




KEY STAGE 2 WARMING UP



OBJECTIVES

- ★ UNDERSTAND APPROPRIATE WARM UP MOVEMENTS.
- ★ LEARN TO ADD A VARIETY OF MOVEMENTS IN A WARM UP.

INSTRUCTIONS

-  FIND A SUITABLE AREA TO MOVE AROUND IN.
-  START THE CHILD BY WALKING AROUND FOR 2 MINUTES THEN PROGRESSING ONTO A JOG. AFTER 2 MINUTES OF JOGGING MOVE ONTO SIDE STEPPING, THEN JOGGING FLICKING HEELS UP.
-  KEEP THE CHILD MOVING ALL THE TIME WITHOUT ANY INTERRUPTIONS.



CHANGE IT UP



ADD MORE DYNAMIC STRETCHES INTO THE WARM UP SUCH AS SWEEPING TO TOUCH THE FLOOR AND SPRINGING UP INTO THE AIR.



LET THE CHILD CHOOSE WARM UP MOVEMENTS TO PERFORM.



INCREASE THE AREA USED FOR THE WARM UP.