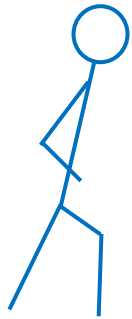
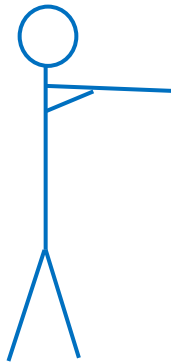


Cool Down

Static Stretches



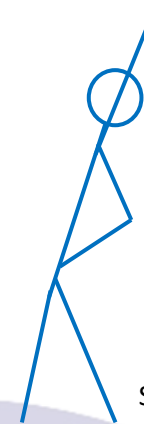
Calf Stretch



Arm Stretch



Quadricep Stretch



Side Stretch

How to Play:

- ✓ Ask the children to stand in a space where they can see you.
- ✓ Perform a stretch for the children to copy, ask them if they know which muscle or part of the body they are stretching.
- ✓ Ask the children to think about the parts of their body they have been using in the session and demonstrate stretches they can perform.