**Warm Up Games**

A well constructed warm up prior to the lesson is essential to prepare the young body for physical activity, whilst at the same time it can be used as an effective tool to stimulate the mind. In all cases the warm up should be vigorous and fun, thus providing for a stable foundation for the lesson.

**Physiological effect the Warm up has on the body**

* Increases the breathing allowing a greater intake of oxygen to feed the muscle
* Increases blood circulation allowing the oxygenated blood to travel around the body faster
* Raises the body temperature allowing the muscles and surrounding tissues to become pliable
* Prepare the group mentally for the lesson
* Reduce the risk of injury

**Children check if we are warm**

Monitor the breathing - Put one hand on tummy the other on the chest, can you feel you hands moving with your intake of breath

Monitor your heart rate - Put one hand on centre of your chest, can you feel the beat of your heart

Monitor your body’s temperature - Place your hand on your forehead, is it warm and clammy, are the cheeks rosy

Warm up activities can be used to extend learning. In all the games covered in this section the class should move around the gymnasium utilizing all available space but paying particular attention to other member of the class.

**Going to the Farm**

Children travel around the hall using different modes of transport to get them from home, to the farm; teacher calls out the methods of travel e.g. by car, by tractor, by horse etc.

**The Bean Game**

Children to travel around the hall in different directions and pathways, teacher to call out different beans, **String bean** – stretch up tall, **Broad bean** – stretch out wide, **Chilly bean** – rub their arms, **Jumping bean** – jumping on the spot, **Runner bean** – running on the spot, **Baked bean** – crouch down small, **Baked bean on toast** – Lay on their backs in a star shape.

**Man over board**

Identify the 4 sides of the hall with the points of a ship; Bow (front), Stern (back), Port (left) and Starboard (right), when the side is called, children must travel to that side of the hall. Boom coming over (lay flat on the floor), Man the rigging (pretend to climb the rigging) and Man over board (touch a partners shoulder) may be added depending on age

**Man the battlement**

Identify the 4 sides of the hall with the gates of a castle; North gate (to the front), South gate (to the rear), West gate (to the left) and East gate (to the east), when the side is called, children must travel to that side of the hall. Draw bridge coming down (lay flat on the floor), Man the battlements (pretend to climb the rigging), To the tower (stretch up tall) and To the keep (crouch down small) may be added depending on age.

**Boat race**

In groups of 5/6, children sit behind each other and wrap their legs around the person in front, using arms only, by lifting and pushing backwards, the group must travel the width of the hall, the group to finish first without disengaging are the boat race champions. Repeat 3 times.

**Musical Statues**

Children move quietly around the hall to music, when the music stops the children must freeze like a statue.

**Knights and Castles**

Place children into pairs, one is ‘A’ the other ‘B’. A’s create one large or two smaller circles by holding hands, B’s to stand behind there partner. On command partner B travels clockwise around the circle, when they arrive back to their partner, they must perform a task; **Bridges** – crawl through there partners legs, **Knights** – jump on their partners back (Piggy back) depending on age and ability, children may just touch their partners shoulders, **Maidens** – Jump into the partners extended arms (cradle), **Castles** – Stationary partner is on hands and knees, the other partner must get of the floor. Change over after each game

**In the pond**

Children kneel in a circle, teacher calls out a command; in the pond (hands placed on the floor in front of the knees), on the bank (hands placed on the knees), in the air (arms raised in the air), teacher can trick the children by putting their hands in a different position to the command. Children getting it wrong, must run around the group, back to their place

**Number crunch**

Children jog around the hall in different directions and different pathways, teacher calls out a number and children must gather together in a group of the number called

**Summing up**

Children to travel around the hall in different directions and different pathways, teacher to shout out a sum 5 + 2, 9 – 3 etc, children must work out the sum and create a group of the sum total.

**Decimal points**

Children to travel around the hall in different directions and different pathways, teacher to shout out a number or sum 11, 2 + 5 etc. children must huddle together in small groups and have the correct number of body parts on the floor to represent the number called out by teacher.

**Body parts**

Children to travel around the hall in different directions and different pathways, teacher calls out the names of different body parts, right arm, left shoulder, bottom etc, children must place that body part on the floor and carry on travelling around the hall

**Bones**

Children to travel around the hall in different directions and different pathways, teacher calls out the names of bones, children must place that bone on the floor and carry on travelling around the hall

**Muscles**

Children to travel around the hall in different directions and different pathways, teacher calls out the names of muscles, children must place that muscle on the floor and carry on travelling around the hall

**Jump and land**

Children stand on a bench in groups suitable to the size of the bench; number the children. When the number is call, children must jump and land, whilst performing the requested shape or turn called by the teacher (Stretch, Star, Tuck, ½ turn, full turn). The group acquires points based on their landings;

Perfect landing – 0 points,

Small step – 1 point

Large step – 2 points

Hands touching the floor – 3 points

Fall over or wrong shape – 5 points

The team with the least points is the winners

**Parachute Games**

Using a parachute as a warm up activity, is not only a fun and exciting way to warm up, but it is also used to develop the children’s fitness.

**Popcorn machine**

With one large or two small parachutes, children equally spaced around the edge, shake the parachute, shake it high, shake it low. Place 1, 2 or 3 balls into the middle of the parachute, try to shake the balls as high as possible without them falling off the parachute

**Swap and change**

With one large or two small parachutes, children equally spaced around the edge, shake the parachute. Lift it high and drop it low. Number children equally and in opposites, e.g. children facing each other, should have the same number. As the parachute is lifted high, teacher shouts a number; the two children should run under the parachute and swap places before the parachute is drawn down

**Lay on down**

With the parachutes used for the warm up, repeat the warm up activity, however, when a number is called out, children should rush to the middle and show a laying shape selected by teacher, the parachute, should be drawn down onto the two children, as the parachute is lifted, children return back to their place

**Shark attack**

With one large or two small parachutes, children equally spaced around the edge and seated with the legs under the parachute, shake the parachute. Select two children to be sharks. The two sharks must crawl around under the parachute and tickle the toes of another child, that child must then swap places with the shark