

WARM UP & COOL DOWN TASKS

WARM UP TASKS

When using these tasks the teacher should adhere to the general principles of warm up and cool down.

- 1 Run on the spot and travel round the room on signal.
- 2 As above in 1, but use long strides in travelling and small steps on the spot.
- 3 Run and on signal touch floor with either hand and then with both.
- 4 Run making straight lines, zigzag lines and turning corners.
- 5 Run making curves, circles and spirals.
- 6 Run, contrasting heavy and light, fast and slow and stop and start.
- 7 While running circle and shake arms, wrists and hands.
- 8 On signal, alternate running with bouncing on the spot.
- 9 Run forwards, sideways and backwards, looking in the direction you are travelling.
- 10 Heel raising and lowering alternately.
- 11 Kneeling hands on the ground, circle legs alternately.
- 12 From sitting flex and stretch ankles.
- 13 Standing, feet astride circle hips.
- 14 From kneeling walk hands as far round as possible to alternate sides.
- 15 Sit with legs straight and rotate ankles reaching as far as possible in both directions.
- 16 Sit and stretch legs as wide as is comfortable, rock onto back and gently press legs wider, while bending and stretching ankles.
- 17 Standing with feet slightly apart, both arms swinging in circles backwards, left and right arms following each other. The arms should circle close to the ears and the body, with head held erect.
- 18 Standing with feet slightly apart, reach the arms above the head, keeping them close to the ears. Flex the upper part of the body alternately left and right. The body must not twist and the head should be kept up and between the arms all the time.
- 19 Kneeling on all fours, hollow the back, keeping the head on line with the spine, and then arch the back allowing the head to drop down.

COOL DOWN TASKS

- 1 Lie on stomach, hold hands behind back and raise chest.
- 2 Lie on front, raise chest and legs at the same time.
- 3 Kneeling with hands on the floor, reach under one arm with the other, twisting to reach as far as possible.
- 5 Place hands and knees on floor and gently push body over arms. Hold and release and repeat exercise.
- 6 Lie on back, knees bent, feet on floor, arch back to take weight on shoulders and feet, hold, slowly return to lying into full stretch.
- 7 Kneel on the floor, stretch arms forward and place hands on the floor push the chest to the floor while hips remain high in the air.
- 8 Sit straight up, soles of feet pressed flat together. Hold the feet with hands and gently press the knees down towards the floor.
- 9 Sit with legs stretched out in front and together. Bend the body forwards, gently press the chest to the knees.
- 10 Lying on stomach, stretch arms and legs out and away from floor, hold position roll onto side balancing on hips and stretch arms and legs floor. Move from that position into a V shape on the hips.
- 11 Rocking from side to side on back, arms and legs extended, build momentum to roll sideways.
- 12 Sitting on floor, legs together and stretched out in front. Rock from side to side taking weight onto right and left hands alternately. Build momentum to complete a full turn to right or left.
- 13 In pairs, walk in a large circle. On signal, students in outer circle change directions, continue walking.
- 14 Slowly and lightly run and change to walking.
- 15 Breathe deeply while walking.
- 16 Walk in circle round self.
- 17 Walk around gym, meet with partner, continue to walk in silence.
- 18 Walk in a zigzag pathway round gym.
- 19 While walking, circle arms slowly forwards and backwards.
- 20 With partner, standing, stretch calf/quadriceps/hamstring muscles.
- 21 Circle arms forwards slowly.
- 22 Stretch arms up over head.
- 23 Stretch chest by clasping hands behind back.
- 24 Stretch biceps by extending arms down.
- 25 Lie on the mats and relax.
- 26 Lie on the mats and tense whole body, hold for a count of five and relax. Repeat.