

Physical Education Extra Credit & Make-Up Sheet
Warming-Up and The Stretching Routine

Student # _____ Name _____ Per./Class _____

Date _____

Signature of Supervising Staff Member or Guardian _____

Option 1:

1. Draw or photograph each stretch.
2. Label each stretch with the correct name.
3. Label the muscle or muscles it is stretching.
4. Write a minimum of 5 sentences describing the “do’s and don’ts” of stretching and warming up.

Option 2:

1. Research a specific warm-up activity.
2. Write a one-page summary of the activity.
3. Include any illustrations or diagrams necessary for understanding.
4. Teach it to the class.

Option 3:

1. Invent a new arm-up activity.
2. Write a one-page summary describing the activity.
3. Include any illustrations or diagrams necessary for understanding.
4. Teach it to the class.

Option 4:

1. Design your own stretching routine.
2. Verify its safety.
3. Does it stretch the muscle you intended it to stretch?
4. Draw or photograph each stretch.
5. Label each stretch with the correct name.
6. Label the muscle or muscles it is stretching.
7. Write a minimum of 5 sentences regarding the routine and things to lookout for or be aware.