

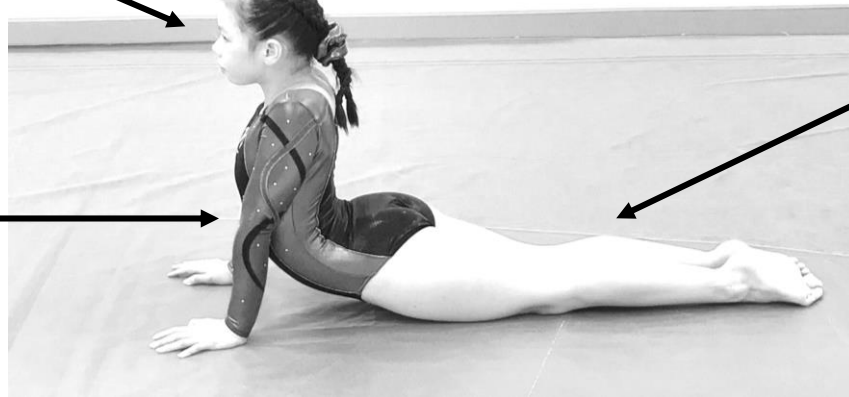
# SEAL STRETCH

The image below is a real-life example of a child performing a seal stretch. Please note that although form is generally good, the skill may not yet be fully mastered.

Child's name: ..... Class: .....

Head neutral

Arms straight &  
hands flat



Legs  
together  
& straight

**I have been practising my seal stretch at home!**

Parent/carer's name: ..... Date: .....