











Full Body Warm-Up and Cool-Down Stretches

Stretches gradually increase muscle elasticity and the range of motion at joints. Stretch muscles and major muscle groups to be used in the activity during the warm-up. During the cool-down, hold stretches for longer periods (i.e., 15 – 30 seconds) to work on improved flexibility and stretch muscles and major muscle groups used during the lesson. Some exercises below are designed to stretch muscles and some are designed to move the joints through their range of motion. Some exercises stretch more than one body part.


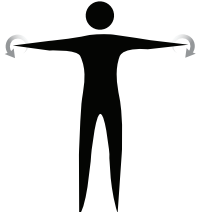




Neck	
	<p>Neck Stretches</p> <ul style="list-style-type: none"> • Slowly bend neck to the right side, moving right ear toward right shoulder. Hold. • Repeat on left side. • Slowly bend neck forward, moving chin toward chest. Hold. • Slowly roll head across chest from shoulder to shoulder in a half circle; repeat four times.
	<p>"I Don't Know!"</p> <ul style="list-style-type: none"> • Slowly tilt head side to side, shrugging shoulders. • Raise hands in a gesture to indicate "I don't know!"
Shoulders	
	<p>Swan Dive</p> <ul style="list-style-type: none"> • Raise arms outward from sides to shoulder height. • Slowly press arms backward and hold. • Feel a stretch across chest and down arms. Repeat.
	<p>Snail Stretch</p> <ul style="list-style-type: none"> • From a kneeling position, stretch arms forward on the floor and try to touch armpits to the floor. • Keep rear end high, and pretend it is the snail's shell. Press low to the ground and pretend to be a small snail.

Full Body Warm-Up and Cool-Down Stretches - continued...




Arms	
	<p>Tall as a House, Small as a Mouse, Wide as a Wall</p> <ul style="list-style-type: none"> • Students stretch “tall as a house, small as a mouse and wide as a wall.” • Stand on tiptoes with arms overhead, stretching fingers up to the sky. Hold. • Crouch down, hugging knees and tucking head down toward chest to curl up like a mouse. Hold. • Slowly return to a standing position and extend arms and legs out on each side of body to stretch as wide as a wall. Hold.
	<p>Growing Flowers</p> <ul style="list-style-type: none"> • Stand with feet shoulder-width apart. • Crouch down, tucking head toward the chest and folding arms across the front of body, like the closed petals of a flower. • Slowly rise up to a standing position while unfolding arms. • Extend arms overhead, like a flower opening. Repeat.
	<p>Shake and Splash (range of motion activity)</p> <ul style="list-style-type: none"> • Gently shake hand as if shaking water off fingers. • Flick fingers away from the body, as if splashing water. • Flick other body parts (e.g., toes, hips, arms) as if flicking water.
	<p>Arm Swing (range of motion activity)</p> <ul style="list-style-type: none"> • Swing arms slowly forward and back. • Swing arms in front of body. • Swing arms overhead.
	<p>Scarecrow (range of motion activity)</p> <ul style="list-style-type: none"> • Pretend to be a scarecrow by putting arms out to the side, parallel to the ground, with palms facing backward. • Bend arms at the elbows and let hands swing down and towards the body.

Hands and Wrists	
	<p>Fist Stretch</p> <ul style="list-style-type: none"> • Make a tight fist then spread out and relax the fingers.

Full Body Warm-Up and Cool-Down Stretches - continued...

	<p>Finger Press</p> <ul style="list-style-type: none"> • Press ends of finger pads. • Shake hands out.
	<p>Wrist Circle</p> <ul style="list-style-type: none"> • Rotate wrists by drawing circles with hands.
<h3>Back</h3>	
	<p>Be a Star</p> <ul style="list-style-type: none"> • Stand with feet placed wide apart, moving onto tiptoes and extending arms over head to look like the five points of a star. • Hold stretch while standing on tiptoes.
	<p>Hug Me</p> <ul style="list-style-type: none"> • Hug yourself, then hug tightly and release.
	<p>Cat Stretch</p> <ul style="list-style-type: none"> • Stand with feet shoulder-width apart, knees slightly bent. • Bend forward, placing hands on knees and keeping the back flat. • Slowly arch the back upward, into a rounded position. • Hold, then return to flat back position. Repeat.
	<p>Horse/Camel</p> <ul style="list-style-type: none"> • Get down on hands and knees. • Form horse position with back slightly arched and head up; form camel position with back curled and head down. Hold each position.

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Abdominals and Waist	
	<p>Side Bends</p> <ul style="list-style-type: none"> • Stand with feet shoulder-width apart, knees slightly bent. Bend at the hips from one side to the other. • Hold the position at full extension; do not bounce. • Keep body facing straight forward.
	<p>Sit 'n' Twist</p> <ul style="list-style-type: none"> • Sit with one leg bent, foot flat on the floor, and the other stretched out in front. • Twist body around from the waist, toward the straight leg side, and try to look behind.
	<p>Slow Motion Lie Down (strengthening exercise, not a stretch)</p> <ul style="list-style-type: none"> • Sit with knees bent, feet flat on the floor, and with arms forward and parallel to the floor. • Lower the body slowly, hold at the halfway point and return to start.