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.

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 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.
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
See also DPA Pages! Dynamic Stretching at www.actionschoolsbc.ca