

WARMING UP



STANDING STEP & SWINGS

- 1 Balancing on 1 leg, swing it back behind you
- 2 Without putting your foot down, swing it out in front of you & touch your opposite hand
- 3 Switch legs and keep alternating.

SHOULDER CROSS-OVERS

- 1 Start with your arms up & bent like a scarecrow
- 2 Reach up high with your hands & **CROSS** them over

KNEE TURNING

- 1 Sit on the ground with your hands behind you
- 2 **TURN** one knee in to the inside, to touch the ground
- 3 Repeat with your other knee.

SUPERMAN REACHES

- 1 Start on your hands & knees on the ground
- 2 Raise up your **OPPOSITE** hand out straight ahead, & leg out behind
- 3 Hold for 3 seconds, then switch hands & legs - keep switching.

HAMSTRING KICKS

- 1 Bring one knee up to your chest
- 2 Kick that leg out straight ahead
- 3 Repeat with the other leg, going to cone.

ARM SCISSORS

- 1 Start with your arms out wide to the side
- 2 Then **CROSS** them across your chest, then open them again.

ARM CIRCLES

Put your arms out wide to the sides, & make **CIRCLES** forwards & backwards

- Small - golf ball sized.
- Medium - soccer ball sized.
- Large - Bicycle wheel sized.

ANKLE, KNEE & HIP CIRCLES

Balancing on 1 leg, make big big **CIRCLES** for 5 seconds with you:

- Ankles.
- Knees.
- Hips.

1 LEGGED JUMPS

- 1 Balance on one foot & bring your other leg back behind you
- 2 Then swing it forward to jump off of 1 foot, to land ahead with both feet
- 3 Alternate feet each time, jumping from cone to cone.

STEP & KICK

- 1 Step & kick one foot up high & across your body - touch your **OPPOSITE** hand to opposite foot
- 2 Alternate legs/hands each step, going cone to cone

HEEL TO BUTT KICKING

- 1 Bend your knee to bring 1 foot back behind you to kick your bum
- 2 Hold it for 3 seconds then switch legs, keep switching.

AIRPLANE BALANCING

- 1 Balancing on 1 leg, put your arms out straight ahead, & your leg out straight out behind you

PENDULUM SWINGS

- 1 Start with your arms out straight ahead, & your leg out straight out behind you
- 2 **SWING** your arms to switch

OPEN & CLOSE THE GATES

- 1 Balancing on 1 leg, lift your knee out to the side

MONKEY SKIPPING

- 1 Start side-on with legs wide & hands on the ground
- 2 **SKIP** over your hands, & then back over your hands

KNEE HUGGING

- 1 Lift your knee high up to touch it to your chest
- 2 **HUG** it in for 10-15s
- 3 Switch legs, & repeat

CALF RAISES

- 1 Balancing on 1 foot, go up high onto your **TOES**, & down
- 2 Repeat 10-15 times, then switch to do the same with your other foot.

CORILLA WALKING

- 1 Place both your hands out on the ground ahead of you
- 2 Put your weight onto your hands to hop forward with both feet
- 3 Move from cone to cone.

ARM SWINGS

- 1 Put 1 arm out straight ahead of you, & the other straight out behind
- 2 **SWING** your arms to switch

WADOLE

- 1 Start with your hands on your head, squatting down
- 2 Keeping low, **WADOLE** by stepping with your knees bent & turn low, from side to side

WALK THE DOG

- 1 Start low with your hands on the ground
- 2 **WALK THE DOG** with 1 leg out in front of you, keeping you bum off the ground
- 3 Bring your leg back in, & repeat with the other leg

WIDE LEG SQUATS

- 1 Stand with wide legs & arms
- 2 **SQUAT** down, & touch your hands to the ground
- 3 Stand back up, & repeat

WIDE LEG SQUATS

- 1 Standing side on, step & turn to face the other way & **SQUAT** down
- 2 Stand back up & keep on squating, from one side to the other

STAR JUMPING

- 1 Stand straight with arms by your sides
- 2 **JUMP WIDE** with your arms & feet
- 3 Jump to stand straight again

JUMPING LUNGES

- 1 Step forward & bend your leg to **LAUNCH**
- 2 Jump to switch legs so your lunging with the other leg
- 3 Keep jumping & switching legs.

ACROSS THE BODY

- 1 Sit on the ground, straight out in front of you
- 2 Bring one leg over the other & hug the knee into your chest
- 3 Hold for 10-15s then switch legs

WALK THE DOG

- 1 Keeping your legs straight, slowly 'walk' your hands down to one foot
- 2 Hold for 10-15s then repeat on the other side.

ARM SWINGS

- 1 Bring one arm straight up, & your thumb pointing down towards the ground
- 2 Hug the arm in using your other arm & hold for 10-15s, then switch arms

WIDE LEG SQUATS

- 1 Stand with wide legs & arms
- 2 **SQUAT** down, & touch your hands to the ground
- 3 Stand back up, & repeat

WIDE LEG SQUATS

- 1 Standing side on, step & turn to face the other way & **SQUAT** down
- 2 Stand back up & keep on squating, from one side to the other

WIDE LEG SQUATS

- 1 Standing side on, step & turn to face the other way & **SQUAT** down
- 2 Stand back up & keep on squating, from one side to the other

TRAPEZIUS PUSHES

- 1 Put your hands out together straight in front, with your palms facing outwards
- 2 Push your shoulders forward to feel the stretch in your upper back/shoulders
- 3 Hold for 10s & repeat 2-3 times.

OBLIQUE REACHES

- 1 Reach up in the air with 1 hand
- 2 Then bring it above & across your body until you feel the stretch on your side
- 3 Hold for 10-15s then repeat with the other arm

CALF LUNGES

- 1 Step forward with 1 leg, bending slightly at the knee
- 2 Keep your back leg straight to feel the calf stretch
- 3 Hold for 10-15s then switch legs

ARMS DOWN YOUR BACK

- 1 **PAT** yourself on the back with one hand, pointing your elbow up towards the sky
- 2 With your other hand, gently push your elbow down so your hand goes lower down your back
- 3 Hold for 10-15s then switch hands

SIDE LUNGE HOLDS

- 1 Step out to the side & bend the outside knee, keeping your other leg straight
- 2 Hold for 10-15s, then switch sides

LOWER BACK GROUND TWISTS

- 1 Lie down on your back with your knees up & arms wide
- 2 Slowly bring your knees over to one side of your body
- 3 Hold for 10s then do the same on the other side

HIPS UP ON YOUR KNEES

- 1 Sit on your knees & put your hands behind you
- 2 Lift your **hips up** to feel the stretch in your legs & hold for 10s
- 3 Relax, then repeat for another 10s

HIP FLEXOR LUNGES

- 1 Step forward with 1 foot & bent slightly at your knee
- 2 Gently push/twist your hip (of the other leg) forwards
- 3 Hold for 10-15s then switch feet.

HEELS TO YOUR BUM

- 1 Balancing on 1 leg, touch your heel to your bum & hold for 10-15s
- 2 Switch to do the same with the other leg

NECK MOVEMENTS

Move your head to stretch your neck in various ways

- Ear to shoulder & hold for 5s (left & right)
- Full circles
- Half circles (in front & behind)
- Looking up/down & left/right

PIGEON PECTORALS

- 1 Clasp your hands together out behind your back
- 2 Push your arms out back behind you & push your chest out in front, hold for 10-15s

41 PRINTABLE TASK CARDS

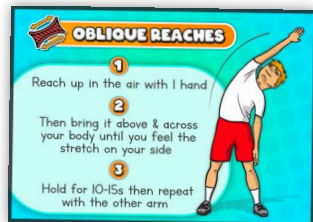
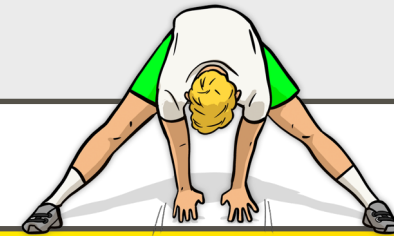


STRETCHING



41 PRINTABLE TASK CARDS

In this printable pack you'll get a collection of 41 individual task activity cards to use for your PE lessons. Print them out and use them to start & finish the lesson, or in circuits, stations and education sports hall posters...



There are **25 WARM UPS** to help get your students' bodies ready for sport...

And **16 STRETCHES** to choose from to use at the end of the lesson to help improve flexibility and strength, and reduce injury...



I've also recorded online demonstration videos you'll get exclusive access to, where I show exactly how to perform each individual task...