**Stretch ideas**

**Making a Pizza**

Sitting in straddle, map out the shape of the base – make a circle action with the hands on the floor between the legs. Add 4 ingredients stretch high left, stretch high right, twist around the back both right and left. Mix together and open the oven door – stretch forward and lift up high, push the pizza into the oven and close the door.

**Stretch it out**

When we arrive at our destination, we need to stretch out our bodies after such a long journey, stretch high, stretch from side to side, forward and back, circle the hip, stretch out wide and touch the toes.

**Dressing up**

Children imagine they are putting on a soldiers uniform, over emphasis the movements, e.g. putting the trousers on; stretch down low to place the trousers over the feet, stretch one leg out as the trousers are pulled up high, repeat with the other leg. Stretch the arms out wide as the jacket is placed over the arm, stretch up tall to place the hat on the head.

**Upper body stretch**

Circle the right arm, circle the left arm, circle both arms. With hands on hips circle the hips to the right and to the left, stretch to the side, stretch forward and backward.

**Statue stretch**

Standing like a statue, start to relax the various body parts, one at a time, arms, legs and body. Once relaxed, starting with the arms, moving through to the legs and the whole body, shake each body part, starting slowly and gradually getting faster.

**Rowing boat**

With a partner, both sit in straddle facing each other, one with the feet on the inside of the other. Partners pretend to row a boat, gently rocking their partner backward and forward, stretching the hamstrings shoulders and lower back, partners swap position of their feet

**Puppet stretch**

Children imagine they are a puppet and your limbs are attached to pieces of string, lift different pieces of string, e.g. lift the string attached to the knee, bend the knee up high, lift the string attached to the ankle, lift a straight leg into the air. When each limb has been lifted, cut the strings and flop to the floor.

**Under and over, round and round**

In groups of 7 or 8, stand with straddle legs behind each other, evenly spaced (approximately 1m), the leader of the group must pass the ball overhead, to the next person, who takes the ball and passes it between their legs to the third, who passes the ball over the head to the next etc. Pass the ball from side to side with both hands in contact with the ball. Sitting on the floor in a pike position, lift the ball over the head (roll backwards) to place it in the feet of the next person in the group, repeat until the ball reaches the back of the group

**Seated stretch**

Sitting with legs out stretch and with pointed toes, lean forward as far as possible ensuring the legs are always straight, hold this position and pull the toes back, the stretch should be felt along the full length of the underside of the legs, repeat this with straddle legs. Whilst in a straddle sit, touch the toes with the opposite hand, repeat on the other side, place one hand on the floor by the hip and push of the floor extending the free arm up high and to the rear.