



Group Members Names: _____

Sport-Specific Stretch

Identify Activity you were assigned _____

Create a warm up routine for your activity.

Identify main movements in the activity.

Identify 3 stretches you should perform prior to participating and identify what muscle is being stretched.

1.

2.

3.

What other activities do you like to participate in that these stretches would help in preparing your body?

Why do you like these activities?

