

**105 - THE BENEFITS OF FLEXIBILITY TRAINING IN FUNDAMENTAL EDUCATION CLASSES**

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**INTRODUCTION**

For a long time we have come across the lack of physical activities for kids where electronic games and the facilities of modern life bring out people with physical limitations and series of health problems that become clearer in adulthood so nothing better than using physical fitness as its theme, with an emphasis on flexibility as a capability that directly influences others.

Flexibility is a physical valence that should be worked from childhood to adulthood, it has extreme importance on the physical fitness of the individual, and if practiced early, allows the adult to preserve healthier and autonomous.

The article in question talks about the importance of inserting specific activities of flexibility in the school area, which is the environment where children are most accessible within Physical Education classes, aware of the importance of this ability to be well planned taking into account the phases of the child. , this study focused on the final years of elementary school, as it is a public where many body transformations occur.

The research was developed through the theme: "The Benefits of Flexibility Training in Physical Education Classes for the Final Years of Elementary School." Where issues related to the development of activities that benefit flexibility for students aged 10 to 14 were addressed. years, with emphasis on practices within the discipline of school physical education, focused on health and well-being.

Falsalera (2007), Fontoura et. Al (2002), Silva (2003), say that flexibility is a capacity that promotes joint movement at the correct amplitudes and in a balanced way to avoid possible pain, discomfort and injury. Holff (2008) reinforces by explaining that active individuals are more flexible than less active ones, and that joint problems do not happen overnight, so the need to prevent possible illnesses related to repeated tensions can be avoided with a muscular education. and body awareness, which can be done through stretching and exercise, and the sooner you practice it you can prevent injury and keep your health up to date.

[...] providing opportunities in physical education classes for exercises that promote flexibility can greatly contribute to the prevention of possible musculoskeletal disorders. The physical education teacher has the knowledge, the vision and the subsidies to perform these types of exercises regularly, enabling students to perform better in their daily activities. (BARBOSA, 20012, p.15).

We have a primary school tool for working on flexibility in children. The teacher is a mediator in the teaching and learning process, and that within each class he can work skills such as flexibility, doing this through practice in physical education classes. It is very important that this professional plan and structure the classes.

The work in question is attentive to students referring to the final years of elementary school, where the age range is between 10 and 14 years, where there is the phase of many body changes.

Should physical capacity flexibility have exclusive practices within school physical education classes? How do professionals act on this? Are there methods for this development? Is working this valence a determining factor for a healthier life?

The present work aimed to show the importance of applying exercises to improve flexibility in students of the final years of elementary school. And as specific objectives, it was to show a flexibility training applicable to school children of the second year of elementary school; and show the benefits of Flexibility for PE classes, with an emphasis on health and wellness.

**LITERATURE REVIEW**

According to Martins (2014), the maintenance of flexibility levels is mainly associated with the maintenance of the motor capacity of the human being, being a component of physical fitness that is directly related to health, and in addition to sports practice is associated with prevention. of injuries, the reduction of muscle pain mainly in the dorsal and lumbar region, and is a predominant factor in postural reeducation.

**FLEXIBILITY**

We have as physical capabilities: Endurance, Strength, Speed, Agility, Balance, Flexibility and Motor Coordination, among them we have as extremely important ability, Flexibility which according to Dantas (1999), is considered as the fundamental element for the functionality of the human locomotor apparatus. And describes it as, "one of the variables of physical fitness related to health and quality of life, responsible for performing movements of maximum angular amplitude by the joints.

According to Gomes (2009), Flexibility is:

[...] a physical capacity of the human organism that conditions the attainment of great amplitude during the execution of the movement.

The types of flexibility are divided into three criteria according to Teixeira (2017) they are: as to the existence or not of movement and its characteristics (static or dynamic), as to the origin of movement or action that gives rise to amplitude (passive

or active) and last as its location (general or specific).

There are several factors that influence flexibility, according to Teixeira (2017), we have internal and external influences. The internal or endogenous are related to: age, gender, biological individuality, muscle tone and breathing, while the external or exogenous are related to the time of day and the temperature of the environment.

#### FLEXIBILITY X MOBILITY X STRETCHING

Within physical activity we have confusing terms that need more clarity for a better understanding of the subject. The term flexibility encompasses both muscle elasticity and joint mobility. Teixeira (2017) defines mobility as the shape and behavior of joints and articular surfaces of the bone system. Stretching refers to the ability to stretch muscles, ligaments, tendons and capsules.

Flexibility development methods, according to Achour (2006), are chosen through various aspects focusing on the practitioner's goal, taking into account the conditions of adaptation and ease of performing a certain type of stretching, as well as age. Among the methods we have: Static Stretching (reaches the amplitude maintaining the posture with muscular tension), Passive (when the practitioner reaches with the help of external force), Dynamic (Uses the muscles strength to reach the movement).

#### FLEXIBILITY IN SCHOOL

Barbosa (2012) speaks of the importance of the school as an environment that has a primary role in promoting incentive in health-related habits, and that helps in changing children's habits, especially in the adoption of activities that counteract the activities that are proven to be sedentary, like: watching television, playing video games, among others. Emphasizing the teacher as a mediator and advisor of body practice for children and adolescents within the school phase.

[...] WHO established public policy making by highlighting physical activity as a way to achieve a healthier life. To achieve this goal, they were oriented around the world to take actions that developed activities and / or programs stimulating the regular practice of physical activity. And in the educational context, they were pointed out by WHO, in the sense of creating programs that promote healthy schools. Physical education becomes an extremely important tool to prevent risk factors in the school community (BARBOSA, 20012, p.23).

Many authors argue about flexibility at school, Weineck (1989) apud Falsarella and Ramos (2012), say that flexibility work for children and adolescents is necessary and arises due to various changes that occur during the period of growth and development, and has specific results in the motor device, and that the exercises should be focused on stretching for the purpose of "health education".

Within the various phases of growth, Teixeira (2017) emphasizes that during growth there is a decrease in flexibility, being differentiated by age group but knowing that the individuality of each student must be taken into account. The practice of specific activities will only be necessary from the age of 5-6, because he says that it is at this stage that there are "anatomical transformations that most impair the range of motion."

In the age group of the final years of elementary school, which is usually between 11 and 14 years old, greater attention is already needed, as Teixeira (2017) says, there is an increase in the height of children from 9 years of age, making increasing speed and decreasing mechanical susceptibility of the locomotor system will result in a loss of mobility.

At puberty (girls 11-12 years, boys 12-13 years) there is a reduction in flexibility due to stretching of muscles and ligaments that responds late to accelerated growth in height, requiring the practice of stretching. It is necessary to perform a work that avoids excessive loads in extension and flexion, because the spine and the hip joint suffer more risks of injury at this age. Care is also required as to methods, intensity and range of exercise. General flexibility training is required at puberty, however overloads on the passive motor apparatus should be avoided (FALSARELLA & RAMOS, 2012, pp 151,152).

Professor Hermogenes (2014) says that school is an environment where children spend most of their day, and is a place where healthy habits can be taught, such as maintaining good posture, breathing properly, maintaining flexibility and healthy body, techniques for focusing, among other attitudes that Hatha Yoga promotes. Having a more results-oriented practice in a global way, the proposal is to teach the child the benefit of practicing activities that become health and wellness focused activities, where we can form healthy adults.

#### METHODOLOGY

The methodology used in the research was a bibliographical review, which was based on existing content to explore the theme. The central focus is the work of flexibility for elementary school children and adolescents 2, in the age group between 11 and 14 years. This age has a particularity in relation to the body changes that happen, such as the increase in height, where overload on the joints should be avoided. Due to its age of joint fragility, it is also a big reduction in the stretching and mobility of the joints, where it will be necessary to work focusing on improving flexibility.

Flexibility is an important component of physical fitness and can be defined as the largest physiological range of motion for any gesture. Stretching exercises are usually applied within School Physical Education classes in a very specific way, in order to prevent possible injuries. Thus, its application happens in a very short time, and directed to the main musculature involved in the movements of the respective modality. [...] it can be observed that stretching can contribute to maintaining or even increasing flexibility in children .. (SILVAE MARTINS, 2010, P.37,38)

In developing a practice focused on flexibility in the school area, according to Junior and Pires (2018) apud Achour (2009) we should take into consideration some procedures when planning a class, namely: evaluate the flexibility and body posture of the students, have a good didactic in position correction and set up classes with an analysis and alert about the technique and age group; make clear the purpose of the exercises for flexibility; clearly show the difference in stretching focusing on health and performance; advise on the importance of achieving satisfactory flexibility indices.

The proposed activities will be related to moments where there will be theoretical subject regarding the importance and benefits of practices for improving flexibility, and a practical part with pose-based exercises focused on acquiring flexibility through an increase in upper and lower limb mobility. dorsal region and stretching of the muscles, and with this bring health and intelligence.

In the theoretical part was made slides on the physical capacities, with emphasis on flexibility, which included the definition, the types, the difference between stretching, mobility and flexibility, the types of stretching, the benefits and the description of the poses that was used in the practical part with their respective representative figures for easy memorization.

The Flexibility Training Program (PTF) is “a planned, deliberate and regular exercise program that allows you to permanently and progressively increase the range of motion of a joint or group of joints, applied over a period of time” ( ATEN; KNIGHT, 1978; CORBIN; NOBEL, 1980 apud TEIXEIRA 2017).

The practical part was divided into: Warm-up, Development (performing the poses) and Return to Calm. During the 15-minute warm-up, it was done through loosening movements with semi-relaxation of the neck, shoulder, feet, hands, legs, arms and trunk. In the 30-minute developmental part, poses were used that are related to Yoga, but with an emphasis on body practice. It was divided into 10 poses, using the ACSM (2009) guidelines, which prescribe the flexibility exercise for children with a frequency of at least three times a week, with 3 to 5 repetitions lasting 10 to 30 seconds for each pose, emphasizing the comfortable and pleasurable position. The top pose was used in relaxation as a return to calm, which lasted 15 minutes, where the focus on body relaxation was used with the aid of breaths.

The positions were indicated by instructor Ginger Merritt (2019):

- 1) Mountain Pose
- 2) Chair Pose
- 3) Rag Doll Pose
- 4) Child's pose
- 5) Tree Pose
- 6) Downward looking dog pose
- 7) Butterfly Pose
- 8) Happy Baby Pose
- 9) Moon Pose
- 10) Corpse Posture

#### FINAL CONSIDERATIONS

Throughout the work it was verified the importance of working activities related to the improvement and maintenance of the flexibility with planned practices within the school physical education classes, with the objective of improving this physical capacity, because the school is the environment where the children are. More accessible to transmit not only the body practice, but the information and knowledge of practices that are essential in the formation of the individual, so that they know the importance of applying a practice that benefits their health and well-being, and in addition become adults who within their training as a man give real relevance to the benefits of working out physical flexibility, as well as others such as stamina, strength, speed, agility, balance, and motor coordination. Given this understanding we were aware that Physical Education at school is a primordial tool for the integral formation of the human being.

The fact that working yoga positions as indicated at work are new methods that serve as a possibility to be inserted in the physical education class, through a well designed and planned according to the age group, taking into consideration the growth phase, and maturation. Knowing that the application of activities aimed not only bodily but also focusing that each child is in the process of formation and needs greater attention in the mental and psychological order.

It would be interesting in future studies and studies to evaluate and insert a study with a greater focus on the implementation of breathing exercises and meditation for children in the school phase, as a complement to the activities of school Physical Education classes, always worrying about the formation of healthier individuals not only physically but psychologically and emotionally as the very definition of health is dictated by the World Health Organization: “Health is a state of complete physical, mental and social well-being, not simply the absence of disease. or sickness.”

#### THE BENEFITS OF FLEXIBILITY TRAINING IN FUNDAMENTAL EDUCATION CLASSES

##### ABSTRAT

The practice of activities focused on flexibility aims to maintain and improve this valence, with benefits of improving physical fitness and aiming to make children and adults in future healthier and well-being. School physical education classes are more conducive environments for inserting these exercises for children, especially those in the phase of body modification, where we can highlight the final years of elementary school. Emphasizing the importance of the physical education professional as a mediator of this learning, adding specific classes of flexibility work showing in conceptual procedure a theory about importance, benefits, types, exercises on physical flexibility and other procedural part with the practice properly divided to a Lesson plan, which is divided into warm-up, development and back to calm. Based on the theoretical framework, the authors consider flexibility an essential physical capacity in motor device functionality, thus indicating the relationship of flexibility as an improvement in quality of life and well-being, which is said to be its relationship with health.

Keywords: Flexibility. Stretching. Mobility. Health. Well being.

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Keywords: Flexibility. Stretching. Mobility. Health. Well being.

#### LES AVANTAGES DE LA FORMATION À LA FLEXIBILITÉ DANS LES CLASSES D'ÉDUCATION FONDAMENTALE

##### Résumé

La pratique d'activités axées sur la flexibilité vise à maintenir et à améliorer cette valence, tout en améliorant la condition physique et en visant à améliorer la santé et le bien-être des enfants et des adultes. Les cours d'éducation physique à l'école constituent des environnements plus propices à l'insertion de ces exercices pour les enfants, en particulier ceux en phase de modification corporelle, où l'on peut souligner les dernières années de l'école élémentaire. Soulignant l'importance du professionnel de l'éducation physique en tant que médiateur de cet apprentissage, en ajoutant des classes spécifiques de travail sur la flexibilité montrant dans la procédure conceptuelle une théorie sur l'importance, les avantages, les types, les exercices sur la flexibilité physique et autres parties procédurales, la pratique étant correctement divisée en une Plan de cours, divisé en échauffement, développement et retour au calme. Sur la base du cadre théorique, les auteurs considèrent la flexibilité comme une capacité physique essentielle dans la fonctionnalité du dispositif moteur, indiquant ainsi la relation de flexibilité comme une amélioration de la qualité de vie et du bien-être, qui serait sa relation avec la santé.

Mots-clés: Flexibilité. Étirement La mobilité Santé, bien-être

#### LOS BENEFICIOS DE LA FORMACIÓN EN FLEXIBILIDAD EN CLASES DE EDUCACIÓN FUNDAMENTAL

##### RESUMEN

La práctica de actividades centradas en la flexibilidad tiene como objetivo mantener y mejorar esta valencia, con los beneficios de mejorar la condición física y el objetivo de hacer que los niños y adultos en el futuro sean más saludables y saludables. Las clases de educación física en la escuela son entornos más propicios para insertar estos ejercicios para los niños, especialmente aquellos en la fase de modificación del cuerpo, donde podemos destacar los últimos años de la escuela primaria. Enfatizando la importancia del profesional de educación física como mediador de este aprendizaje, agregando clases específicas de trabajo de flexibilidad que muestran en el procedimiento conceptual una teoría sobre importancia, beneficios, tipos, ejercicios sobre flexibilidad física y otra parte procesal con la práctica debidamente dividida en un Plan de lección, que se divide en calentamiento, desarrollo y calma. Con base en el marco teórico, los autores consideran que la flexibilidad es una capacidad física esencial en la funcionalidad del dispositivo motor, lo que indica la relación de flexibilidad como una mejora en la calidad de vida y el bienestar, que se dice que es su relación con la salud.

Palabras clave: Flexibilidad. Estiramiento Movilidad Salud, bienestar.

## OS BENEFÍCIOS DO TREINAMENTO DE FLEXIBILIDADE NAS AULAS DE EDUCAÇÃO FÍSICA PARA ANOS FINAIS DO ENSINO FUNDAMENTAL

## RESUMO

A prática de atividades com foco na flexibilidade tem objetivo em manutenção e melhoria dessa valência, com benefícios de melhora da aptidão física e com objetivo de tornar as crianças e os adultos futuramente em pessoas com mais saúde e bem estar. As aulas de educação física escolar são ambientes mais propícios para inserir esses exercícios para as crianças, principalmente as que estão na fase de modificação corporal, onde podemos destacar os anos finais do ensino fundamental. Enfatizando a importância do profissional de educação física como mediador desse aprendizado, acrescentando aulas específicas de trabalho de flexibilidade mostrando em procedimento conceitual uma teoria sobre importância, benefícios, tipos, exercícios sobre a capacidade física flexibilidade e outra parte procedimental com a prática dividida adequadamente a um plano de aula, que é dividido em aquecimento, desenvolvimento e volta à calma. Com base no referencial teórico os autores consideram a flexibilidade uma capacidade física essencial na funcionalidade do aparelho motor, indicando assim a relação da flexibilidade como uma melhora na qualidade de vida e bem estar, dito isso da relação dela com a saúde.

Palavras-chave: Flexibilidade. Alongamento. Mobilidade. Saúde. Bem estar.