

Happy MOVERS

Any movement is good movement!

RELAX MAX

Task: In this activity, students explore various ways to stretch and relax different parts of their body.

Instructions:

The teacher leads students in a combination of stretches and gentle movements by demonstrating each action. Read out the text below to instruct children to engage in full-body stretches. Hold each stretch for approx. 10 counts and then let all muscles relax.

- Stretch two arms up, stand on tiptoes, and try to touch the clouds.
- Reach your right arm up to the sky while you lean your body to the left.
- Reach your left arm straight up and lean your body to the right.
- Make big slow circles with your arms.
- Shrug your shoulders in big slow circles.
- Bend forward and reach low. Try to touch your toes.
- Stand and stretch your arms out wide.
- Clasp your hands together and extend your arms out in front, straight and strong.
- Try some torso twists. Keep your legs still. Twist your torso side to side.
- Place your hands on your knees and arch your back, like a cat stretching.
- Lift one foot off the floor as high as you can and balance on one leg. Repeat with other side.
- Stand with legs apart and slowly lunge from side to side by bending at the knee.
- Lie down on your back and pull your knees to your chest. Hug your knees tight.
- Stretch your legs out and let your body sink back into the floor. Take a big breath in, let it out slowly and let all the muscles in your body relax!
- Encourage students to suggest stretches for the class to do for the remaining time.
- Encourage students to focus on their breathing while doing the stretches.



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EASIER VARIATIONS

- Spend longer learning each movement. Reduce the number of movements you teach and increase the amount of times you practice each move (i.e. repeat stretches).
- Encourage children to become familiar with the feeling of stretching by emphasising tight stretching movements compared with floppy relaxed movements.

HARDER VARIATIONS

- Hold stretches for longer – up to 20 secs.
- Repeat the list of movements from the bottom to the top.
- Challenge students to come up with movements that stretch the arms and legs at the same time (e.g. a shoulder stretch while doing a calf stretch).

* Teachers could play some relaxing music while students perform stretches.

REMEMBER:

- Monitor the teaching style, the rules of the activities and the environment to ensure they are appropriate for your class.
- It may be helpful for the teacher to demonstrate and join in the activities with the class.
- Modify the activities on an individual basis for students- allow children to move in their own way.
- Some possible variations are suggested above.

