

Name:

Stretch Challenge: Become a flexible dancer

1. Hold each stretch for **1 minute**
2. Rest for **10 seconds** between each stretch
3. Repeat step 1 and 2
4. Complete the self-evaluation to reflect on your flexibility.



- Kneel down, knees spread apart.
- Stretch arms forward with palms extended in front of the hand.



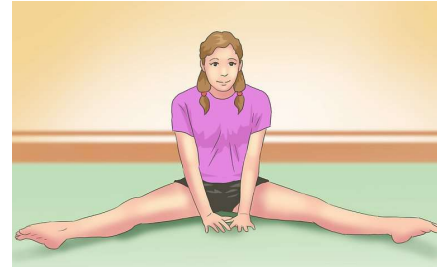
Keep your spine straight from your hips to your head

Front foot flat, back foot lengthened

Push your hips towards the ground



- Lie down on the belly elbows bent and hands placed next to the face.
- Gently push the hands to the floor and lift the body upwards. Gradually straighten the elbows and raise the head while doing so.
- Put the weight on the palms and raise the upper body



-Sit on your bottom on the ground. Stretch your legs long and open them up as wide as they will go. Point your feet and place your hands on the ground in front of you to balance yourself.



- Sit down with folded legs.
- Bring the feet together such that the soles touch one another.
- Let the knees stretch apart while the soles continue to stay in contact. The back should remain straight and slightly lifted.

Swing the knees up and down, like



-Sit on your bottom with your legs extended in front of you and your arms lifted straight overhead. Fold at your waist and reach your arms towards your toes.

WWW: (Which stretch were you able to perform following all of the advice and looking closest to the image?)

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EBI: (Which stretch did you find most difficult? Which piece of advice is most challenging? Could you hold a stretch for longer or reach further?)

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