

Grade 8 Life Orientation Worksheet

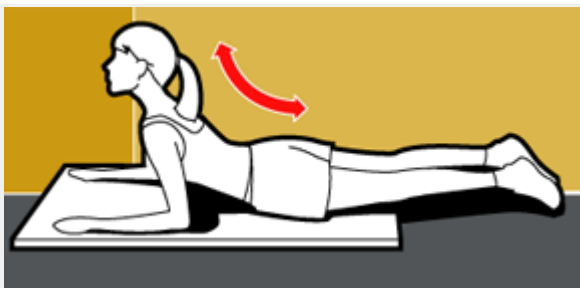
Physical activity

Stretching activities

Before you take part in an adventure game or physical activity, you need to prepare your body by doing some stretching exercises. Warm your body first by doing a quick brisk walk or jog so that your muscles are warm and ready to stretch. Don't stretch cold muscles.

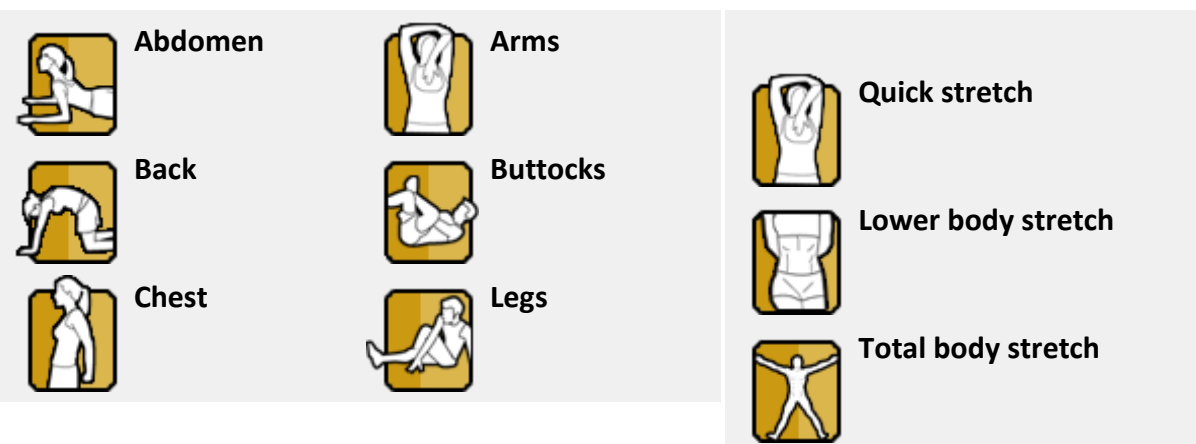
First look at the following stretching exercises. Jog or walk briskly for about 5 minutes and then try to do all the stretching exercises.

Assess yourself afterwards by completing the self-assessment checklist.



When you exercise, your muscles contract and relax, contract and relax. The repeated contraction can lead to shortening up of the muscles. Stretching helps prevent this. Many injuries are caused by poor flexibility.

Stretching should be done before and after exercises. When you stretch before exercising, you need to warm up the muscles first, follow this with stretching, and then proceed with your exercise routine.



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Self-assessment checklist			
	Criteria	Yes	No
1	I understand the need to stretch before exercising.		
2	I understand that I can hurt myself if I don't warm up first.		
3	I understand the need to warm my muscles a little before starting to stretch.		
4	I tried all these exercises with my group.		
5	I stretched for at least 5 minutes		
6	I enjoyed the stretching exercises.		
7	I tried all the different exercises.		
8	I feel that I have stretched my muscles well.		
9	I will try to remember to always stretch before exercising.		
10	I will try to remember to stretch again after exercising.		

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Suggested Solutions

Task number	Possible marks	Solution
1	N/A	See self-assessment checklist 1 in Appendix of Assessment Tools.

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1. Self-assessment checklist

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