

Dynamic Stretches

And

Breathing Exercise

Lincoln High School
Physical Education



Instructions:

Follow Activity Log

Make sure you watch the videos for the exercises.

Make sure a Parent / Guardian signs the Log.

Be aware how your body feels after your breathing exercises.



What is dynamic stretching?

- **Dynamic stretches are active movements where joints and muscles go through a full range of motion.**
- **They can be used to help warm up your body before exercising.**
- **Dynamic stretches can be functional and copy the movement of the activity or sport you're about to perform. For example, a swimmer may circle their arms before getting into the water.**
- **Dynamic stretches can also be a series of movements to get the body moving before any type of exercise.**



Dynamic vs. static stretching

- **Dynamic stretches are different than static stretches.**
- **Dynamic stretches are meant to get the body moving. The stretches aren't held for any length of time. Dynamic stretches include movement.**
- **Static stretches, on the other hand, are where muscles are extended and held for a period of time.**



MONDAY

WARM UP

Jogging in place

MINIMUM: 5 minutes

MAXIMUM: 10 minutes

at a low intensity / rest as needed



WEDNESDAY

WARM UP

Swimming

MINIMUM: 3 minutes

MAXIMUM: 8 minutes

at a low intensity / rest as needed

See next slide for instruction on this exercise.



Step-by-Step Instructions:

Swimming

Lie on your stomach with the legs straight and together.

Stretch your arms straight overhead, keeping your shoulder blades settled in your back and your shoulders away from your ears.

Pull your abs in so that you lift your belly button away from the floor.

Extend your arms and legs so far in opposite directions that they naturally come up off the floor. At the same time, lengthen your spine so that your head moves up off the mat as an extension of the reach of your spine.

Pump your right arm and left leg up and down in a small pulse, continuing to reach out from your center. Alternate right arm/left leg and left arm/right leg pulses.



Don't forget to breathe.



FRIDAY

WARM UP

Bicycle

MINIMUM: 3 minutes

MAXIMUM: 8 minutes

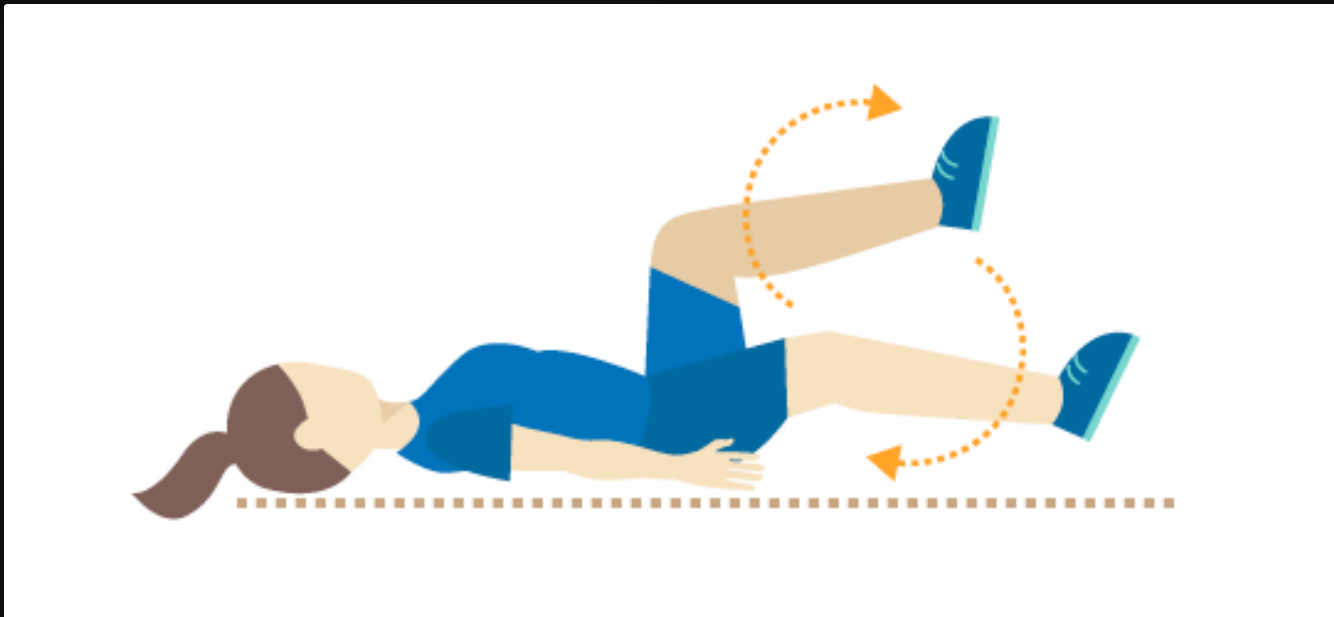
at a low intensity / rest as needed

See next slide for instruction on this exercise.



Bicycle

Lay on the floor and lift the legs off of the ground, holding them in a cycling position. Then, cycle as if you are riding a bicycle in the air.



Dynamic Stretch

Side to Side Shuffle

This stretch can help protect against groin and outer hip injuries.

Make sure you watch the video for instruction on this exercise.



Dynamic Stretch

Carioca

This stretch helps improve flexibility in the leg muscles.

Make sure you watch the video for instruction on this exercise.



**Dynamic
Stretch**

Backpedal Jog

This stretch warms up the hip flexors and abs.

Make sure you watch the video for instruction on this exercise.



**Dynamic
Stretch**

Walking Knee to Chest

This targets major muscles from the shoulders to the thighs.

Make sure you watch the video for instruction on this exercise.



Dynamic Stretch

Lunge Walk with Twist

This is a great way to stretch your upper body.

Make sure you watch the video for instruction on this exercise.



**Dynamic
Stretch**

Straight Leg Kick

This stretch warms up your hamstrings and hip flexors.

Make sure you watch the video for instruction on this exercise.



Dynamic Stretch

Heel-to-Rear Jog

Great stretch for the front of legs.

Make sure you watch the video for instruction on this exercise.



**Dynamic
Stretch**

Power Skip Plus Reach

An ideal whole-body stretch.

Make sure you watch the video for instruction on this exercise.



Breathing

Slow, calm, deep breathing can help us relax, manage stress, relieve anxiety, and get a good night's sleep, among many other things.

Breathing also helps quiet the mind in preparation for meditation.



3 Types of Breathing Exercises

- Smiling Breathe
- Finger Count Breathing
- Belly Breathing

Make sure you watch the videos for instruction on these exercises.

