



Warm Up Activities



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A Great Warm Up

By: Mark MacDonald

Another teacher gave me this one. Put four mats on the floor and divide the class into two. Put the mats into 2 groups of 2 touching each other and each team on one pair of mats. I then said three rules: 1) Don't touch the floor 2) Don't ask me any questions and 3) the first team to have one person shake my hand at the other end of the gym wins. Well they looked at each other jumped up and started all doing different things (works best for older kids). Once we had a winner we reflected on strategies and tried again.

Variation:

Put four mats on the floor and divide the class into four and then try the same activity--they'd have to wiggle and squiggle the mat forwards.



ABC Fruit and Veggie Salad

By: John Byl

Have your players, one by one, identify a fruit with a letter and a 15 second activity. For example:

- A = Apples bobbing in the water
- B = Bananas eaten by climbing monkeys
- C = Coconut falling and bouncing on the ground
- D = Dates also shriveled up in a small tight ball
- E = Endive waving in the breeze
- F = Figs energizing us and making us jumpy
- G = Gourds that we pretend to juggle
- H = Honeydew Melon that we pretend to bowl with
- I = Iyokan that we toss back and forth with a partner
- J = Jalapeno Pepper that has us hopping hot
- K = Kiwi's that we pretend to toss from behind our back and catch in front of us (use both sides)
- L = Lime that we pretend to toss from in front of us and catch on our back (use both sides)
- M = Mango Pit that we can toss a long way
- N = Nectarine which we peel open in a one long, long peel
- O = Orange which we spin and spin on one finger of our hand
- P = Pear which we take big bites out of
- Q = Quandong as we slowly walk through a desert area
- R = Radishes that are so hot they make us run on one spot
- S = Strawberries that we squat to find in the plants
- T = Tomato that we roll down our right arm, over our shoulder, to the tip of our left hand, and then back again
- U = Ugli invites us to make ugly expressions with our face
- V = Vegetable spaghetti that makes us all wobbly
- W = Watermelon is on the ground and very heavy and we pick it off the ground very carefully with a straight back and using our feet
- X = Xylocarp that need needs to be bounced off the ground to break it open
- Y = Yumberries that are picked from a large bush
- Z = Zuchinni which is very long and wants us to stretch as long and tall as possible



Ape Walk

By: John Byl

Here's an interesting little way to warm up. Instead of walking around the gym have the students/athletes do an ape walk. To do an ape walk simply have the players hold their ankles with their hands and then to their lap(s).



Basketball: No Ball All Sound Warm Up

By: Stephen Bowler

This is a free flowing creative activity for any grades in elementary school

Focus: Working on basketball skills and sounds without using a ball.

Skills used: Shooting, dribbling, passing (chest, baseball, bounce pass), or anything BE CREATIVE

Instructions:

- Group of 4 - 6 students
- In their group, each member creates a motion associated with a basketball skill and a sound to go along with that motion to teach the other group members.
- When the groups have their basketball motions figured out, all the groups will come back together in one big circle
- Within the circle each group takes a turn to present their basketball skill and sounds.
- Each member does their motion/sound and wander inside the circle.
- After going through the group once, everyone joins in.
- This is repeated for all groups until every group has gone.



Basketball: Snake Catcher Game

Pat Aitken for PE Update.com

Snake Catcher is a game that will improve your players' running, dodging and dribbling skills.

Setup

On a basketball court, form five teams of five players and give each team a number. Provide each player on Team One with a rope, and the players on the other teams a basketball.

How to Play

When you signal, Team One players run around the court, holding a rope loosely between thumb and forefinger. The other players dribble their ball, trying to step on a rope and pull it free. If they succeed, they get a point for their team. After a rope has been pulled free, the Team One member picks it up and continues running.

Players who break the rules of dribbling (i.e. using two hands) must leave the game and complete ten chest passes before returning. If players are caught holding the rope too tightly, they lose five points from their team total.

After five minutes the points are totaled and other players become rope holders. The team with the highest score wins.

Variation

The game can also be played with smaller teams.

http://www.physicaleducationupdate.com/public/basketball_games_pe_games_basketball_leadup_game_snake_catcher.cfm



Car Driving

By: John Byl

One of the favourite warm ups for my primary kids is the "Driving Warm up". The students respond to various cues and "drive" around while warming up. Since there are 13 cues, they have a lot to remember.

Speed limit -walk around at normal speed.
Bumpy road -skip
Narrow road -gallop
Interstate -run
Flat tire -hop on one foot
Out of gas -sit
Emergency -freeze
It's raining -jumping jacks
Traffic jam -3 push ups and return to speed limit
Stuck in the mud -run in place
School zone -walk slowly
Construction zone -leap over potholes
Ambulance -go to the closest wall

I have created driver's licenses for the students. Students who do not respond properly to the cues would be in danger of getting a ticket-but I don't have any problems.

In order to save my voice (it's a big gym) I have written the cues on cards and as they are raised, the kids have to respond.

You can restrict the space so they have to drive even more carefully.



Follow the Leader: Move Your Body

By: John Byl

Focus: Physical Activity

Asset Category: Support

Age Group: Ages 6 to 12 years

Group Sizes: All sizes of groups

Materials Needed: None

Learning Outcomes: Children will take turns being a leader. Children will identify who encourages them to do physical activity.

Activity: Explain that you're going to do an activity where you move in different ways. Have students spread out around the room. Name different ways to move (one at a time):

- zig zag as you run
- hop
- skip
- run fast
- walk backward slowly
- move like you have one more leg
- run like you're being chased by a lion

Stop the activity. Explain that you're going to name one child at a time. When the child is named, they should call out a way to move and everyone else will do what that child says.

Start the activity. Name one child at a time. Make it a point to name each child in the room at least once.

End the activity by asking questions such as these:

- How did you like being a leader to name a way to move?
- What do you like best about being active?
- How can you try these activities at home with your family?

Could do all of these movements while dribbling a basketball, soccer ball....



Jumping Push Up

By: John Byl & Chris Wilson

Three people are in a push up position beside each other. The player on the far left shuffles (on their hands and toes) to the left while the player on the right stands up, hops over the middle person (to become the new middle person), and goes into a push up position. The player that is now on the far right shuffles further right and the player on the far left stands up, hops over the middle person, and goes into a push up position. Then the player on the far left shuffles left, the right person stands up, hops over the middle person, and goes into a push up position. They have now completed one cycle.

Players try to complete as many cycles as they can in one minute.

Another Push Up Exercise: Players face each other in a push up position. Players try to knock the other down by pulling the arm away from their partner or just by knocking it away.



No it's Not a Pool Noodle

By: John Byl & Chris Wilson

It is best used as a warm up activity or a cool down activity at the beginning or end of a phys-ed period.

Each student gets a pool noodle and forms a large circle. One person starts the game by saying "No - It is not a pool noodle, it is a _____. The students have to come up with something else that the noodle could be used for in relation to athletics or creative movement. The students then use the pool noodle as that object mimicking that type of action until someone else comes into the circle.

Some common examples that the noodle can be used as:

1. skipping rope
2. baseball bat
3. hockey stick
4. Dumbbell

Variations:

A different version is also in CIRA Ontario's book, Follow the Leader, in which one person takes an object such as a pencil and says this is not a pencil it is towel. The group then lists leadership ideas that a towel suggests, for example, leadership sometimes takes some sweat, or leadership should sometimes be soft ("A gentle answer turns away wrath"), or.... Then the next person takes the pencil and says this is not a towel it is ball. The group then lists leadership ideas that a ball suggests, for example, leaders need to bounce along not take everything too hard, leaders should bounce ideas off the group, leaders should be able to pass the ball and delegate....

If the whole group had their own pool noodle, they could follow along with the actions that the leader creates, so that everyone is actively participating. I.e. Everyone pretends to throw the noodle like a javelin until the next scenario is suggested.



Power of Music

Focus: Physical Activity

Asset Category: Constructive Use of Time

Age Group: Ages 6 – 14 years

Group Size: All size of groups

Materials Needed: A tape player with music (or a CD player or an mp3 player that has speakers) a variety of music that your children would like.

Learning Outcomes: Children will learn that fast-moving music that they like can help motivate them to exercise.

Activity: Say something like, “Researchers have found that when we listen to music as we exercise, we’re more likely to move more and for a longer period of time. In fact, many athletes listen to music to keep them moving.”

Explain that you’re going to do an activity where students move to the music. Play one kind of music (one at a time) and lead students in movement. For example:

- Play fast music and run around or break dance.
- Play marching music and march.
- Play soft music and breathe and stretch.
- Play slow music and do bent knee curl-ups or push-ups.
- Play loud music and do jumping jacks.

End the activity by asking students such as these:

- Which kind of music got your heart beating the fastest? Why?
- Which kind of music made you stop moving? Why?
- Which kind of music was good for stretching?

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Toe Stomping Good Time

By: John Byl

A fun little combative warm up is to face a partner; each player places both hands on the other player's shoulders. At the signal to begin they try to step on their opponent's toes while avoiding having their toes "stomped" on. It is harder than it sounds.

The other day I tried it with three people, hands placed on the shoulders of the players beside, forming a triangle. It worked well.

I did not try four or more and am not sure if it would be harder or easier with more people—I'm guessing somewhat easier to get stomped on so maybe three or four players is the limit.



Video Game

By: Anita Moffatt

This activity can be used as a warm up to most PE lessons and my Y5 children still haven't tired of it!! Children respond to the following video controls, using the appropriate actions:

Play - walk around

Rewind - run / walk backwards

Fast Forward - run

Pause - jump on the spot

Stop – stop