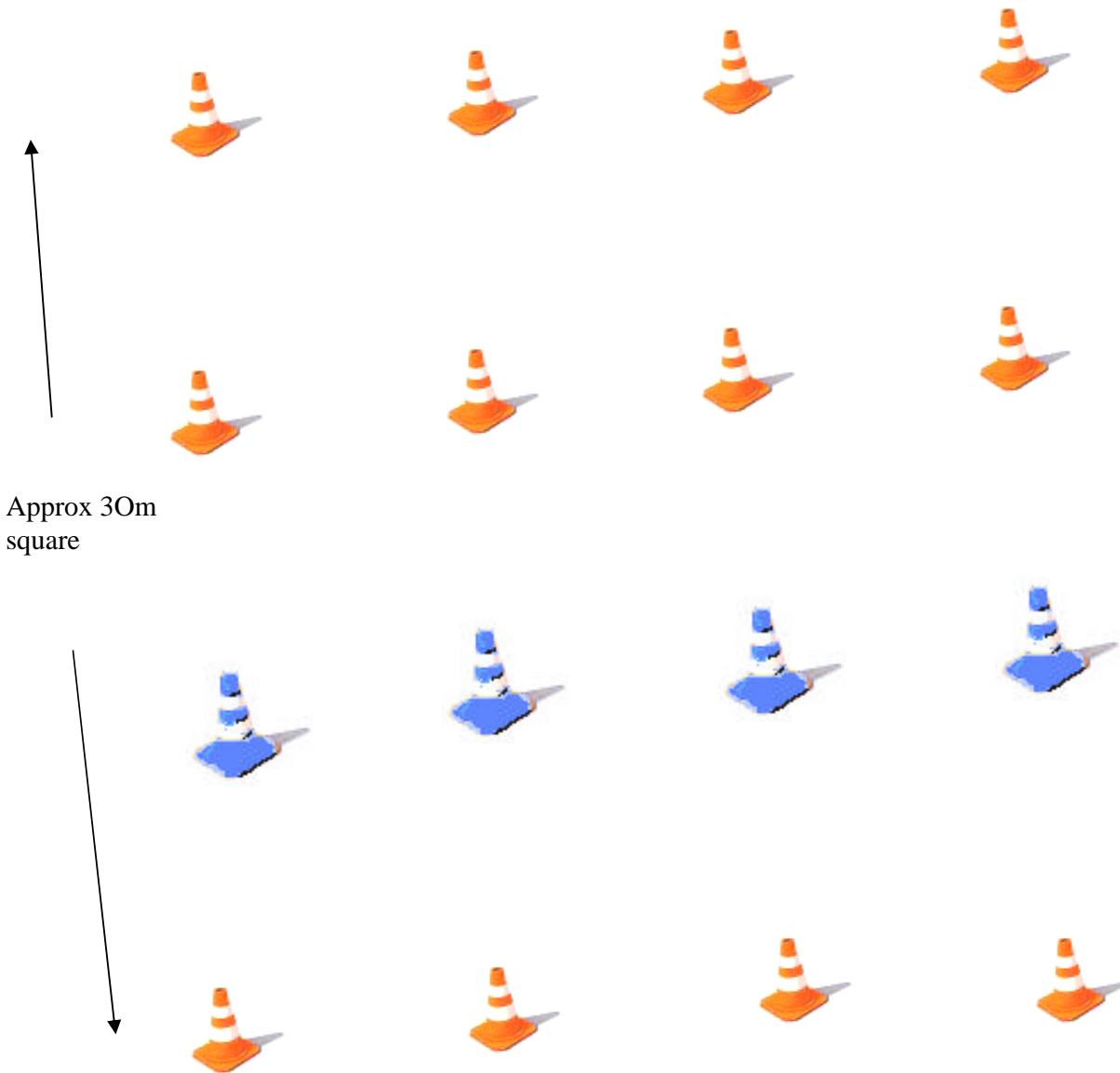


# THE WARM-UP GRID



Allow enough room for children to run in between the cones

# The warm up session

- 🌀 Start by asking, and then explaining what the warm-up is for;

*“to get the whole body and mind prepared for activity”*

- 🌀 Split the group into four mini groups of mixed ability, age and gender

- 🌀 Ask, and then explain what can happen if you do not warm up;

*“possible injuries, cold muscles, etc. etc.”*

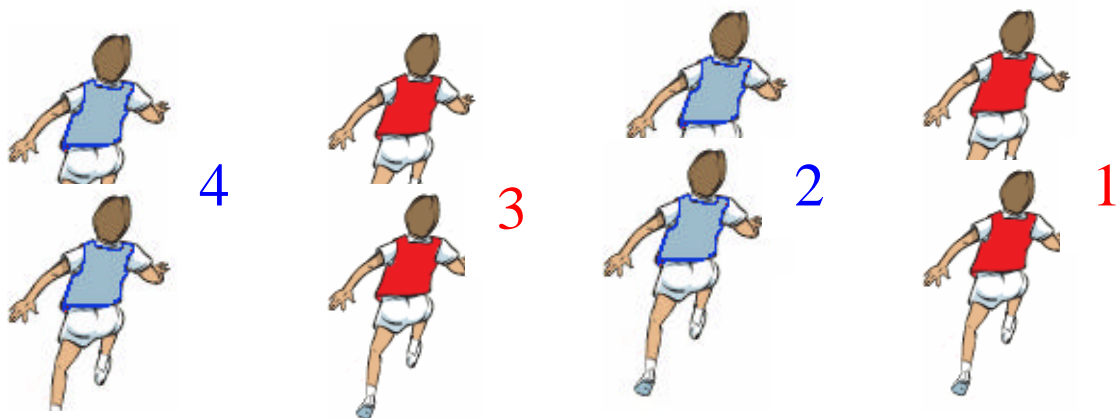
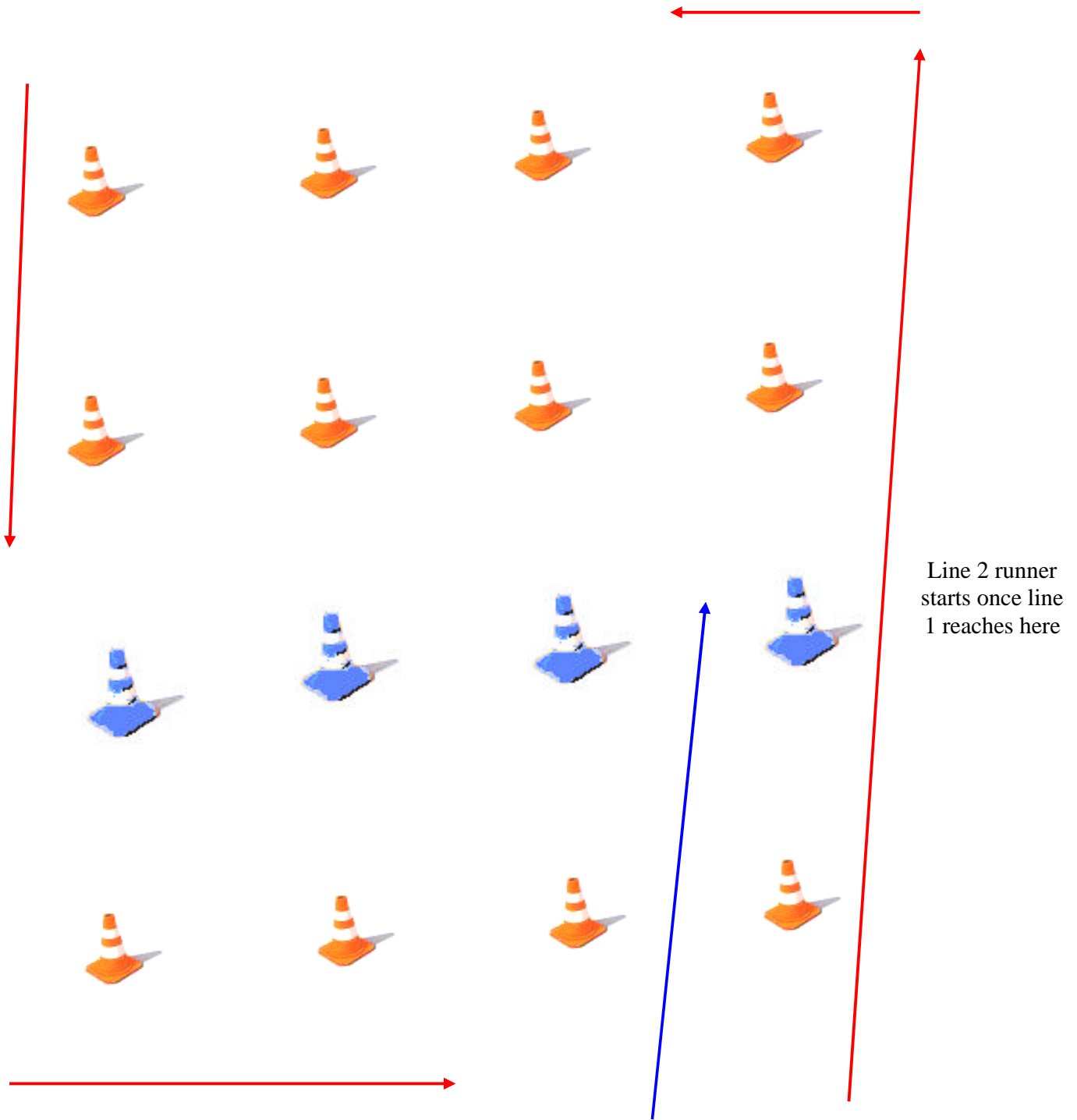
- 🌀 line them up behind each of the cones

- 🌀 Explain that we are going to do several types of warm-up movements, which will involve moving amongst the cones, and between other children. Explain that they need to be careful, and look where they are going at all times – especially as they may be moving forwards, sideways and even backwards.

- 🌀 Explain, and ensure the whole group is aware what the signal is to stop, and explain that they must stop what they are doing instantly when they hear that signal (*whistle, command, etc.*)

- 🌀 Finally, before they can actually start – ask the clear question “is everyone ready to start ?”

# THE WARM-UP SESSION



# Variations on the warm-up

First line starts around the cones,  
second line starts once first line reaches the Blue cone.

Always start with 2 laps of walking...

- a) Slow Walking speed
- b) Walking speed
- c) Fast walking speed
- d) Skip
- e) Skip backwards
- f) Fast walking speed with arm circles (windmills forward, and back)



- g) Fast walking speed with arm elevations (up, side, down)



- h) Slow jogging
- i) Jogging
- j) Jogging with high knee lifts



- k) Jogging with heel back flips



- l) Jogging with high skips
- m) Jogging with short stride stamping.