



“WARM UP ON THE MOVE”

**Safety Issues**

- Safe environment, clean floor, no obstacles
- Appropriate clothing, suitable footwear, no jewellery
- Children should be taught to take responsibility for the safety of themselves and others

**A proper warm up should:**

- Increase body temperature, heart rate and blood flow
- Increase elasticity of muscular tissue
- Activate neuromuscular system
- Increase mental alertness
- Rehearse the broad range of movements which will be performed later.

**Warm Up and Cool Down in Curriculum Documents**

“Children need to acquire a practical knowledge and understanding of warming up and cooling down in order to prepare the body safely and effectively for exercise and to recover afterwards<sup>1</sup>.”

**GENERAL WARM UP**

**Introduction:**

Everyone out on the floor.

Introduce warm up game “Whistle Freeze”

“I will ask you to walk around and perform various tasks but when I blow the whistle you must freeze. - Now off you go “walk gently” – blow whistle – all freeze, off you go again.”

**Note:**

This is a good starting warm up game as the children learn how to respond to the whistle which is the teacher’s “safety mechanism”. Anytime they hear the whistle they must freeze. (Do not use the whistle to start activities).

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<sup>1</sup> Physical Education, Teacher Guidelines, page 20





## Activities

1. Step and sit (Walking Hamstring stretch)  
Extend the lead leg forward **STEP**, placing the whole of the foot on the ground and pushing the hips slowly backwards as far as comfortably possible. **SIT** Keeping the spine upright at all times. Walk forwards and repeat on opposite leg. Continue in this manner alternating lead leg.
2. Lunge and sink  
Lunge forward with right and sink down on left knee. The front leg should be bent at a 90° angle at the knee and the thigh in a horizontal position. The back leg should also be at a 90° angle but the knee touching the ground and the thigh in a vertical position. Alternate left leg/right leg as lead leg. Keep upper body upright – don't lean forward over knee.
3. Sumo  
Stand tall with feet shoulder width apart. Keeping your back straight and head up, push the hips down **SIT** as far as comfortably possible. Rotate/Step 180 ° and repeat.
4. Knee up and step  
Stand tall and raise the knee of one leg up to the chest and hold knee for 2 seconds. Step forward and raise up other knee to chest. Alternate legs.
5. Walk on ball of foot using tiny steps keeping head up and back straight.
6. Walk on heels using tiny steps keeping head up and back straight.
7. Finally curl up into a ball on your hunkers with hands wrapped around your knees. You are a small seed. Slowly I want you to grow up and out and stretch up to the sky. Now I want you to slowly sink back into the seed position and hold for 3 seconds. Repeat x 3.

For adults you might include some static stretches and some mobility exercises.



Lead on into playground games.

### PLAYGROUND GAMES

Whistle freeze

Busy bees

Shamrocks and leprechauns

Frozen beanbag

Hunt the beanbag

Keep the basket full

North, South, East, West

NOTE: List of playground games and details of games in Teacher Guidelines p 106-108

### COOL DOWN

Cool down should allow the body to recover gradually and return to its resting level.

It should gradually

- slow down level of activity
  - stretch the main muscle groups – use static stretches
  - lower pulse rate breathing rate to normal levels.
1. Slow down activity level – gradually move from jog to walk, to slow walk to standing still. Begin stretching the main muscle groups with static stretches (Action for life poster will help here)
  2. Slow down breathing. Get them to take slow, deep belly breaths and hold them, slowly releasing as they stretch out their arms and legs. Take 7-10 deep breaths with slow release.
  3. Ask children to sit on the ground (stand if ground is cold or wet) and close their eyes. You select one child to touch each child on the shoulder lightly in turn. When they feel the touch each child should walk silently to the door and line up. Tell them that if they perform the task well the last child should not be aware that anyone has moved. The children are now ready to enter the classroom quietly and calmly.