Name:

Date:

School:

Facilitator:

2.01 Flexibility Self Survey

Total points: 21

**This lab was designed to help you determine your current flexibility. There is no need to get perfect scores on these tests – though if you do that is great. Use the results of this lab to help you track your own flexibility over time.**

**Your grade is not determined by your flexibility score, but by your completion of this activity.**

1. Complete the Shoulder Test. *Be sure you test both arms.* How would you rate yourself? Your score:

* Excellent (fingers overlap) – 4 points
* Good (fingers touch) – 3 points
* Average (fingers less than 2 inches apart) – 2 points
* Poor (fingers more than 2 inches apart) 1 point

Shoulder test: Standing – raise your right arm above your head. Place your left arm behind your back with your palm facing out and your fingers upward. Reach as far as possible and try to touch your other hand.

2. Complete the V-Sit.

* Place a yardstick between your legs. Place one hand on top of the other and slowly reach forward without bouncing. Note where the ends of your fingers reach on the yardstick. Record this number for attempt #1.
* Attempt this stretch again and record where your fingers reach for attempt #2.
* Attempt this stretch again and record where your fingers reach for attempt #3.
* Attempt this stretch again and record where your fingers reach for attempt #4.

3. Complete the Sitting-Rising Test.

* From a standing position try to sit on the floor with as little support as possible from your hands, legs, arms or other body parts. Then, from a seated position try to stand again with as little support as possible.
* Give yourself a score of 5 if you sat with no support at all and a 5 if you got up with no support. For each support from your hand, arm, leg or other body part, subtract 1. If you were wobbly, subtract a half-point. Record your total score.
* Repeat the Sitting-Rising Test a second time and record your score.

# Additional Questions

**Answer the following questions using complete sentences.**

1. Summarize what you learned from this activity.

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| **Answer the question below.**  |
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1. In which activity did you demonstrate the greatest flexibility?

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| **Answer the question below.**  |
|  |

1. In which activity did you demonstrate the least flexibility? Explain.

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| **Answer the question below.**  |
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