

Teachers! Get active with YOUR pupils!



STRETCHING...

WHAT'S THE POINT...
 Stretching for sport and exercise **improves flexibility**, which increases the amount a joint can bend, twist and reach. Stretching before exercise is likely to **reduce the risk of injury, improve performance** and **prevent soreness** in muscles.

DIFFERENT TYPES...

Static stretch: stretching a muscle to the point of mild discomfort and holding that position, typically for at least 30 seconds or longer.

Proprioceptive Neuromuscular Facilitation: involves holding a stretch while contracting and relaxing the muscle.

Dynamic stretch: performing gentle repetitive movements, such as arm swings, where one gradually increases the range of motion of the movement, but always remains within the normal range of motion.

Ballistic or Bouncing stretches: involves going into a stretch and performing bouncing or jerking movements to increase range of motion.

WHAT HAPPENS...
 Regular stretching is thought to **increase flexibility** by making muscles more supple and by retraining the nervous system to tolerate stretching further. Flexibility from regular stretching gradually disappears once you stop stretching - typically after four weeks.

FOR MORE INFORMATION GO TO:
www.nhs.uk/Livewell/fitness/Pages/Do-I-need-to-stretch-before-or-after-a-run-or-sports-and-exercise.aspx

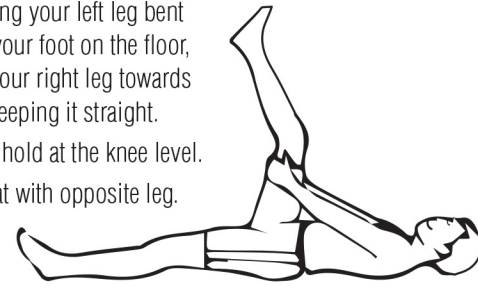
INNER THIGH STRETCH
 hold for 10-15 seconds



Sit down with your back straight and bend your legs, putting the soles of your feet together. Holding on to your feet, try to lower your knees towards the floor.

HAMSTRING STRETCH
 hold for 10-15 seconds

Lie on your back and raise your right leg. Keeping your left leg bent with your foot on the floor, pull your right leg towards you keeping it straight. Don't hold at the knee level. Repeat with opposite leg.



BUTTOCK STRETCH
 hold for 10-15 seconds

Bring knees up to chest. Cross right leg over left thigh. Grasp back of left thigh with both hands. Pull left leg toward chest. Repeat with opposite leg.



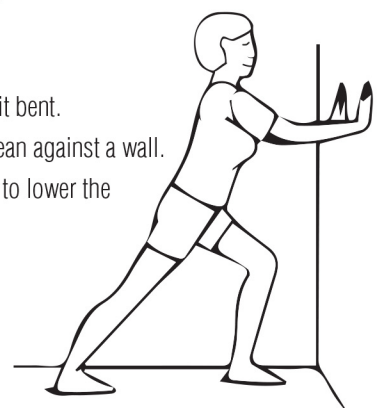
THIGH STRETCH
 hold for 10-15 seconds

Lie on your right side. Grab the top of your left foot and gently pull heel towards left buttock to stretch the front of the thigh, keeping knees touching. Repeat on the other side.



CALF STRETCH
 hold for 10-15 seconds

Step your left leg forward, keeping it bent. Lean forwards slightly or you can lean against a wall. Keep your right leg straight and try to lower the right heel to the ground. Repeat with the opposite leg.



Now you've **stretched** the possibilities are endless!
GET OUT THERE and
SWIM... JOG... RUN...
PLAY TEAM SPORTS...