

Flexibility is measured by completing a left-legged sit-and-reach and a right-legged sit-and-reach.

Sit and Reach

The student leaves his or her shoes on and sits down at the sit and reach box. One leg is fully extended with the foot flat against the face of the box. The other knee is bent with the sole of the foot flat on the floor. The instep is placed in line with, and 2 to 3 inches to the side of, the straight knee. The arms are extended forward over the measuring scale with the hands placed one on top of the other. With palms down, the student reaches directly forward (keeping back straight and the head up) with both hands along the scale four times and holds the position of the fourth reach for at least 1 second. After one side has been measured, the student switches the position of the legs and reaches again. The student may allow the bent knee to move to the side as the body moves forward if necessary, but the sole of the foot must remain on the floor. When using or creating a sit and reach box for this activity, the level of the extended leg foot is 9 inches from the beginning of the top reach board. If you do not have a sit and reach box, it is acceptable to anchor a yard stick to bleachers or a mat with the stick hanging 9 inches beyond where the student's extended-leg foot is touching. Scores are recording as number of inches from the beginning of the board or yard stick (i.e. a student who reaches 8 inches would be one inch shy of where his/her foot is touching the box, bleachers, or mat).

