

Name:

Flexibility

What is Flexibility?

Flexibility is the range of movement at or around a joint. It is the ability to use your joints fully without causing undue strain. You are flexible when your muscles are long enough and your joints are supple enough to allow a free range of movement. People with good flexibility have fewer sore and injured muscles.

If the joints of the body are not moved through their normal range of movement regularly, they will become stiff and lose their range of movement. You will test your flexibility in two areas of the body, before warming up and then after warming up and stretching, and then compare the results.

Things to think about:

- ✓ Is your flexibility better before or after warming up?
- ✓ Why is flexibility an important component of fitness?
- ✓ What sports require a high level of flexibility?
- ✓ How could you improve your flexibility?
- ✓ What factors could affect flexibility?

- ✓ Do you think this is a good indication of your overall body flexibility?

Flexibility Test	Score before warming up and stretching (cm)	Score after warming up and stretching (cm)	Difference between before and after (cm)	Rating (Excellent, Good, Fair or Poor)
Trunk Extensions				
Arm / Shoulder Reach				