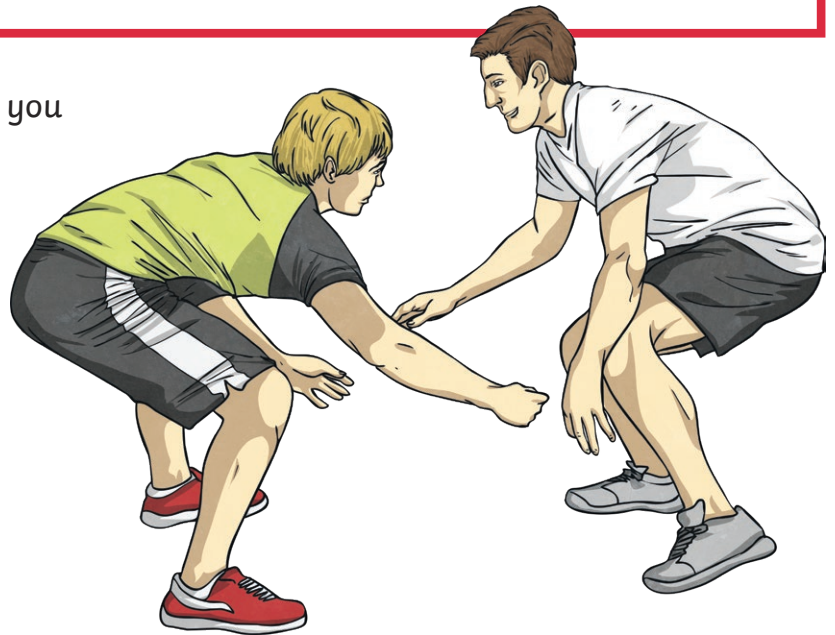


In today's warm-up, you must try to score as many points as possible by touching your partner's knees. However, they will be trying to score points by touching your knees too!

- Stay on the balls of your feet so you can move quickly to try and dodge their knee taps.
- Bend from your knees and try to face your partner.
- Get one point each time you tap their knee.
- How many points can you score in one minute?



- One of you will be the mirror and can carry out various movements including facial expressions.
- The other is looking into the mirror at their reflection and has to copy the movements exactly.
- Make sure the actions are slow, controlled and easy to copy.



We will start with a whole body stretch:

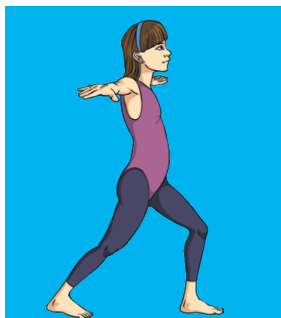
- Breathing normally, reach up as far as possible.
- Hold the stretch for a count of five.

Do you know any stretches that specifically stretch your leg muscles?

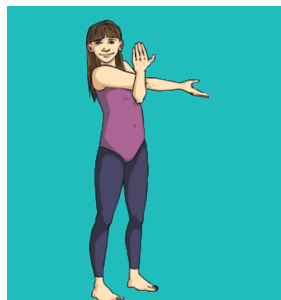
Do you know any stretches that specifically stretch your arm muscles?

Stretches for the legs

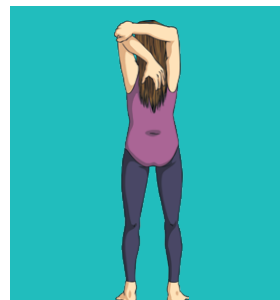
**hamstring
stretch**



calf stretch

Stretches for the arms

**shoulder
stretch**



**overhead
tricep stretch**