

CareView Community Church



VBS KIDS LESSON

Grades: 1-8

Subject: CrossFit

Date: July 7, 2021

Topic: Flexibility

Week: 1

Lesson Focus and Goals:

Being flexible is part of God's plan for us to be healthy. Flexibility allows us to run and jump and dance and do all the fun things with our bodies that we want to do without pain.

The Bible tells us in 1 Corinthians 6:19 - 20, that our bodies really belong to God. He lent them to us for this life. When someone lends you something, isn't it best to take care of it and return it to them in as good a shape as possible? When we take care of our bodies we are honoring God. This means we are showing appreciation to God.

Structure / Activity:

In today's activities, we stretched and saw what being flexible allows us to do. We can become more flexible by stretching every day. Stretching might be hard at first, but it gets easier the more we do it. Here are a few stretches we can do every day.



ACTIVITIES / DIRECTIONS

parenthesis () = muscles targeted

CHEST OPENER

(chest, shoulders)



Stand facing a corner of a room. With your arms at your sides and elbows bent at about shoulder height, press one palm into each wall while staggering your feet behind you. Slowly lean inward, pressing your chest towards the wall until you feel a stretch in your chest. Hold without allowing your forearms or hands to move.



PANCAKE STRETCH

(Hip extensors, adductors)

Sit on the ground with your legs straight and in the shape of the letter "V." Hinge forward at the hips and reach your torso towards your toes, getting your upper body as close to the floor as possible between your outstretched legs. Hold, and then walk your arms back toward your body to sit back up.

FIGURE-FOUR STRETCH

(piriformis - a gluteal muscle)



Lie on your back with knees bent and feet pressed into the ground. Cross your left ankle over your right knee, and then reach your hands around your right thigh. Pull your right thigh towards you (keeping your upper body on the floor). Hold, then repeat on the other side.



(Quads, hip flexors)

LYING QUAD STRETCH

Lay on one side with the leg extended. Bend the top leg backward at the knee and grab the ankle with the top hand. Slowly attempt to pull the heel of the bent leg to your butt with the bent knee pointing down and away from your body. Hold for 15 to 30 seconds. Repeat on the other leg.



STRAIGHT-LEG PULL

(hamstrings)

Lie on your back with both legs flat against the ground. Lift your right leg up off the ground, placing your hands behind your right thigh. Keeping your right leg straight, pull it towards your chest as far as you can. Hold, then repeat on other side.

Standing near a wall, place the toes of your right foot on the base of the wall. Lean in towards the wall, feeling the stretch in your calf. Make sure not to bend your back leg—only go as far as you can while keeping it straight. Hold, then repeat on other side.

CALF STRETCH AGAINST WALL

(calves)

