# NCSconnects Virtual Activity

**Activity:** Stretching with Ms. Janet

**Category:** Health & Wellness

**Suggested Grade Level:** Grades 1-6

**Description:** Participants will learn simple warm up and stretching exercises for prevention of injury, safety, and health fitness best practices.

**Supplies:**
- Towel or mat

**Instructions:** Perform each of these stretches daily:
1. Shoulder rolls (10x forward, 10x backward)
2. Head rolls (10x each direction)
3. Arm circles (10x forward, 10x backward)
4. Side stretches (10 sec each side)
5. Arm stretches (10 sec each arm)
6. Waist twists (10x each direction)
7. Toe touches (10 sec each)
8. Windmills (10x)
9. Standing lunges (10x each leg)
10. Straddle stretch (10 sec)
11. Toe stretch (10 sec)
12. Butterfly stretch (10 sec)
13. Hurdle stretch (10 sec)
14. Pushups (10x)
15. Sit ups (10x)
16. Running in place (1 minute)
17. Hopping on one foot and then the other (10x each foot)
18. Wall Stretches for heels and calf muscles (10 sec)
19. Jumping jacks (1 minute)

**Takeaways**
Participants can use these warmups as a daily routine to start their day, or before more strenuous play, power walking, running, bicycling, playing a sport, etc.