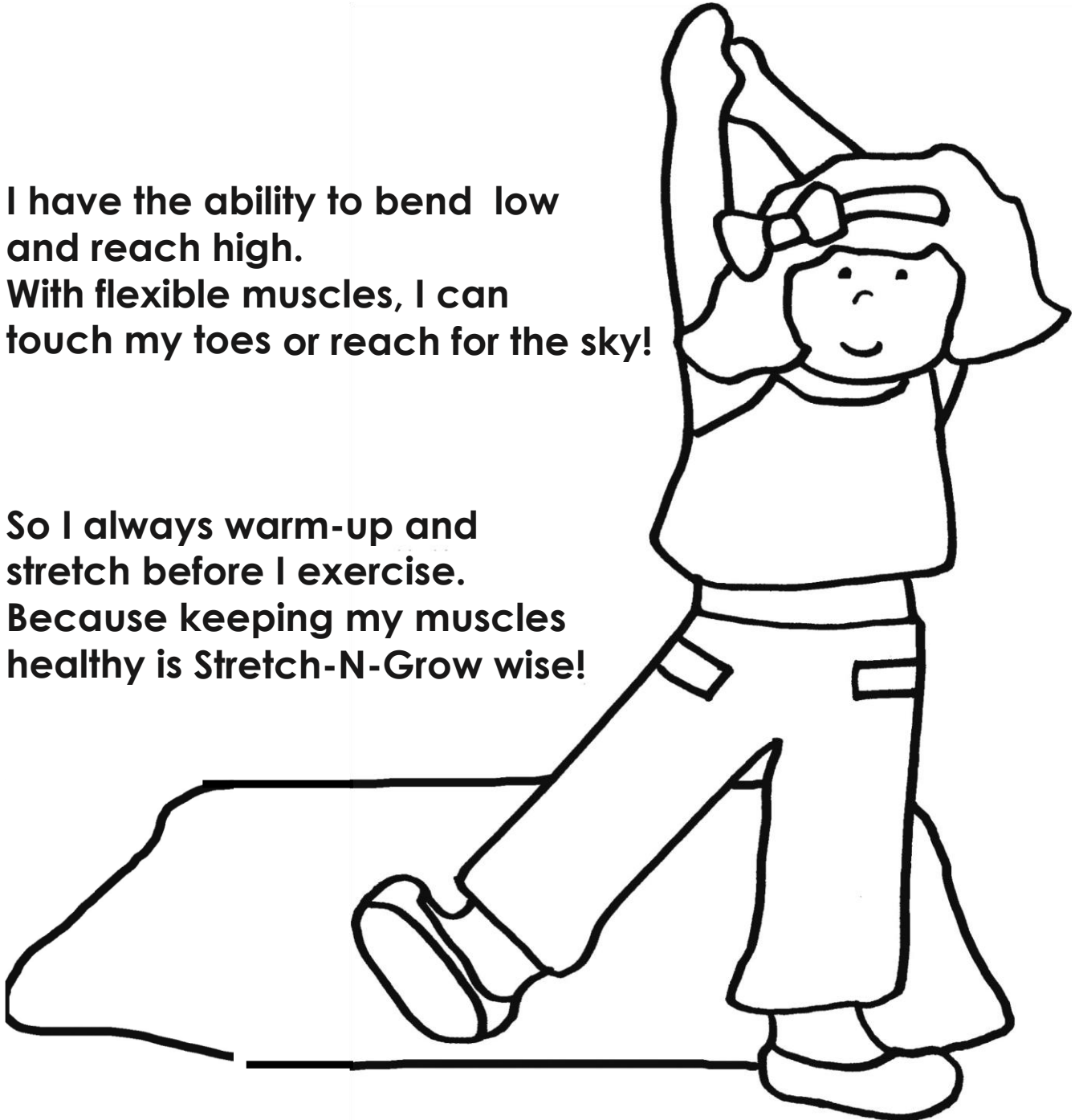


The Rules Of Exercising.

Stars warm up and stretch.

I have the ability to bend low and reach high.
With flexible muscles, I can touch my toes or reach for the sky!

So I always warm-up and stretch before I exercise.
Because keeping my muscles healthy is Stretch-N-Grow wise!



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.

www.stretch-n-grow.co.uk

