

Warming up and cooling down

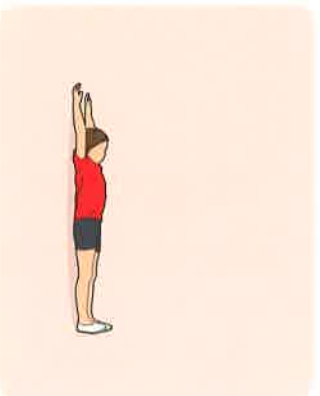
1. Stretching

8-14 years stretches



Lower back and backside

- Lengthen lower back.
- Relax head and shoulders.
- Hug knees into chest.
- Back straight.



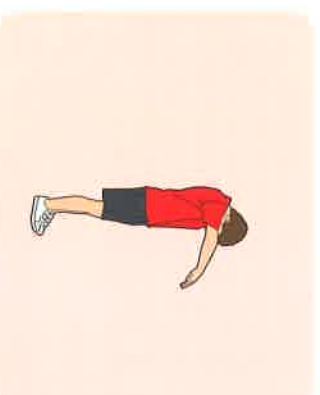
Abdominals

- Breathe normally.
- Reach as far as possible.



Chest muscles

- Press shoulders back.
- Lift elbows.
- Keep arms lifted and back straight.



Upper back

- Elbows slightly bent.
- Round the spine.
- Lower chin to chest.



Back of upper arm

- Look ahead.
- Keep neck relaxed.
- Use other arm to help.

4-7 years stretches



- Whole body stretches:
standing.



- Whole body stretches:
sitting.



- Whole body stretches:
lying down.