



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

Level
#2

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.

Name the Stretch

Do the stretch and then write what part of the body you felt stretch.

