forward with your arms to stretch your hamstrings.

2. Which part of your body does Standing Calf Stretch primarily target? (*Objectives: 3.1.1, Section II 2.3.1*) LOTS Question.

- a) **Gastrocnemius.**
- b) Quadriceps.
- c) Hamstrings.
- d) Biceps.

3. Which muscle group does the 90/90 with rotation stretch primarily target? (*Objectives: 3.1.1, Section II 2.5.1*) LOTS Question.

- a) Hamstrings.
- b) Glutes.**
- c) Quadriceps.
- d) Abdominals.

Quiz 04: Specification Template		
Learning Objective	Level of Knowledge	
	Lower Order Test Question #s	Higher Order Test Question #s
Identify the steps to perform a static stretch after playing and its targeted area. ( <i>Objective: 3.1.1, Section II 2.1.1, 2.3.1, 2.5.1</i> )	2, 3	1

## II. Essay Questions: Two essay questions.

1. What is stretching, what are the types of stretching, and what are their differences? Describe the definition of stretching in at least 50 words, indicate the main types of stretching, and mention at least 3 differences between the types of stretching. (2 points for definition, 2 points for listing the types of stretching, and 2 points for each difference mentioned. 10 total points.)

- (*Objectives: 1.1, 3.1.1, 3.1.2, 3.1.3, 3.1.4, 3.1.5, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5*)

2. What are the benefits of stretching and how can it improve overall your performance as an athlete? Explain at least 5 benefits of stretching and explain how it improves your performance with at least 2 examples. (1 point for each benefit mentioned, 2.5 points for each example. 10 total points.)

- (*Objectives: 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 4.3*)

Essay Questions: Specification Template		
Learning Objective	Level of Knowledge	
	Lower Order Test Question #s	Higher Order Test Question #s
Explain the definition of stretching, the types, and their differences. ( <i>Objective: Objectives: 3.2.6, Section II 1.1, 3.1.1, 3.1.2, 3.1.3, 3.1.4, 3.1.5, 3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.2.5</i> )	N/A	1

Identify the benefits of stretching. ( <i>Objectives 2.1, 2.2, 2.3, 2.4, 2.5, 2.6, 2.7, 4.3</i> )	N/A	2
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### III. Technology-Based Assignment and Rubric:

- **Goal of the Assessment:** The students need to demonstrate their knowledge and abilities to perform effective static and dynamic stretching exercises before and after playing basketball without supervision.
- **Objectives:** *Section II 1.1.1.1.1 – 2.5.4*
- **Description of the Assessment:** In teams of three, students will create a video explaining and demonstrating how to perform 9 different stretches: 3 dynamic stretches before playing basketball, 3 static stretches before playing basketball, and 3 static stretches after playing basketball; each student will demonstrate 1 of each type, 3 in total per student. The video should be submitted to their coach for grading. Each demonstration of each stretch should include:
  - Name of the stretch. (1 point)
  - Type of the stretch. (1 point)
  - Principal target region of the body. (1 point)
  - Description of Initial position (1 point)
  - Description of movement (1 point)
  - Demonstration of stretch for at least 15 seconds each. (5 points)
- **Criteria:**
  - Accuracy of information included in the video. (45 points).
  - Accuracy of correct technique. (45 points).
  - Team Organization and Presentation (10 points).
- **Performance Levels and Grading:**
  - Exceeds Expectations: 90 - 100
  - Meets Expectations. 75 - 90
  - Does not meet Expectations. 0 -75
- **Rubric:**

Items to be Assessed	Exceeds Expectations (90-100)	Meets Expectations (68-89)	Does Not Meet Expectations (0- 67)
Accuracy of Information (45 points)	Students explain correctly the 9 stretches, including the name, type, target region, initial position, and movement of the stretch.	Students provide correct but incomplete information on all 9 stretches.	Students do not identify the muscle group and do not demonstrate less than 6 stretches.



	(45 - 40 points)	(31 – 39 points)	(0 - 30 points)
Correct Technique (45 points)	Students correctly demonstrate the technique of the 9 stretches. (45 - 40 points)	Students demonstrate most of the stretches with the right technique. (31 – 39 points)	Students demonstrate correct technique only for some of the stretches. (0 - 30 points)
Team Organization and Presentation of the video (10 points)	The three students present the stretches in a clear and organized way, using appropriate language and tone. (9 - 10 points)	Most of the students present the stretches in a clear and organized way, using appropriate language and tone. (7 – 8 points)	Students present the stretches in an unclear and disorganized way, using inappropriate language and tone. (0-6 points)

#### IV. Assessment Alignment Table:

Course Goal	Student Learning Objective (SLO)	Assessment (s)
Section I:		
1. The learners will understand the importance of stretching, the basics of the physiology of stretching, and identify the main dangers of performing incorrect stretching.	<p><b>1.1</b> Without the use of notes, TLWBAT describe the basic definition of stretching with 90% accuracy.</p> <p><b>1.2</b> Without the use of notes, TLWBAT identify the main anatomical parts of a joint with 90% accuracy.</p> <p><b>1.3</b> Without the use of notes, TLWBAT recognize the way joints function is by the movement of a muscle's tendon attached to a bone.</p> <p><b>1.4</b> Without the use of notes, TLWBAT recall at least 2 negative effects of stretching above the normal range.</p>	<p>Essay Question 01</p> <p>Quiz 01</p> <p>Quiz 01</p> <p>Quiz 01</p>

<p>2. The learner will understand the importance and benefits of stretching correctly.</p>	<p><b>2.1</b> After reading the paragraph of the first reason: Improve Performance in Physical Activities, at the section “Importance of Stretching”, TLWBAT describe how stretching will help them perform better while playing basketball with three examples.</p> <p><b>2.2</b> After observing the chart of the second reason: “Risk of Injuries at the section” “Importance of Stretching”, TLWBAT recognize that stretching decreases the risk of injuries with at least 2 examples.</p> <p><b>2.3</b> After looking at a chart of the third reason “Joint Range Before vs After Stretching” at the section “Importance of Stretching”, TLWBAT contrast how a range motion of a joint improves after stretching with at least 2 examples.</p> <p><b>2.4</b> After watching the video of the fourth reason “Effects of stretching on a muscle” at the section “Importance of Stretching”, TLWBAT explain how stretching enables muscles to work efficiently with 85% accuracy.</p>	<p>Essay Question 02</p> <p>Essay Question 02</p> <p>Essay Question 02</p> <p>Essay Question 02</p>
<p>3. The learner will differentiate the types of stretching.</p> <p>3.1: The learner will learn the basics of static stretching.</p>	<p><b>3.1.1</b> Without the use of notes, TLWBAT recognize that a static stretch is a passive position maintained for at least 30 seconds in a multiple-choice question.</p> <p><b>3.1.2</b> With the use of notes, TLWBAT explain at least 3 steps to perform a static stretch.</p> <p><b>3.1.3</b> Without the use of notes, TLWBAT recognize that static stretches should not cause pain.</p> <p><b>3.1.4</b> Without the use of notes, TLWBAT recall that the duration of holding a static stretch is at least 30 seconds.</p> <p><b>3.1.5</b> Without the use of notes, TLWBAT underline that while doing a static stretch the person should not bounce.</p> <p><b>3.1.6</b> Without the use of notes, TLWBAT identify at least 3 examples of static stretches in a multi-choice question.</p>	<p>Quiz 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p>
<p>3.2: The learner will learn the basics of dynamic stretching.</p>	<p><b>3.2.1</b> Without the use of notes, TLWBAT identify that a dynamic stretch is a movement-based stretch in a multiple-choice question.</p> <p><b>3.2.2</b> With the use of notes, TLWBAT explain the importance of moving carefully when doing a dynamic stretch with at least 50 words.</p> <p><b>3.2.3</b> Without the use of notes, TLWBAT restate that a dynamic stretch mas be repeated as many times as indicated.</p> <p><b>3.2.4</b> Without the use of notes, TLWBAT underline that while doing a static stretch the person should not bounce.</p> <p><b>3.2.5</b> Without the use of notes, TLWBAT recognize that static stretches should not cause pain.</p>	<p>Quiz 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p> <p>Essay Question 01</p>

	<b>3.2.6</b> Without the use of notes, TLWBAT identify at least 4 examples of dynamic stretches in a multi-choice question.	Essay Question 01
4. The learner will view real-world examples of athletes stretching.	<b>4.1</b> After watching the video “LeBron James stretching”, TLWBAT to identify the type of stretch the athlete is performing. <b>4.2</b> After watching the video “Steph Curry stretching”, TLWBAT to identify the type of stretch the athlete is performing. <b>4.3</b> After watching the video “NBA Players Stretching Routine”, TLWBAT to summarize the importance of stretching in at least 100 words.	Essay Question 02  Essay Question 02  Essay Question 02
<b>Section II:</b>		
1. The learner will learn a routine of static stretches to perform before each practice and/or game.	<b>1.1.1</b> With the use of notes, TLWBAT demonstrate how to do static stretches for their lower body. <b>1.1.2</b> With the use of notes, TLWBAT demonstrate how to do static stretches for their upper body. <b>1.1.3</b> With the use of notes, TLWBAT demonstrate how to do static stretches for their back. <b>1.2.1</b> With the use of notes, TLWBAT demonstrate how to do dynamic stretches before playing basketball. <b>2.</b> With the use of notes, TLWBAT demonstrate how to do static stretches after playing basketball.	Technology Based Assignment Quiz 02  Technology Based Assignment Quiz 02  Technology Based Assignment Quiz 02  Technology Based Assignment Quiz 03  Technology Based Assignment Quiz 03