

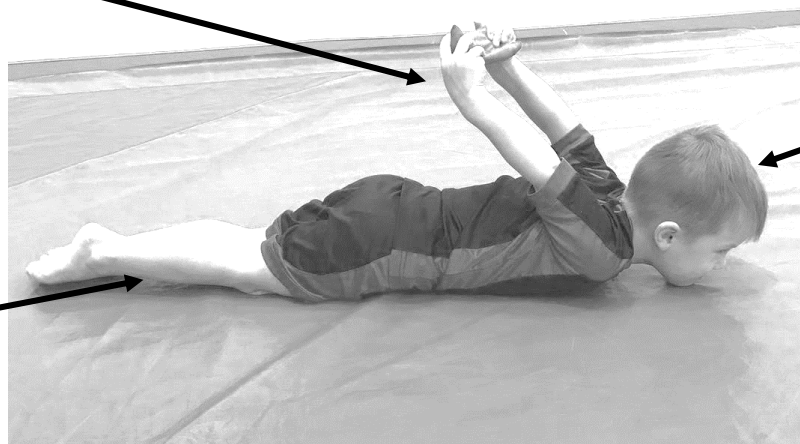
SHARK STRETCH

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

Child's name: Class:

Arms
straight

Legs
together
& straight



Head
neutral

I have been practising my shark stretch at home!

Parent/carer's name: Date: