

You have been asked to work with a group of AS level physical education students to improve their fitness and skill levels.

Describe the different types of stretching that can be used **and** how to complete them safely.

Explain the factors that need to be considered before deciding whether it would be an advantage to teach a skill by whole practice.

<p>7</p> <ul style="list-style-type: none"> A. Active – stretched position held by performer’s own <u>agonist</u> B. Passive – stretched position held by another body part/or position held by partner C. Static/PNF – stretched position held and <u>isometric</u> contraction applied D. Ballistic – bounce in and out of stretch E. Dynamic – stretch through specific sports movement F. Warm-up prior to stretching/begin slowly/stretching as part of a cool-down G. Make stretch sports specific H. Hold/repeat stretch for (30) seconds I. Never hold a painful stretch/danger of injury – no ballistic J. Balance/equalise stretches/agonists and antagonists K. Perform whole skill to gain feel/ appreciate flow/sequence/kinesthesis L. Depends on nature/type of skill – Complex or simple M. Use whole if skill complex/hard to break down/high organisation/discrete/simple – no need to break down N. Depends on stage of learning/ beginner/novice/experience O. Use whole if autonomous/cognitive stage P. Depends on safety/time Q. Only use whole if safe to do so/no chance of injury/short of time R. Depends of fitness S. Use whole if performer fit enough to manage repeating skill T. Depends on motivation U. Use whole if highly motivated because success not certain 	<p>12</p>	<ul style="list-style-type: none"> A. Named and described B. Named and described C. Named and described D. Named and described E. Named and described G. Idea of stretch being specific for activity being performed H. Agonist and antagonist Credit explanation of why use of whole Stated factor Explanation of factor Explanation of factor Required term Safety concerned Explanation of factor Stated factor Explanation of factor – needs because Accept reverse – not whole if unfit Accept reverse – not whole if not motivated
---	-----------	--