

3



4



5



SCORES

5 TICKS: EXCELLENT

4 TICKS: GOOD

3 TICKS: AVERAGE

**2 TICKS: FAIR; NEED TO
PRACTISE
STRETCHING**

**1 TICK: POOR; NEED TO
START
STRETCHING**



Good to Remember

Before you start doing any sport or exercise, it is a good idea to “warm-up” your body by doing stretching exercises. Stretching exercises help to maintain your range of motion, making all physical activity easier to do. Stretching helps prepare your body and muscles to work hard and can also be a fun part of exercising.

