

Head-to-Toe Stretch



Action Schools! BCTM Promoting Healthy Living

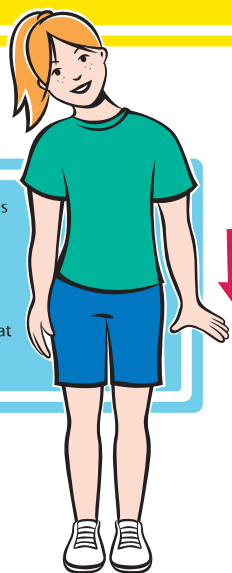
Stretching keeps the body relaxed, flexible, reduces injury & increases the range of motion.

For best stretching results, the body needs to be warmed up. Conduct an activity that may include a classroom workout, skipping, a playground circuit, and walking or running for approximately 5 to 10 minutes.

Make stretching a part of the class routine. Gently stretch; there should be no discomfort. Hold each stretch for 10 to 30 seconds.

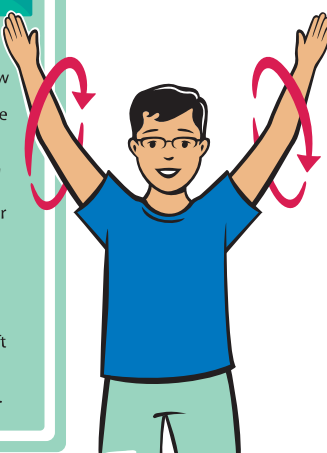
1 Neck Side Stretch

- 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 each arm forward and then backwards, in a slow and controlled manner keeping the body still. Repeat 5 times and then repeat 5 times with arms together.
- Circle arms together but in opposite directions. Lift both arms straight up and then circle the right arm forward while at the same time circling the left arm backwards. Repeat 5 times. Reverse and repeat.



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.



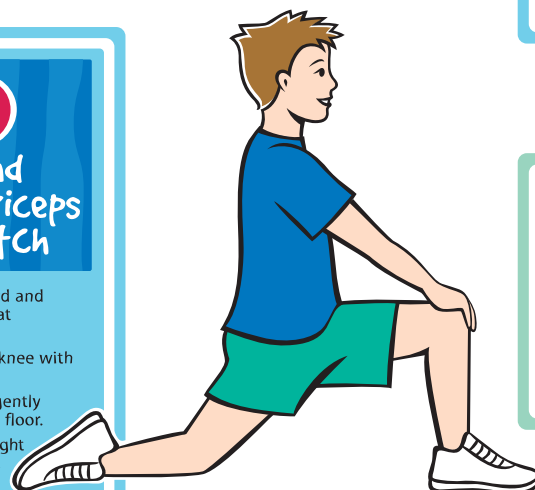
6 Hamstring Stretch

- 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.



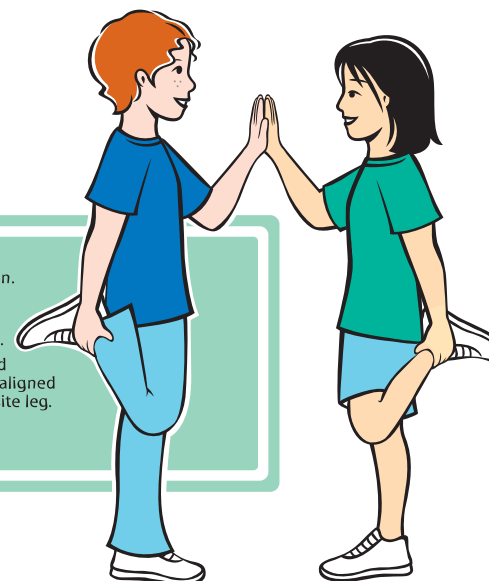
7 Hip and Quadriceps Stretch

- 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.



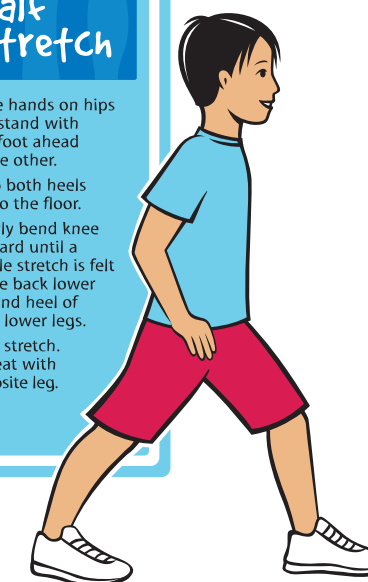
8 Quadriceps and Shin Stretch

- 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.



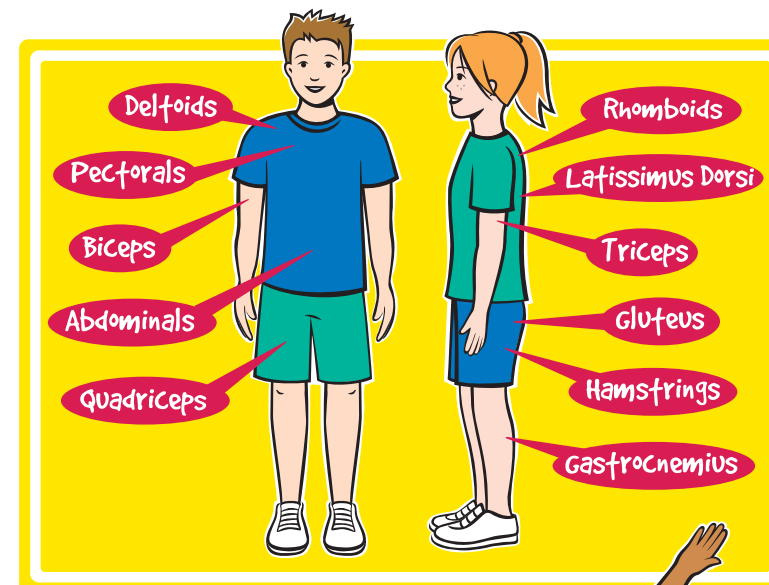
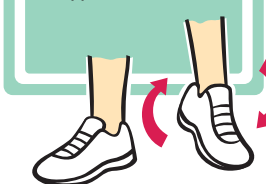
9 Calf Stretch

- 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 lower 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.



ENDORSED BY:



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