

# Stretch / Exercises

## Instruction Sheet

Ages

0-1

1-2

2-3

3-4

4-5

5-6

Help learner stretch slightly (basic)		✓	✓	✓	✓	✓
Let learner lay on tummy (± 3min)	✓	✓				
Allow learner to roll from back to tummy and tummy to back.	✓	✓				
Allow learner to balance on left leg ± 8 - 10 sec			✓ assist	✓	✓	✓
Allow learner to balance on right leg ± 8 - 10 sec			✓ assist	✓	✓	✓
Jump with feet together x 3			✓ assist	✓	✓	✓
Hop on one leg alternating 5 to 8 times.				✓	✓	✓

## Assessment (Parent)

Achieved

Partially

Not Achieved

Able to do tummy time and lift my head (0-2y).			
Able to roll from tummy to back and visa versa (0-2y).			
Balance on left and right leg 8-10 sec (3-6y).			
Able to start practicing skipping rhythm 3-4y).			
Able to maintain skipping rhythm (4-6y).			
Able to hop on alternating legs (3-6y).			

You can also visit this link for easy stretches :

[https://www.momjunction.com/articles/stretching-exercises-for-kids\\_00385971/](https://www.momjunction.com/articles/stretching-exercises-for-kids_00385971/)