

# Biggest Stretch Challenge

# PLAY

To help students practice physical movement and body awareness by exploring different stretches and movements. The game encourages self-expression and creativity while improving flexibility and coordination.



## Learning Intentions

**I can practice physical movement by exploring different ways my body can stretch and move:**

This helps students develop their flexibility and coordination through various stretching exercises.

**I can express myself creatively by showing how big or unique a stretch I can do:**

This encourages students to experiment with their bodies and express their creativity through movement.

**I can develop body awareness by paying attention to how my body feels as I stretch and move:**

This promotes mindfulness and self-awareness as students connect with their physical sensations and abilities.



## Success Criteria

**I can show how big of a stretch or movement I can make, using my arms, legs, or body:**

This ensures students are actively participating in the challenge and practicing various stretches.

**I can demonstrate creative stretches or movements that make my body feel strong and flexible:**

This encourages students to think creatively and explore their range of motion.

**I can listen to my body and be mindful of how it feels as I stretch and move:**

This helps students build body awareness and practice being mindful of their physical sensations.



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## Objective:

To help students practice physical movement and body awareness by exploring different stretches and movements. The game encourages self-expression and creativity while improving flexibility and coordination.

**Players:** Ideal for 4-20 students.

## Materials:

- Open space (indoor or outdoor) for movement.
- Optional: A mat or soft surface to perform stretches if playing indoors.

**Time Required:** 10-15 minutes.

## Setup:

Ensure that students have enough space to stretch and move freely. Encourage them to focus on using different parts of their bodies and exploring different kinds of stretches.

## Gameplay:

### 1. Explain the Game:

2. Tell students that they will be taking turns showing the group the biggest or most creative stretch they can do. They can stretch their arms, legs, or body in different ways, and can also try balancing or reaching for their toes.

### 3. Demonstrate the Stretch:

4. Begin by demonstrating a few simple stretches to give the students ideas, such as reaching arms up high to the sky, stretching to touch their toes, or balancing on one foot. Encourage them to think about how they can make their stretches bigger or more creative.

### 5. Take Turns:

6. Have students take turns showing the group their biggest stretch. After each stretch, ask them how it felt and encourage them to describe their movements.

### 7. Encourage Creativity:

8. Let students know that there is no right or wrong way to stretch, and they can come up with unique and creative movements, such as pretending to be a tree, a star, or a snake. The goal is to explore how their bodies can move and stretch.

### 9. Continue the Challenge:

10. After every few rounds, encourage students to try stretching in different directions or use their bodies in new ways. You can also introduce challenges, such as "Can you stretch your arms as wide as a bird's wings?" or "Can you stretch like a tall, tall tree?"

## Winning the Game:

There is no winner in this game. The goal is for students to have fun while practicing their stretches, self-expression, and body awareness. Success is measured by participation, creativity, and confidence in movement.



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## Family or Classroom Variation:

In a family or classroom setting, you can create a "stretch circle" where students show their stretches in a group, or have a stretching competition with fun challenges (e.g., "Can you stretch like a mountain?" or "Can you be as flexible as a cat?").

## Additional Notes:

"Biggest Stretch Challenge" is an excellent way to help students develop physical coordination, flexibility, and creativity. It encourages students to be mindful of their bodies and explore different ways of moving, all while building confidence and having fun. The game can also be adapted for different skill levels and used as a warm-up activity before other physical games.

