

# 7.4

# MAKING MUSCLES

## INTERMEDIATE

**Specificity**—Students should understand specificity so that they can improve muscle strength and flexibility. By learning muscle names and location as well as specific strengthening and stretching exercises, students can begin to develop an exercise plan to meet individual needs.

### Purpose

- ▶ Students will identify a stretch and strengthening exercise to go with a specific muscle group.
- ▶ Students will be able to identify the location of various muscles on the body.

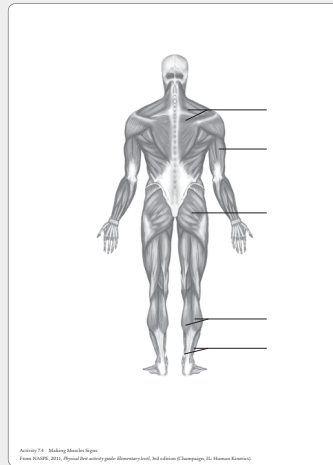
### Relationship to National Standards

- ▶ Physical education standard 4: Achieves and maintains a health-enhancing level of physical fitness.
- ▶ Physical education standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

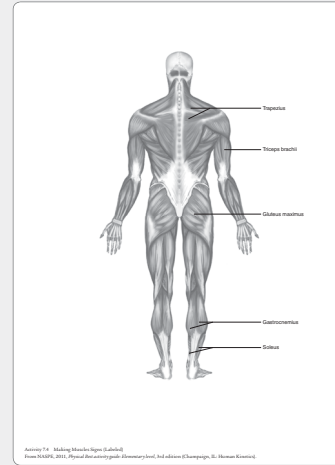
### Equipment

- ▶ One cone for each group
- ▶ Mats for floor exercises
- ▶ Upbeat music and music player
- ▶ Pedometers to keep track of steps
- ▶ Aerobic steps or benches
- ▶ Heart rate monitors (optional) to demonstrate to students their heart rates during the workout

## Reproducibles



Making Muscles Signs, one per group.



Making Muscles Signs (Labeled).

### Rectus Abdominis

**Exercise**  
Do 10 curl-ups.

**Stretch**  
Standing with your knees slightly bent, slowly twist the upper body to the right, back to the center, and then to the left. Do five slow twists each way.

Making Muscles Station Signs.

**MAKING MUSCLES HOME EXTENSION WORKSHEET**

Name \_\_\_\_\_ Date \_\_\_\_\_

Look over the muscle man and label the muscles. For each muscle listed here, write two exercises—one to stretch the muscles and the second to strengthen the muscles.

**Rectus abdominis**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

**Pectoralis major**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

**Quadriceps**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

**Gluteus maximus**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

**Triceps**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

**Biceps**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

**Gastrocnemius**  
Exercise: \_\_\_\_\_  
Stretch: \_\_\_\_\_

Making Muscles Home Extension Worksheet, one per student.

## **Procedure**

1. Put students into groups of equal numbers and give each group the Making Muscles Signs.
2. Students should travel to stations and perform a strengthening and stretching exercise for each muscle.
3. When students finish at a station, they should write the name of the muscle they were strengthening and stretching in the correct location on the Making Muscles Signs.
4. Students should move to the next station on your cue.
5. Once students have rotated through all of the stations, go over the answers by using the Making Muscles Signs (Labeled) so they can check to see if they have filled out the diagram correctly.

## **Teaching Hints**

- ▶ Talk to students about the two areas of health-related fitness this activity emphasized and that this activity will help develop flexibility and muscular strength and endurance.
- ▶ Have students look at the Making Muscles Cards and go over the location of the muscles.
- ▶ This activity has students perform an exercise to help locate a muscle. By doing the exercise, students use the muscle and can then locate it on the Making Muscles Signs.
- ▶ Some of the exercises will stretch the muscle, and others will make it stronger.
- ▶ At the end of class students will be asked which exercises were strengthening and which were stretching.

## **Sample Inclusion Tips**

- ▶ Vary the exercises to meet the needs of students with limitations.
- ▶ Adjust space as needed for students to move independently.

## **Variation**

Have students come up with a different exercise or stretch for the muscle at their station.

## **Home Extension**

Provide students with the Making Muscles Home Extension Worksheet and have them develop exercises for each muscle group.



In Making Muscles, students learn the location of muscle groups on the body by working specific muscles.

### **Assessment**

- ▶ Students can be assessed using the worksheet done in class.
- ▶ At the end of the activity, name a muscle and ask students to place their hands on that muscle.
- ▶ At the end of the activity, name an exercise and have students name the primary muscle worked.
- ▶ At the end of the activity, name an exercise and have students use a thumbs-up if the exercise was for muscle strength and a thumbs-down if the exercise was for flexibility.