

3 - Skill-related Stretching for Required and Elective Physical Education Courses

Tools / Services	Pedagogical Uses
	<p>Flipped classroom activities have been conducted when students have extended their learning out of class by watching the stretching video themselves with teachers' guidance or instructions. The URLs of video and e-booklet have been uploaded to the PE Unit website and blackboard for students' self-learning. Teachers would explain and demonstrate the stretching exercise in class. Students are advised to watch the video again as revision. Then teachers can ask students to lead the stretching exercise at the beginning of the class. The concept of stretching will be consolidated in students' mind.</p>