

# Stretch it out



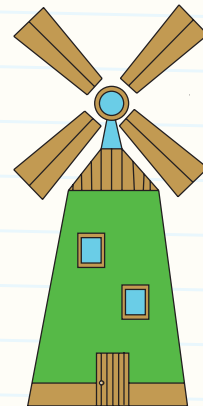
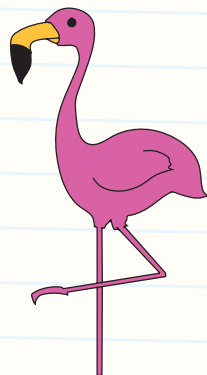
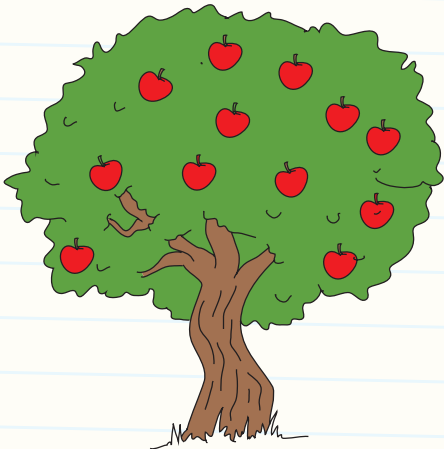
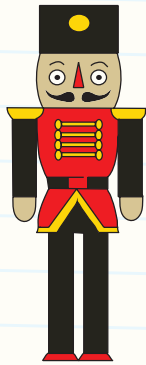
Spotlight



30 mins



Jump straight in



## Aim of activity

This story will get you moving and stretching from top to bottom. Do all the actions so your muscles are ready to perform!

## What you'll get out of it

- Discover ways to stretch.
- Get your body ready to perform.
- Practise listening skills.

## What you'll need

- A large, clear space

## Note to leader

Why not change the names in the story to be names of Rainbows in your unit?



WE DISCOVER, WE GROW

Girlguiding



Before doing a performance that involves lots of moving, it's important to make sure your body is warmed up. This story will help you stretch so you feel performance-ready.

## What to do

**1** Everyone spread out, with lots of space around you. Are you ready to listen to a story and join in with the actions? Do each action for ten seconds on each side to stretch your muscles.

### Story

The Rainbows were going on a big adventure with their leader (**march on the spot, get your knees high**).

First, they needed to decide where to go (**tilt your head to one side and say 'hmmm' like you're thinking**).

'We could go paddling in the sea,' said Aisha (**keep your legs straight and move one leg forward, pointing your toes in front of you, keeping your toes on the floor – like you're dipping them in the water. In ballet, this is called tendu**).

'Or see the windmills,' added Evelyn (**move your whole arm in big circles**).

'What about apple picking?' asked Jesminda (**go on your tiptoes and reach your arms high, one at a time. Going on your tiptoes is called elev **).

'We need to clean the litter in the park,' suggested Daisy (**touch your toes, trying to keep your legs straight**).

'I'd like to see a flamingo,' said Ffion (**lift your foot to your other leg's knee and balance. This is called a pass **).

'I love ice skating!' exclaimed Zhang Li (**balance on one foot, holding one leg behind you. This is called an arabesque**).

'So, what do you want to do?' asked the leader. The Rainbows thought (**tilt your head to one side like you're thinking**).

'We liked all of the ideas,' they said (**sweep your arms out wide**).

But it was already home time. 'We'll do them next time,' promised their leader (**march on the spot, get your knees high and wave goodbye**).

**2** Listen to the story again. Can you remember the actions without being told?

**3** The Rainbows in the story had lots of ideas of what to do. In small groups, choose something you'd like to do at Rainbows and think of an action to show it. 3, 2, 1, do your action! Can everyone guess what the different actions are?

## Take it further

Now you're warmed up, put on a performance!