

DPA Pages!

Dynamic Stretching

DESCRIPTION:

Unlike traditional (or “static”) stretching, dynamic stretching involves movement, momentum, and muscular effort to create a stretch. Stretches are slow and controlled and include simple movements like arm circles and neck rotations, flowing movements like in yoga, strength and conditioning moves, or walking and jogging exercises. Try these dynamic stretches as part of a warm up.

DPA DAILY PHYSICAL ACTIVITY:

Endurance, Strength, Flexibility

EQUIPMENT:

TV/DVD player
Get Strong 101 DVD
Head-to-Toe Stretch Poster

IMPLEMENTATION IDEAS:

- Perform dynamic stretches with a slow, controlled, continuous movement.
- Repeat stretches 5 to 10 times.
- Never stretch to the point of pain.

Neck Rotation (adapted from Head-to-Toe Stretch – Neck Side)

Drop chin towards chest and slowly rotate neck bringing left ear towards left shoulder. Return to centre and repeat on right side. Keep shoulders relaxed.

Arm Circles (from Head-to-Toe Stretch)

Circle one arm forward and then backward in a slow and controlled manner keeping the body still. Reverse, repeat, and then repeat with both arms together. Try circling arms together but in opposite directions.

Back and Chest Stretch (adapted from Head-to-Toe Stretch – Upper Back)

Cross (hug) arms in front of chest then slowly extend both arms wide to the side and back slightly past shoulders, keeping at shoulder height. Extend finger tips.

Side Bend (adapted from Head-to-Toe Stretch – Side Trunk)

Stand tall, feet slightly wider than shoulder width apart, knees slightly bent with hands on hips. Bend smoothly and slowly first to one side, then the other, avoiding the tendency to lean forwards or backwards.

Variations: keep inside hand on hip and reach up with outside hand



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Trunk Rotation

Stand with feet shoulder width apart, knees slightly bent. Swing both arms slowly from side to side in the same direction, slightly twisting body.

Variations: try with arms at shoulder height, or above your head reaching up



Lower Back and Hamstring Stretch (from 100 Actions on 100's Day)

Stand with feet wider than shoulder width apart, knees slightly bent and arms straight out to the sides. Lean forward and twist to bring right hand towards inside of left ankle. Return to standing and repeat, bringing left hand towards inside of right ankle. Keep arms straight.

Leg Swing

Front and Back – Stand sideways resting one hand on a wall for balance. Lift and slightly bend outside leg then slowly swing it forward until a hamstring stretch is felt and then back until the hip flexor is stretched.

Side to Side – Facing the wall, stand on one leg, knee slightly bent. Slowly swing leg out to the side until a groin stretch is felt and then across the body until a side hip stretch is felt. Do not twist torso, and keep hips facing forward.

Forward Lunge (from Get Strong 101 DVD)

Stand tall with feet together. Place hands on hips or head for balance. Lunge forward with right leg and bend knee at 90 degrees, aligning knee with heel. Left heel should be off the floor with left leg bent at 90 degrees. Step back to return to standing then repeat, switching legs.

Variations: – Walking Lunge – Move forward with each lunge by stepping forward when returning to standing
– 3-point Lunge – Forward lunge, then lunge to the diagonal, then lunge to the side. Repeat on other side with other leg

Squat (from Get Strong 101 DVD)

Stand tall, feet shoulder width apart, and hold hands out in front for balance. Bend at knees until thighs are parallel to the floor, as if sitting in a chair. Keep back long, look straight ahead, and make sure knees stay on top of feet with weight in the heels. Return to standing.

Variations: Sumo Squat – Squat, then pivot 180 degrees and squat. Pivot back to original position. Repeat, moving left and right with pivots.



Ankle Rotation (from Head-to-Toe Stretch)

Stand and rotate one ankle on the ball of the foot. Circle one way 10 times, then the other. Repeat with opposite foot.

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca)

1. Action Schools! BC *Classroom Action Resource* (available in French) – in all Action Bins or contact info@actionschoolsbc.ca for copies
2. Head-to-Toe Stretch Poster (available in French) – in all Action Bins or contact info@actionschoolsbc.ca for copies
3. Get Strong 101 DVD – in Grades 4 to 7 and Middle School Bins
4. Yoga Kit for Kids – in K to 3 Bin

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