# Warm up activities

## Games Activities

Warm up activities are designed to prepare the body for exercise. Whilst they should encourage the raising of the heart rate, they should also be related to the activities being undertaken during the lesson. As such they become an integral part of the lesson and therefore require planning and preparation.

Define your working area – this might be for example by using court markings on the floor, or using cones to define the area.

1. Pupils start by moving around the area, changing direction when they either:

1. meet someone
2. hit the edge of the area

What is important here is that pupils are encouraged not to just run round in a circle, but start to think about their movement in game situations.

2. Once pupils are confident with the area in which they are working, as well as changing direction, they also change speed, with the emphasis here being to ensure that they look up before the move, and think about speeding up as well as sideways.

As they change speed and direction they start to think about what is happening to their body – this relates to them thinking about the impact of exercise on their bodies as well as offering opportunities for them to develop their communication skills.

During this activity you can also get them to think about how you change direction, so to focus on what their body is doing. For example:

* bend knees to stop
* go up onto your toes to move around (pivot)
* use arms to help balance

3. Depending on the activity being taught, equipment can also be added to the activity. For example pupils can be encouraged to move around the area whilst carrying a ball; kicking a ball, throwing a ball. Instructions can be given which require them to pass the ball.

4. Tag games can also be played, for example stuck in the mud. Health and Safety are important here, so be clear about the direction of travel pupils need to use to free their team, for example front to back or back to front. I would also encourage you to get them to free team members by going under the arms rather than through the legs.

5. Possession games such as “piggy in the middle” can also be used to think about moving into space and retaining possession.