

6th Grade Agility & Flexibility Review Sheet

1. Be able to match the following muscles and the appropriate stretch for those muscles:

- Biceps
- Triceps
- Quadriceps
- Hamstrings

2. Be able to define:

- Flexibility
- Agility
- Dynamic stretching
- Static stretching

3. Know the difference between Dynamic Stretching and Static Stretching. For example:

The hurdle stretch is a static stretch.

Hip circles are a dynamic stretch.

4. Be able to identify the benefits of flexibility and agility training.

5. Know the F.I.T.T. Formula and how it connects to flexibility training.

6. Recognize what activities require agility.