



Complete this worksheet and
turn in to your coach by _____
to get a **GREEN** star!

Level
#1

Name: _____

Stretching

Healthy Habit of the Week:

I limit my entertainment screen time (TV, Video Games, Tablet) to 1
hour a day

Key Points:

- Stretching is important before and after being active.
- Stretching helps us be flexible and builds strong muscles.
- There are different stretches for each body part.
 - shoulder stretch, butterfly stretch, lower leg stretch, upper leg stretch, whole leg stretch.

Circle the Stretch

Do the stretch and then circle what part of the body you are stretching.

arm or upper leg

hips or shoulder

back of legs or neck

back or lower leg