Name/Title: Relaxing PE Cool Down Stretches

Purpose of Event: A full body stretching routine to help stretch and relax the muscles.

Suggested Grade Level: 4-12

Materials Needed: Yoga matt recommended.

Description of Idea

Heres a video to following along with.

Video

Submitted by **Idrissa Gandega** in new york, NY. Thanks for contributing to PE Central! **Posted on PEC: 6/3/2021**.

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