

7th Grade Agility & Flexibility Review Sheet

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

- Pectorals
- Latissimus Dorsi
- Spinal Erectors
- Rectus Abdominis

2. Be able to apply the concepts of Agility to different activities. For example:

Does Flag Football require agility?

Does Bowling require agility?

3. Know the difference between a static stretch and a dynamic stretch

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

5. Be able to apply the F.I.T.T. Formula to flexibility training.