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# Rules & Information

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## CHARTS

Each student will receive Stretching Charts. More charts are available to print from our website on the **Current Events** page.

Using the stretching information below, stretch for a minimum of 30 seconds per position. Mark off which stretches you practiced. Have a parent/guardian initial the chart at the end of the week.

Charts can be turned in to the front desk at any time for a prize. We will accept charts through January. **It does not matter how many times you stretched, just that you did!**

## PRIZES

Turn in your stretching charts to the front desk for a prize! Bring them in any time!

At the end of January, classes in which the students have turned in charts will receive treats!

## PASS OFF SPLITS

If you have achieved your splits, then you can pass them off with your teacher! Specifications for each split/stretch are listed below. Look for a special shout out on our social media!

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## STRETCHING

We are so excited to stretch! Stretching can happen anywhere and at any time, be it in front of the TV, while doing homework, when you wake up in the morning, and more. Use this month as a way to create good habits at home and increase your flexibility and strength! Stretches are listed below.

**Pike Stretch:** Sit on floor with feet and legs in front of you, heels touching. Pointe toes, straighten knees, and bend forward, reaching hands towards feet. Pass off when head touches knees.

**Donut Stretch:** Lie on stomach. Push up on your hands, reach shoulders and chest upward and back while bringing feet up toward head. Pass off when head touches toes.

**Frog Stretch:** Lie on stomach. Keeping knees against the floor, bend knees until pointed toes are touching. Try to move feet up closer to body while pushing knees out to the sides. Pass off when knees are fully bent and feet are flat on the floor.

**R/L Splits:** Extend your legs in opposite directions, in front and behind you. Slide body as close to ground as possible and hold. Pass off when legs are flat on the ground and arms are held in 5th for 30 seconds.

**Middle Splits:** Same as R/L Splits, but with legs extended to either side. Pointe your toes!

**Stretch to a point where you are pushing your limit, but not in too much pain. If you feel extreme pain, please stop stretching immediately! Be careful & be sure to ask your teacher if you have any questions!**

*\*Stretching tip: It's always better to stretch when your muscles are warm. If you have time, do something active to get your heart beating and your blood pumping before you stretch—e.g. walk in place for 1 minute, do jumping jacks, run up and down the stairs, perform a quick ballet warm up, etc.*