

Warming up and cooling down

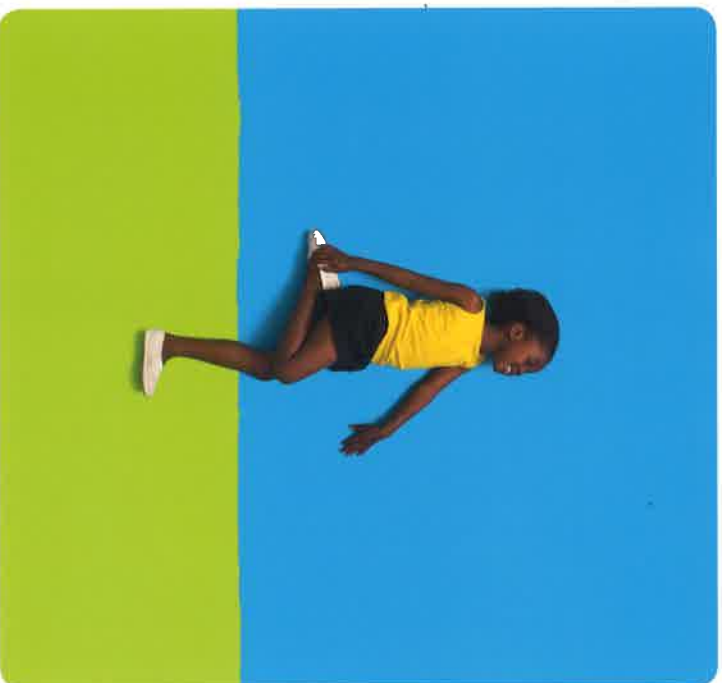
1. Stretching

Age range
4-14.

What you need
No equipment
needed.

Group size
Any.

- Safety points**
- Stretch the main muscles that will be used in the activity to follow.
 - Stretches should only be carried out when the muscles are warm.
 - Avoid bouncing when stretching.
 - Hold stretches for 6-10 seconds seconds when warming up and 10-30 seconds when cooling down.
 - Do not force stretches.



8-14 years stretches



Calf stretch

- Toes point forwards.
- Back leg straight.
- Heel down.
- Back straight.



Hamstrings

- Tummy pulled tight.
- Back straight.
- Hands on top of bent leg.
- Backside tilted upwards.



Quadriceps

- Knees close together.
- Foot pushed into hand.
- Hips forward.



Inner thigh

- Hips and shoulders forwards.
- Bend knee over ankle.



Outer thigh

- Head and shoulders on floor.
- Heel on knee of other leg.
- Ease thigh towards chest.



Whole body

- Breathe normally.
- Reach as far as possible.