

Date: \_\_\_\_\_

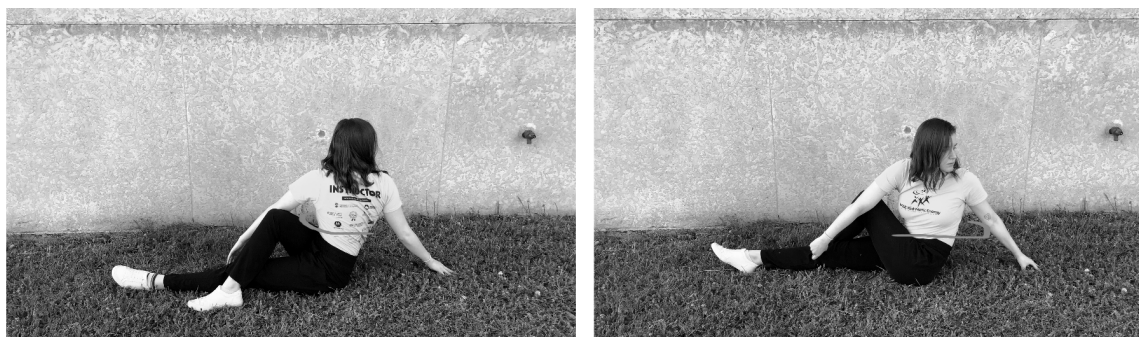
Name: \_\_\_\_\_

## Simple Machine Stretches

This activity was created by Brenna.

There are simple machines all around us, but did you know you can make them with your body? Lots of common stretches and exercises use the same movement as the six simple machines: screws, wedges, levers, pulleys, inclined planes and wheel & axles.

Try out the stretches shown in the images below. Can you name what Simple Machine your body becomes after doing each stretch?



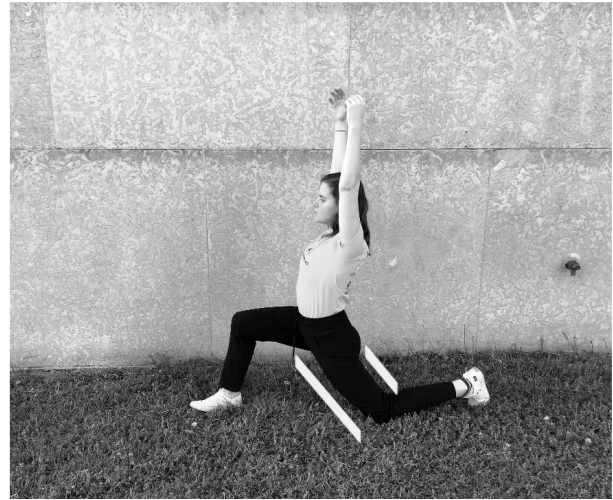
Simple machine: \_\_\_\_\_



Simple machine: \_\_\_\_\_

Date: \_\_\_\_\_

Name: \_\_\_\_\_



Simple machine: \_\_\_\_\_



Simple machine: \_\_\_\_\_

Now it's your turn! Try your own stretches to make a Simple Machine with your body!

Do you know other exercises besides stretching where your body acts like a simple machine? Try them out and name the simple machine you created!