

A6 ACTIVITY.- Physical education through cooperative methodology

Country: Slovenia

School: Osnovna šola Dramlje (Dramlje, Slovenia)

EXERCISE NAME

45 - STRETCHING ABDOMINAL AND BACK MUSCLES IN PAIR

Age band : 10 - 15

Materials:

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Objective:

Cooperative skills development, Motor skills development, Strength skills development, Coordination skills development, Flexibility skills development, Balance skills development

Initial organization:

couples

Description of the activity:

Partners sit with their legs crossed. Their knees need to be touching for the exercise to be feasible. They both turn left with their torsos and heads in order to encourage correct posture. When turning left, the left arms of the participants are bent and placed in the middle of their backs, trying to come as close to the other partner's knee as possible. With their right arms they reach forward to grab the partner's right arm. They hold this position for 30 seconds, repeating the exercise twice, thereby thoroughly stretching the back and the shoulders. The torso should always be turned as much as possible into the agreed direction. The entire exercise is repeated mirrorwise in the right direction.

Rules:**Variations:****Link to the video recorded:**

<https://vimeo.com/254744590>