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

Level #2

Name: _____

Stretching

Healthy Habit of the Week:

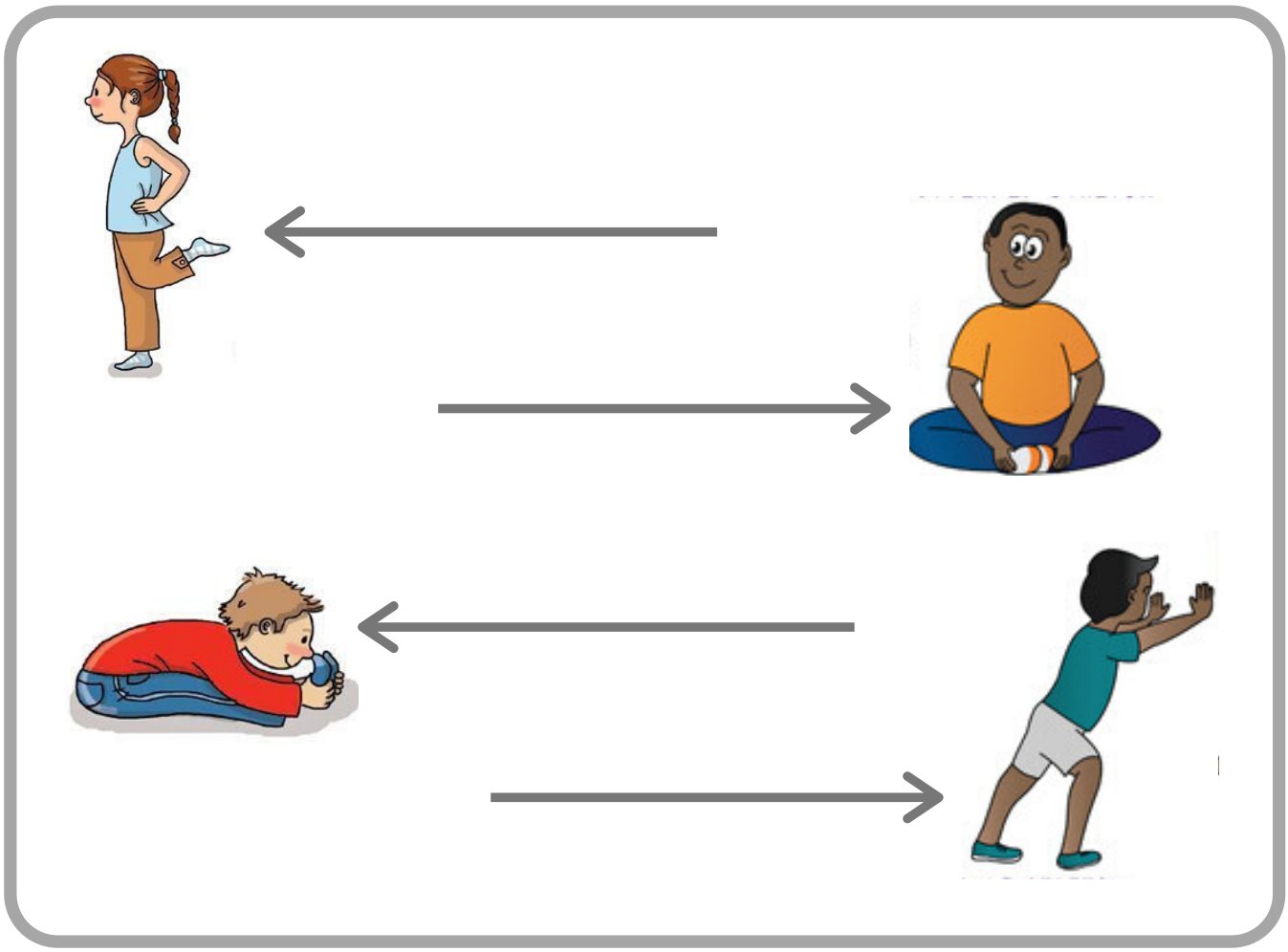
I limit my entertainment screen time (TV, Video Games, Tablet) to 1 hour a day

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.



Healthy LifeStars®
Inspiring kids for life

Resources
https://clipartstation.com/bewegung-im-kindergarten-clipart-10/
https://www.teacherspayteachers.com/Product/24-Warm-Up-Stretch-Exercises-Physical-and-Health-Education-Clipart-PNG-SVG-4278568