

8^h Grade Agility & Flexibility Review Sheet

1. Be able to match the following muscles and the appropriate stretch for those muscles:
 - Gastrocnemius
 - Trapezius
 - Deltoids
 - Obliques
 - Gluteus Maximus
2. Know the difference between Agility and Flexibility.
3. Be able to identify the benefits of flexibility training.
4. Know the difference between static and dynamic stretching.
5. Be able to apply the F.I.T.T. Formula to flexibility training.
6. Be able to list activities that require agility and why.