

# Static/Dynamic Head-to-Toe Stretch

Action Schools! BC

✓ outside

✓ gymnasium

K - 3

Healthy Muscles

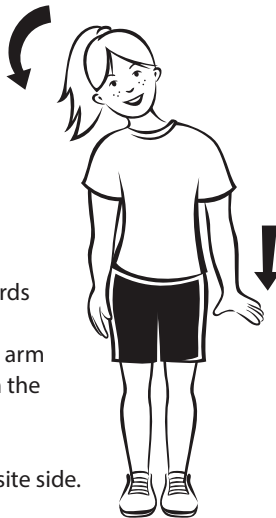
Stretching keeps the body relaxed and flexible, reduces injury, and increases range of motion.

Static stretching involves holding the body in a specific position for a short period of time whereas dynamic stretching involves slow and continual movement of the body in various positions. At the end of an activity or warm-up have participants work through the *Static/Dynamic Head-to-Toe Stretch*, holding each static stretch for 10 to 30 seconds and repeating each dynamic stretch 5 to 10 times. Or, as part of a warm-up, try the *Dynamic Head-to-Toe Stretch*.

1

## Neck Side Stretch

- Stretch ear towards one shoulder.
- Extend opposite arm slightly out from the body and down.
- Hold stretch.
- Repeat on opposite side.



2

## Arm Circles

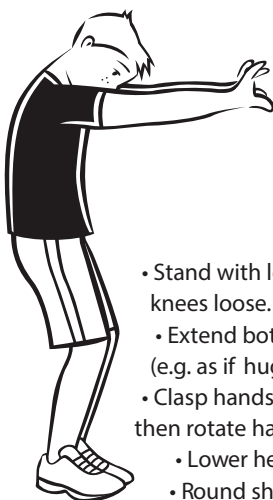
- Circle one arm slowly forward, then backwards.
- Keep body still.
- Repeat with opposite arm, then repeat with both arms at the same time.
- Try circling both arms in opposite directions, at the same time.



3

## Upper Back Stretch

- Stand with legs hip-width apart, knees loose.
- Extend both arms forward (e.g. as if hugging a tree).
- Clasp hands together with thumbs up then rotate hands to point thumbs down.
  - Lower head to look at belly button.
  - Round shoulders.
- Hold stretch. Repeat.



4

## Chest Stretch

- Stand with legs hip-width apart, knees loose.
- Stretch chest by extending both arms wide to the side.
- Gently stretch slightly past shoulders while holding chest tall and strong.
- Extend finger tips.
- Hold stretch. Repeat.



5

### Side Trunk Stretch

- Stand with legs shoulder-width apart, knees loose.
- Extend one arm straight up overhead and lean slightly to the opposite side. Support weight with opposite arm on leg.
- Lean until a gentle stretch is felt.
- Hold stretch. Repeat on opposite side.



6

### Hamstring Stretch

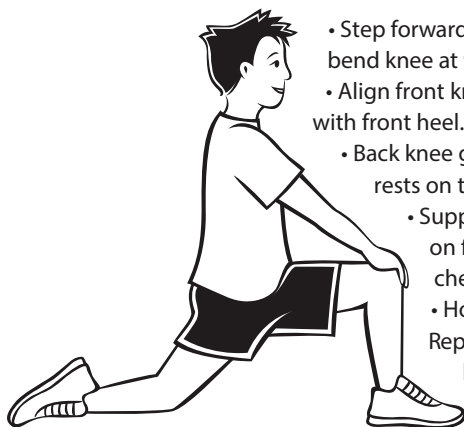
- Stand in front of a chair with legs hip width apart, knees loose.
- Place one leg on seat of chair and bend slowly forward from waist until a gentle stretch is felt in the back of the leg on chair.
- Support body by placing both hands on upper leg.
- Keep hips square and straight.
- Hold stretch. Repeat with opposite leg.



7

### Hip and Quadriceps Stretch

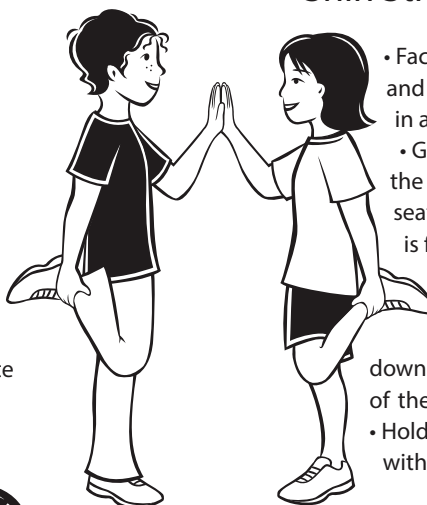
- Step forward and bend knee at 90 degrees.
- Align front knee with front heel.
- Back knee gently rests on the floor.
- Support weight on front leg, chest tall.
- Hold stretch. Repeat with opposite leg.



### Quadriceps and Shin Stretch

8

- Face a partner and touch hands in a high five position.
- Grasp ankle and pull the heel towards the seat until a stretch is felt in the thigh.
- Stand tall. Bent knee should be pointing straight down aligned with the knee of the opposite leg.
- Hold stretch. Repeat with opposite leg.



9

### Calf Stretch

- Place hands on hips and stand with one foot ahead of the other.
- Keep both heels flat to the floor.
- Slowly bend knee forward until a gentle stretch is felt in the back lower leg and heel of both legs.
- Hold stretch. Repeat with opposite leg.



10

### Ankle Rotations

- Stand and rotate one ankle on the ball of the foot.
- Circle one way ten times, then the other.
- Repeat with opposite foot.



Full colour Head-to-Toe Stretch Poster available.

# Dynamic Head-to-Toe Stretch

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Repeat each Dynamic stretch 5 to 10 times.

1

## Neck Rotation

- Drop chin to chest.
- Slowly rotate neck towards left shoulder, back to centre, repeat to the right.
- Keep shoulders relaxed.



2

## Arm Circles

- Circle one arm slowly forward, then backwards.
- Keep body still.
- Repeat with opposite arm, then repeat with both arms at the same time.
- Try circling both arms in opposite directions, at the same time.



3

## Back and Chest Stretch

- Stand with feet hip-width apart, knees loose.
- Cross (hug) arms in front of chest.
- Slowly extend both arms out to the side and back past shoulders.
- Keep arms at shoulder height.
- Extend finger tips.

4

## Side Bend

- Stand with feet slightly wider than shoulder-width apart.
- Knees slightly bent and hands on hips.
- From waist, bend slowly to one side, then the other.
- Do not lean forward or backwards while stretching.

5

## Trunk Rotation

- Stand with feet shoulder-width apart, knees slightly bent.
- Arms straight out by sides.
- Swing both arms in the same direction.
- Slightly twist body in direction of swing.
- Change directions.

6

## Lower Back and Hamstring Stretch

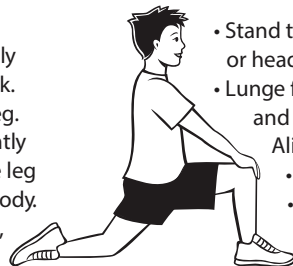
- Stand with feet slightly wider than shoulder-width apart.
- Knees slightly bent and arms straight out to sides.
- Lean forward, twist, bring right hand towards left ankle.
- Return to standing, repeat on opposite side.
- Keep arms straight.



7

## Leg Swing

- Stand sideways to wall, hand on wall for balance.
- Start with outside leg slightly bent, swing forward and back. Turn and repeat with other leg.
- Stand facing wall, knees slightly bent. Slowly lift and swing one leg out to side, then back across body.
- Do not twist torso. Repeat, switching legs.



8

## Forward Lunge

- Stand tall, hands on hips or head for balance.
- Lunge forward with leg and bend knee (90 degrees). Align front knee with front heel.
- Back leg bent 90 degrees, heel off floor.
- Step back to return to standing.
- Repeat, switching legs.

10

## Ankle Rotations

- Stand and rotate one ankle on the ball of the foot.
- Circle one way ten times, then the other.
- Repeat with opposite foot.



9

## Squat

- Stand tall, feet shoulder-width apart, arms out front for balance.
- Bend knees until thighs parallel to floor (sitting in chair).
- Knees over feet, weight on heels, back straight, look ahead.
- Return to standing.

Inspired by Roberta Smith, Action Schools! BC Regional Trainer  
See also DPA Pages! Dynamic Stretching at [www.actionschoolsbc.ca](http://www.actionschoolsbc.ca)