

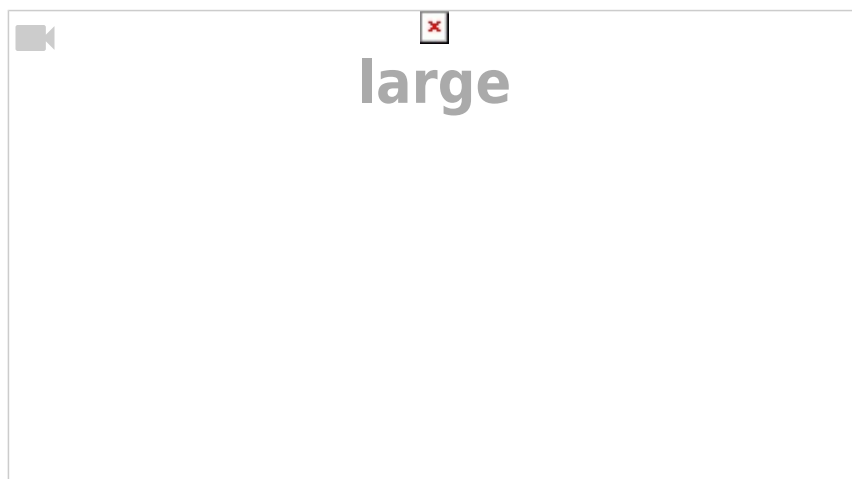
# PE Class

Over the last few years these are the lesson plans I tend to use during PE class. The choice of lesson plan can be dictated by the activity, for example if the class is doing sit and reach or sit up test there are lesson plans for that. Or else there are some general lesson plans I can use.

## 1. Hamstring Flexibility

The first big lesson I teach is hamstring flexibility.

Today we will review Ya Tui Gong in the context of Hamstring Flexibility. The Hamstrings are the 'Hamstring Muscle Complex' at the back of the femur. They are above the calves and below the glutes.



- Markers:
  - Hug your knees
  - Elbow to toe
  - Kick at head height
- Trainers:
  - Nerve Floss: 30 slow reps. What Qigong methods can we use here?
  - Active Stretch: pull leg down/back. Special Method (cannot be seen)
  - Passive ('regular' Ya Tui Gong-relax into stretch)

Today we will train the above and then the related move from the 24 (probably support the sky and search the sea).

## Lesson Intro

Open with a discussion on how to stretch the legs. Ask the students to show you a leg stretch. Which muscle are they stretching? If they don't know, then they aren't stretching properly! This is because if you can't feel the stretch (if you are not aware of a stretch) it isn't really a stretch.

## Nerve Floss

What's a nerve floss? In Chinese it is called “pluck”.

- 撥弦 (bō xián) = to pluck the strings

Here are some examples of a nerve floss from Chinese Qi Gong:

- Draw the Bow from Ba Duan Jin
- Support the Sky and Search the Sea from 24 Therapeutic Qigong

This kind of exercise is designed to cause a stretch in a certain area. In this case, the hamstrings. The nerve floss for hamstrings is called 'space walking.' See video.

## Active Stretch

Active stretching, also known as end-range isometrics, is a form of stretching that includes muscle activation. So, you use your muscles while stretching. There are two types: One, using muscle to create the stretch (i.e. holding a kick position) and two, using muscle to contract the muscle you are stretching. Today we will do the second type, called antagonistic stretch. We will dig the heel into the ground and pull back. The video demos standing on your knee with one leg straight out front.

2 to 3 sets of 30-60 seconds on each side.

## Passive Stretch

This is the classic 'ya tui gong' front stretch. In a passive stretch you relax the muscle you are trying to stretch.

2 to 3 sets of 30-60 seconds on each side.

## 2. Hamstring II

This is taught after the first one. In this level we cover hamstring stretching by introducing the following kinds of stretch:

- Dynamic Stretching – I.E. nerve floss. Review from last time.
- Active Stretching – Review from Last Time
- Ballistic Stretching – New – show first of 'Six Kicks'
- Static Stretching – Review from last time.

Other Exercises can include:

- Dynamic Calf Raises (Edge Standing)
- White Crane Circles Knees (A kind of floss)
- Standing Forward Bend (and, White Horse Parts its Mane)
- Front Leg Stretch (“Ya Tui Gong” – Review)

## 2. Adductors

The adductors are the inner thighs. For this we will introduce Ya Tui Gong "Side stretch". Turning your hip outward will stretch the adductors.

The adductor exercise students are most familiar with is a broken pubu.

- Hamstring test: In a forward bend can you put your hands flat on the ground?
- Adductor test: In a butterfly stretch can you touch your forehead to your toes?
- Combined test: In a pancake stretch can you touch your chest, or even your stomach, all the way to the ground?

## 3. External Rotators

The external rotators are extremely important for balance and explosive movement. Most stretches that target the external rotators primarily target the glutes, so we will often refer to glute stretches in addition to external rotator stretches, but you can take them to be equivalent in terms of targeting the external rotators.

The primary stretch we use for the external rotators is the pigeon pose.

## Other -- Activity Based

- Written to assist the Teacher
- Please refer to the PDF file
- Sit and Reach Test
- Sit Up Test

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