

Jan 2010

You have been asked to develop the flexibility of a group of AS level Physical Education Students.

Describe the different 'types of stretching' that could be safely used with the group **and** describe how you can use visual and manual 'guidance' effectively with the students.

- The different types of stretching that can be safely used, addressing points such as:
  - A. Active – position held by agonist/muscles
  - B. Passive – position held by another body part or position held by partner
  - C. Static – position held with isometric contraction
  - D. Ballistic – bounce in and out of stretch
  - E. PNF – position held and isometric contraction
  
  - F. Warm-up prior to stretching
  - G. Make stretch sports specific
  - H. (Begin) slowly
  - I. Hold stretch for few/no more than (30) seconds
  - J. Never hold a painful stretch – injury
  - K. No bouncing/ballistic
  - L. Balance/equalise stretches/agonists and antagonists
  
- How visual and manual guidance can be used effectively, addressing points such as:
  - M. Visual – suitable example/watch/show/demonstrate
  - N. Manual – suitable example/force/help/assist
  
  - O. Visual – accurate/perfect demonstration
  - P. Learner paying attention
  - Q. Highlight cues/repeat demos
  - R. Skill within performers capabilities/memory limitations
  - S. Better for beginners
  
  - T. Manual – when difficult/dangerous skill
  - U. Good for beginners/weak
  - V. Permits kinaesthetic feel
  - W. Not for too long

The following table should be used to determine the mark.