

Group Stretch

Players set up in large circle formation. One player enters the center of the circle to act as the stretch leader. This player performs a stretch, then all players copy. After 15 seconds, the student in the center returns to his/her spot in the large circle formation and the next player in the circle becomes the new stretch leader. Continue around the circle until all players have had 5 or 6 turns to act as the stretch leader. Encourage players to include head to toe stretches.