

# Dynamic Head-to-Toe Stretch

Action Schools! BC

✓ classroom

✓ gymnasium

✓ outside

4 to 7

Healthy Muscles

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

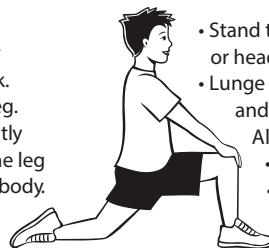
- Stand with feet slightly wider than shoulder-width apart.
- Knees slightly bent and arms straight out to sides.
- Lean forward, twist, bring right hand towards left ankle.
- Return to standing, repeat on opposite side.
- Keep arms straight.



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.

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.

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.



Inspired by Roberta Smith, Action Schools! BC Regional Trainer