

# Stretches

## LOWER BACK & BOTTOM

- Lie on back and bring both knees to chest holding hands.
- Attempt to flatten spine against ground by pressing knees against chest.
- Hold and relax.
- Repeat two/three times.



## ANKLE

- Stand on balls of feet.
- Raise and lower body from toe to heel eight/ten times.



## SHOULDER

- Place one hand between shoulders with elbow pointing up.
- Place other hand on top of elbow and squeeze downwards.
- Hold for one/three seconds.
- Repeat two/three times.
- Repeat with other arm.



## SIDES (OBLIQUES)

- Stand upright and lean to side.
- Reach over with both hands.
- Hold for a few seconds and then over the other side.



## GROIN

- Sit down with soles of feet together.
- Place hands on insides of both knees and gently push towards ground.
- Hold a few seconds.
- Pull heels further to bottom by grabbing both ankles with both hands, force knees down gently by placing elbows on them and squeeze down.



## LARGE BODY STRETCHES

- Whole body stretches standing, sitting, lying down.
- Encourage the children to reach as far as they can and hold for five-ten seconds.
- Have the children call out the seconds in English or As Gaeilge!



standing stretches

lying down stretch



sitting stretches



## HAMSTRING STRETCH (back of leg)

- Stand with one foot in front of the other, bend the back leg and keep the front leg straight, toes up.
- Sit back towards the rear leg until a stretch is felt along the back of the straight leg.
- Place hand on hips or bent leg for balance.
- Hold for five-eight seconds relax and repeat with other leg.



## QUADRICEP STRETCH (front of thigh)

- Stand with left arm out to balance and with the right hand grasp the right foot.
- Pull the foot upwards towards the bottom until a slight stretch is felt in the right thigh.
- Hold for five-eight seconds, release and repeat with the other leg.



## GASTROCNEMIUS STRETCH (calf)

- Stand with one leg in front and bend the knee.
- Keep the other leg straight and push the heel back into the ground.
- Keep the lower back straight.
- Hold for five-eight seconds. Switch legs and repeat.



# Mobility

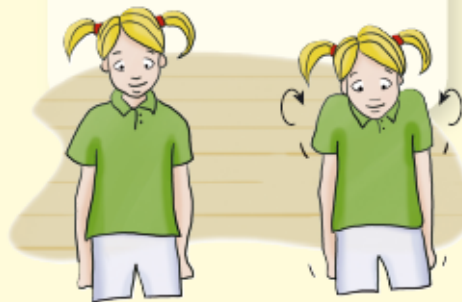
## HIP CIRCLES

- Stand with hands on your hips.
- Make big slow circles with your hips in a clockwise direction for six/eight repetitions.
- Repeat above in anti-clockwise direction.



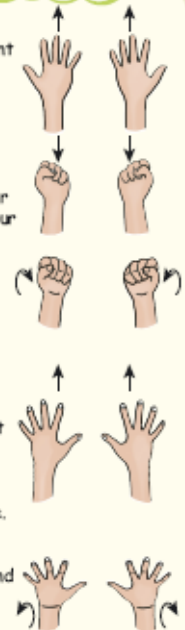
## SHOULDER CIRCLES

- Lift and rotate both shoulders clockwise six/eight times.
- Repeat in an anti-clockwise direction.



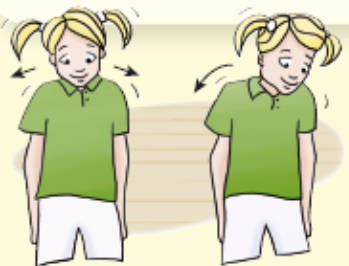
## WRISTS

- Hold hands, palms upwards, out in front of your body.
- Slowly and with strong movement make a tight fist.
- Continue to roll your fists up towards your wrists and hold.
- Slowly stretch them again.
- Repeat six/eight times.
- Hold hands, palms downwards, in front of your body.
- Hold fingers as straight as possible.
- Move each hand as far up as you can and hold.
- Repeat six/eight times.



## NECK MOBILITY

- Tuck chin to chest and bring it towards your left shoulder.
- Repeat to right shoulder.
- Repeat both ways six/eight times.



## ANKLE ROTATION

- Stand on one leg.
- Place toes of other leg on ground and rotate slowly six/eight times clockwise and then anti-clockwise.
- Repeat with other leg.



## TORSO TWISTS

- Extend your arms out to your sides.
- Twist your torso.
- Repeat to the right.
- Do eight/ten to each side.
- Bend knees as you swing to prevent back strain.

