

Static/Dynamic Head-to-Toe Stretch

Action Schools! BC



4 to 7

Healthy Muscles

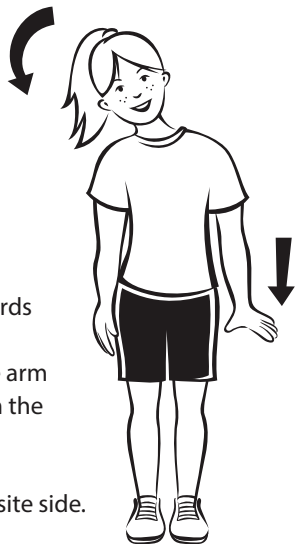
Stretching keeps the body relaxed and flexible, reduces injury, and increases range of motion.

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

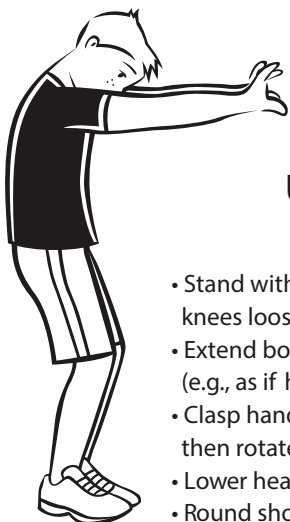
- Circle one arm slowly forward, then backwards.
- Keep body still.
- Repeat with opposite arm, then repeat with both arms at the same time.
- Try circling both arms in opposite directions, at the same time.



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.

