**Head-to-Toe Stretch**

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**
   - Stand in front of a chair or a table.
   - Grasp the arm of the chair or the table with both hands.
   - Slowly turn your head as far as possible to one side.
   - Hold the stretch for 10 to 30 seconds.
   - Repeat on the opposite side.

2. **Arm Circles**
   - Circle each arm forward and backward. Use slow and controlled movements.
   - Switch hands after 10 to 15 seconds.

3. **Upper Back Stretch**
   - Stand with your legs slightly apart.
   - Reach up and touch your head with your left hand.
   - Hold for 10 to 15 seconds.
   - Switch hands and repeat.

4. **Chest Stretch**
   - Stand with your legs slightly apart.
   - Reach up and touch your head with your left hand.
   - Hold for 10 to 15 seconds.
   - Repeat on opposite side.

5. **Side Trunk Stretch**
   - Stand with your legs slightly apart.
   - Reach up and touch your head with your left hand.
   - Hold for 10 to 15 seconds.
   - Repeat on opposite side.

6. **Hamstring Stretch**
   - Stand in front of a chair or a table.
   - Grasp the arm of the chair or the table with both hands.
   - Slowly bend forward at the waist, keeping your legs straight.
   - Hold for 10 to 15 seconds.
   - Repeat on opposite leg.

7. **Hip and Quadriceps Stretch**
   - Stand with your legs slightly apart.
   - Reach up and touch your head with your left hand.
   - Hold for 10 to 15 seconds.
   - Repeat on opposite leg.

8. **Quadriceps and Shin Stretch**
   - Face a partner and reach forward with your left hand.
   - Slowly bend one leg and pull the other leg up.
   - Hold for 10 to 15 seconds.
   - Repeat on opposite leg.

9. **Calf Stretch**
   - Stand on the toes of your left foot.
   - Bend your right knee and pull your right foot up.
   - Hold for 10 to 15 seconds.
   - Repeat on opposite leg.

10. **Ankle Rotations**
    - Stand and rotate your ankles in a circular motion.
    - Hold for 10 to 15 seconds.
    - Repeat on opposite foot.