

The Rules Of Exercising.

*Always warm up before exercising
and always cool down after.*

WARM UP

First I warm up
so my muscles are ready.
Then I STRRRETCH
and hold it steady.

EXERCISE

Flexible muscles help me
when I run and play
So I warm-up and stretch
To keep them that way!

COOL DOWN

Then I know the way to finish
I cool down nice and
SLOW "Cos" Stretch-n-Grow says
that's the **Way to Go!**



Dear Parents & Carers, this is your child's handout from this week's lesson. We have talked about this and it is a great opportunity for you to share what they have learnt in class. Please feel free to colour, draw and mark make also on the reverse.

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