



WARM UP

Equipment

4 pylons, checklist, pen/pencil

Safety Issues

To prevent injury, warn the kids to be aware of other kids running or stretching around them. Stretching should be controlled, with slow gradual movements.

Objectives

At the end of the lesson plan, kids will:

1. Identify what warm ups are
2. Understand why warm ups are important
3. Demonstrate different types of warm up activities

Standards

To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: [California](#), [Florida](#), [Georgia](#), [Illinois](#), [Michigan](#), [North Carolina](#), [New Jersey](#), [New York](#), [Pennsylvania](#), [Texas](#), and [Virginia](#).

Introduction

Q: What types of activities have you seen athletes do before a competition?

A: Jogging, running, stretching, running in place, practicing, etc.

Q: What are all of these activities called?

A: Warm ups

In today's lesson we are going to learn:

1. What warm ups are
2. Why warm ups are important
3. What activities you can do to warm up

Warm Up

Traffic Light Warm Up

1. Instruct all kids to line up on the start line.
2. The coach randomly calls out red, yellow, or green.
3. The kids must do the correct movement associated with each color:
 - Red = everyone stops
 - Yellow = everyone jogs on the spot
 - Green = everyone jogs toward the finish line
4. If a kid does the incorrect movement, he or she must go back to the start line.
5. The first person to cross the finish line wins.

Skills

1. Warm ups are activities that prepare your body and mind for physical activity and competition.
2. Warm ups are important because they prevent injury and maximize performance.



3. Warm ups should include aerobic warm-ups, stretching, and mental preparation.
 - a. Aerobic – increases the body's need for oxygen (i.e. running, jogging, skipping).
 - b. Stretching – lengthening of the muscles (i.e. stretch arms, legs, neck, back, and abs).
 - c. Mental Preparation – visualizing your performance and relaxing before competitions.

Drill

Dynamic Warm Up

1. Instruct the kids to line up across the width of the playing area.
2. Kids should be standing shoulder width apart.
3. Kids should move their bodies in four different directions: forward, backward, left and right.
4. Then kids should form a circle, still shoulder width apart.
5. Kids should perform stretches that target the different muscle groups.

FUNdamental

The Coach Says, "Warm Up!"

1. Divide the kids into two teams.
2. Instruct a kid on Team A to be the coach and call-out a warm up exercise for Team B to perform.
3. Instruct a kid on Team B to be the coach and call-out a different warm up exercise for Team A to perform.
4. The coach should alternate between the two teams calling out the name of a different kid to pick a warm up exercise.
5. Warm up exercises can only be used once, and if a kid can't remember an exercise, his or her team forfeits their turn.
6. The team that can remember the most warm up exercises wins.

Cool Down

Pairs Stretching

1. Divide kids into pairs.
2. Kids should sit on the ground, back to back.
3. Kids should lock elbows.
4. One kid pulls forward, while the other stretches.
5. Arms should be vertical, and pull forward.
6. Repeat so each kid gets 4 stretches.

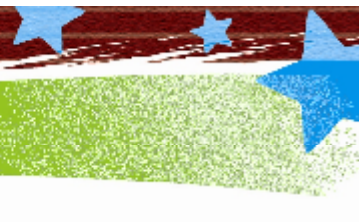
Conclusion

Q: So now that you know how to warm up, when should you warm up?

A: Before doing any physical activity.

Q: What other sports do you play that you can use these warm ups?

A: All sports – soccer, football, baseball, field hockey, tennis, basketball.



Assessment

Checklist

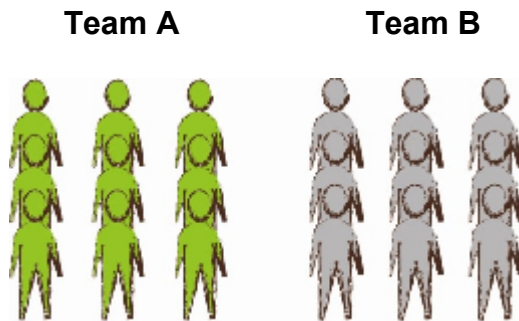
1. Light stretching
2. Relaxation Techniques
3. Mental Preparation
4. Locomotion
5. Calisthenics



Set Up Diagrams
Traffic Light Warm Up



The Coach Says Warm Up FUNdamental





Warm Up Checklist						
Group _____			Date _____			
Name	Light Stretching	Relaxation Techniques	Mental Preparation	Locomotion	Calisthenics	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
Group Average	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	