

Why do we Warm-Up?

Unit 2: Warmups & activity planning Aims: Leaders should understand why we warm up and how to plan and run a warmup.	Resources
<p>Why do we Warm-Up?</p> <p>The children must answer this question in their workbooks. Answers that the children might say are:</p> <p><i>Get the heart beating faster in order to pump the blood around the body quickly. Stretch the main muscles so that nothing gets pulled. To get the mind ready for exercise.</i></p> <p>What kind of activities can we do to get the body warm and ready for exercise?</p> <p>The children must answer this question in their workbooks. Answers that the children might say are:</p> <p><i>Children might have a list of warm up games and exercises. They also might have a list of stretches they could do.</i></p> <p>Gears</p> <p>Please see the children’s workbook on how to play the game ‘Gears’. This activity helps the leaders to gradually increase or decrease the intensity. Explain to the children that they are cars with 5 gears. Gear 5 is the highest and gear 1 is the lowest. Chose a leader to deliver this game. The leader calls out gears from 1-5; pupils must run around in the space demonstrating the different gears. Choose another leader to lead the game again but acting like it’s a cool down. The leader must shout out the gears from 5-1. This will help the children understand going from fast to slow.</p>	<p>Student workbook- pages 9-11</p> <p>Whiteboard</p>



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