

# Tandalay Fitness News

Grades Pre-K-2

Paddle Play

When your muscles are FLEXIBLE, your joints will be able to BEND more. This is called RANGE OF MOTION. Be sure to WARM UP and STRETCH to keep your muscles FLEXIBLE so you have greater RANGE OF MOTION for all the games and sports you want to play!



Your elbow bends like this:

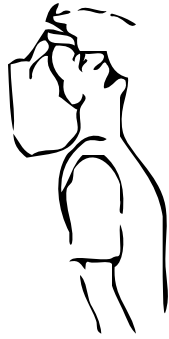


Your knee bends like this:



Which muscles do you need to stretch to give you the greatest range of motion when you move your elbow and knee?

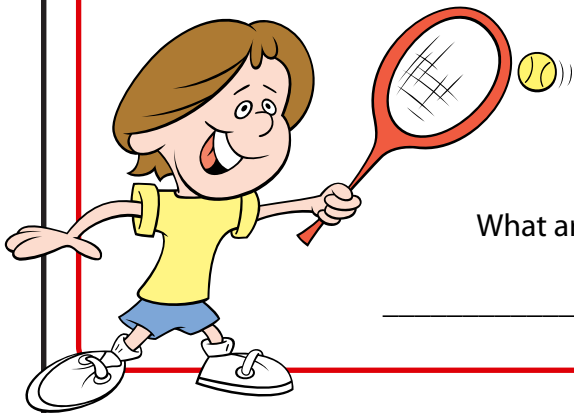
When you stretch, the muscle you are stretching will feel a little bit uncomfortable.  
If you feel pain or stabbing, **STOP!**  
Check with your teacher or coach to make sure you are doing the stretch right!



Your neck bends to the front and to the back and side to side.

Which muscles need to be FLEXIBLE for your neck to have its full RANGE OF MOTION?

When you play tennis or ping pong, your ELBOWS, WRISTS, and SHOULDERS bend when you hold and use your racket. Your KNEES, ANKLES, and HIPS bend when you take a step. What are some other activities that move your ARMS?



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What are some other activities that move your LEGS?

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## Focus Standards for Paddle Play

### 1. Unit 11 Skills:

- a. Strike a balloon upward continuously using a large, short-handled paddle (CA 1-1.19).
  - b. Strike a balloon upward consistently in an upward or forward motion, using a short-handled paddle (CA 2-1.12).
  - c. Strike a ball repeatedly with a paddle (NASPE Benchmark G2).
  - d. Identify examples of underhand and overhand movement patterns (CA 1-2.5).
2. Identify the different points of contact when striking a balloon upward and striking a balloon forward (CA 2-2.12).
  3. Demonstrate respect for self, others, and equipment during physical activities (CA 2-5.5).
  4. Enjoy participating alone while exploring movement tasks (NASPE Standard 5).
  5. Newsletter topic/written assessment: Flexibility 1-4.11 Diagram how flexible muscles allow more range of motion in physical activity. Identify the muscles that are being stretched during specific physical activities (CA 2-4.13).