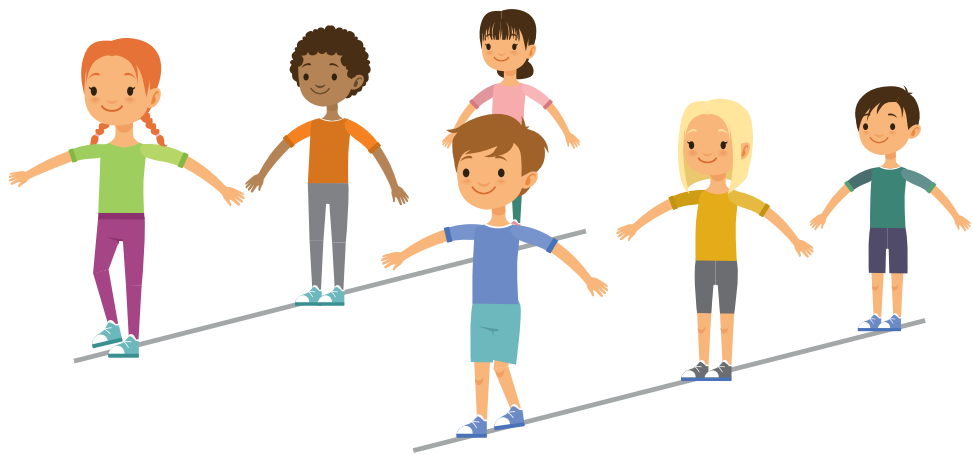
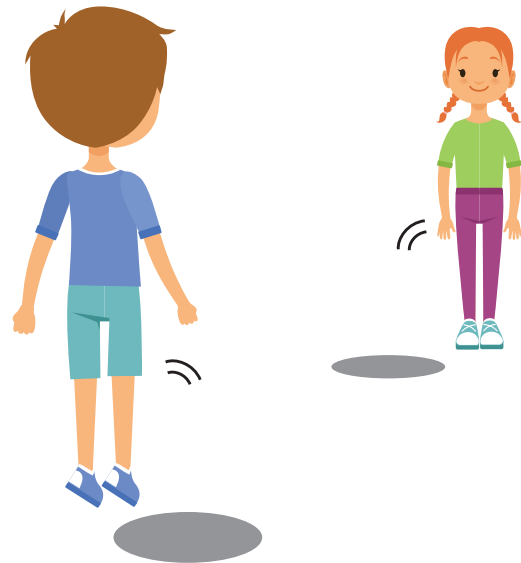


WARM UP ACTIVITIES



Warm-up	Description
1. Spot Jumps	Keeping feet together, jump either side of the spot marker. Alternatively use yard lines. Perform 10 Jumps. Repeat facing the opposite direction.
Equipment	Variations
Spot markers	<ul style="list-style-type: none"> • Jump on the marker before jumping to the other side. • Begin on the line/spot marker and jump to the north, return to the spot, jump to the east, return to the spot, etc.



Warm-up	Description
2. High Knees	Invite pupils to stand on a spot marker/at their cone. On a signal, pupils complete high knees until they hear another signal.
Equipment	Variations
Spot Markers/ Cones	<ul style="list-style-type: none"> • Perform 10 high knees and then pause for another count of 10. Repeat. • Count how many high knees achieved within a given time frame. Repeat and try to beat the record.

Warm-up	Description
3. Jumping Jacks	Invite pupils to complete jumping jacks at their spot marker/cone within a given time frame.
Equipment	Variations
Spot Markers/ Cones	<ul style="list-style-type: none"> • Begin with jumping the feet apart and back together. In time, add the arms. • Rotate to North, East, South and West after 5 jumping jacks at each compass point.



Warm-up	Description
4. Squats	Invite pupils to perform a number of squats at the spot marker/cone to the count of the teacher.
Equipment	Variations
Spot Markers/ Cones	<ul style="list-style-type: none"> • Stand with heels on a raised platform, i.e. a thick book and perform a squat. • Hold arms straight up in the air while performing the squats.

Warm-up	Description
5. Lunges	Invite pupils to lunge forwards/backwards from their spot.
Equipment	Variations
Spot Markers/ Cones	<ul style="list-style-type: none"> • Alternate leading foot. • Complete all lunges on same foot. • Try to keep knee as close to the ground as possible.



Warm-up	Description
6. Spot Sprints	Invite pupils to run on the spot for a given time frame. On a signal, pupils run as fast as they can until they hear the signal again.
Equipment	Variations
Spot Markers/ Cones	<ul style="list-style-type: none"> • Begin by walking and on the signal, jog on the spot. • Focus on high knees during the fast run.

Warm-up	Description
7. T-Balance	Invite pupils to place the beanbag on top of their head and perform a T-balance by balancing on one leg on the spot marker with arms stretched out to the side.
Equipment	Variations
Spot Markers Bean bags	<ul style="list-style-type: none"> • Perform balance without the beanbag. • Perform a different balance using the bean bag.



Warm-up	Description
8. Mirror Me	Invite pupils in pairs to stay on their spot or within their Hula Hoop. Pupil A, facing their partner, begins by performing different movements while pupil B mirrors these movements.
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> • Begin with arm movements only. • Choose a sports activity and perform the movements to replicate the activity.

Warm-up	Description
9. Simon Says!	Play a game of Simon Says ensuring all pupils remain on their spot marker or within their Hula Hoop. Try a mixture of fast aerobic activities, such as high knees, jumping jacks, hopping on the spot and some activities that focus on keeping the body still and strong, such as balancing.
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> The idea is to warm up pupils so choose actions that will get pupils using their muscles and moving on the spot. Pupils who make a mistake can perform 10 jumping jacks.



Warm-up	Description
10. Hokey Pokey	Perform the Hokey Pokey. Choosing a different body part for every verse, sing "You put your ____ in, you put your _____ out, you put your _____ in and you shake it all about. You do the Hokey Pokey and you turn yourself around, that's what it's all about."
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> Perform the song slowly until pupils become familiar with the routine of the Hokey Pokey. Encourage pupils to say the body part using the Irish word.

Warm-up	Description
11. Just Dance!	Choose a song that requires the pupils to follow dance moves, such as Just Mario on YouTube or The Cha Cha Slide. Perform the dance from your spot or Hula Hoop.
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> Invite pupils to freestyle at certain parts of the song. Allow pupils to create their own moves with a partner using the mirroring activity.



Warm-up	Description
12. Follow the Leader	Arrange all pupils in their hula hoops in a large whole class circle or smaller group circles. Place an extra empty Hula Hoop in the centre of the circle. Invite one pupil to stand in the centre circle and perform an action for 20 – 30 seconds. All other pupils are invited to copy this action. A pupil should return to their space before another pupil approaches the centre hoop.
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> Play in small circles so that each pupil can have a chance to be the leader. Create different circles depending on ability levels in the class.

Warm-up	Description
13. The Bean Game	Invite pupils to remain at the spot marker and carry out the appropriate action based on the following commands: Jumping Bean – Jump on the spot Runner Bean – Run on the spot Broad Bean – Stretch arms and legs out as wide as you can Baked Bean – Lie on the spot marker in a star shape Jelly Bean – Wobble like jelly Chilli Bean – Shiver and shake Frozen Bean – Freeze on the spot Bean Sprouts – Stand as tall as possible
Equipment	Variations
Spot Markers/ Cones	<ul style="list-style-type: none"> • Begin with 3 different commands so that pupils can become familiar with them before adding more. • Arrange pupils in small groups. Choose one pupil to call out the commands.
Warm-up	Description
14. Video Recorder	Invite pupils to remain at their spot and respond to the various video controls using the following actions: Play – Walk on the Spot Rewind – Pretend to Walk backwards Fast Forward – Run as fast as you can on the spot Pause – Jump on the spot and freeze Stop – Stop Eject – Jump Up
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> • Choose commands appropriate to the ability levels in the classroom. Begin with 3 different commands so that pupils can become familiar with them before adding more. • Invite pupils to choose an appropriate action for the controls and to identify new controls suitable for the activity.
Warm-up	Description
15. Switch	Create a circle using spot markers or Hula Hoops. Invite pupils to stand on their own spot marker. Place an extra spot marker in the centre of the circle. Invite a pupil to stand on this spot marker and to decide what warm up activity the rest of the class must perform. After 15 to 20 seconds, switch the pupil in the centre of the circle.
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> • Create smaller group circles so that all pupils get a chance to be in the middle of the circle. • Guide pupils with their choice of warm up by using the words 'fast activity', 'slow activity', 'arms only', 'legs only'
Warm-up	Description
16. Shipwreck	Create an individual zone for each pupil or use a Hula Hoop. Invite pupils to respond to the following commands with the appropriate action: Stern: Jump to the back Bow: Jump to the frontk Starboard: Jump to the right Port: Jump to the leftk Captain's Coming: Stand to attention Hit the deck: Lie down on the deckk Steer the ship: Steer the ship
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> • Choose commands appropriate to the ability levels in the classroom. Begin with 3 different commands so thvat pupils can become familiar with them before adding more. • Invite pupils to choose an appropriate action for the controls and to identify new controls suitable for the activity.

Warm-up	Description
17. Bunny Jumps	Invite pupils to crouch low and jump up in the air off two feet and to land on two feet. Repeat.
Equipment	Variations
Spot Markers/ Hula Hoops	<ul style="list-style-type: none"> Practice jumping and landing on two feet before attempting the bunny jump. Invite pupils to jump as high as possible and to land as softly as possible.

Warm-up	Description
18. The Walking Worm	Invite pupils to stand on their spot marker and while keeping the body as long and as straight as possible, walk the hands out on the ground until the body is in a flat plank position. Walk the hands back in and stand tall once again.
Equipment	Variations
Spot markers	<ul style="list-style-type: none"> Invite pupils to bend their knees while they walk their hands out until they become comfortable with the action. Invite pupils to get into the plank position with their feet on their spot marker. Invite them to keep their feet on the spot marker and to walk their hands to the right until they return to where they started.



Warm-up	Description
19. Donkey Kicks	Invite pupils to place their hands and feet on the ground. Encourage pupils to press their hands, with fingers spread open, into the ground while they kick their feet up into the air.
Equipment	Variations
Spot markers	<ul style="list-style-type: none"> Begin with little kicks until comfortable with the action. Ensure shoulders are directly in line with the hands when kicking the feet up into the air.



Warm-up	Description
20. Invisible Skipping	Invite pupils to imagine they are skipping with a skipping rope.
Equipment	Variations
Spot markers	<ul style="list-style-type: none"> Invite pupils to begin with the leg action for skipping until comfortable with the action. Invite pupils to count how many jumps they can perform within 30 seconds.