



#FontanaTogether

Stretch-er-cise

Equipment:

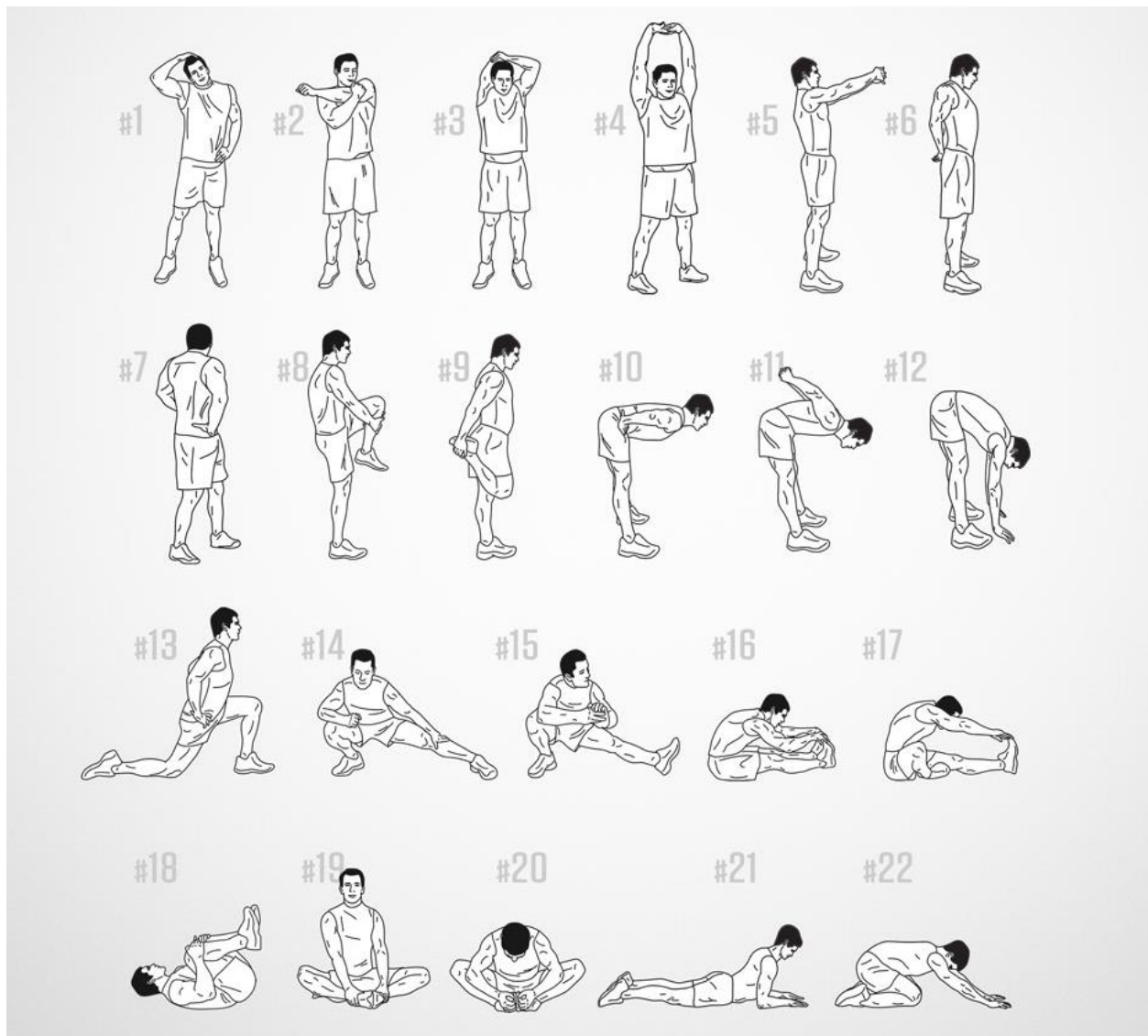
- 1 die
- Music

Skill Emphasized:

- Flexibility

Organization:

1. Arrange an open floor space.
2. Divide students and parents into their own space (arm width apart) throughout the activity area.
3. Distribute one die and select each number to a body stretch.



Instruction:

1. Music will indicate when to stretch and when to roll the die. Students and parents will take turns rolling the die.
2. Begin the music and instruct the first student in each group to roll the die.
3. Each person will do the stretch indicated by the roll of the die for 15-30 seconds until the music stops.
4. The next person rolls the die and the group performs the respective exercise for another 15-30 seconds until the music stops again.
5. Repeat until all students have had an opportunity to roll the die 2-3 times.

Variations:

- Gradually increase the exercise interval times.
- Use any permanent equipment as an exercise (e.g., pull-up bars, use chair or couch as a dip station).
- Challenge students to create their own exercises. Copy and distribute the Stretch-er-cise Create Your Own Card.