

# Getting Warmed-Up: Activities for Your Students

Start your PHE class with these easy activities that develop physical literacy skills. The activities can be adapted to fit your students' needs by changing the tempo, using progressions, or changing activity duration/distance.



## Locomotor Activities

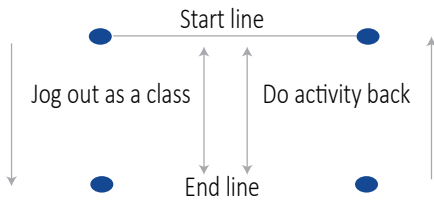
### First Set Up

**Equipment:** cones

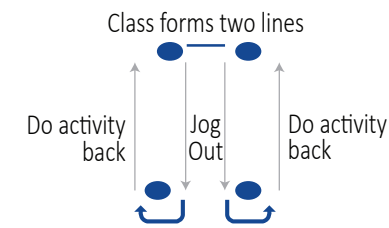
Set up these distances for your activities:

**K-2** 10 m **3-4** 15m **5-7** 20m

#### Line to Line



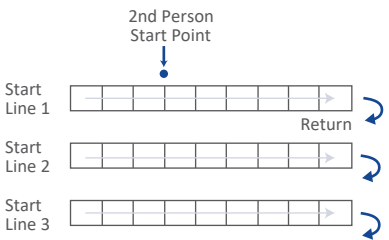
#### Circular



### Second Set Up

**Equipment:** agility ladders

Class equally distributed between ladders



### Mini-Skip

**K-2** **3-4** **5-7**

- Students skip at low intensity.
- Lift knee, bent at 90°.
- Arm swings opposite to knee lift.
- Bend arms at 90°. Arms swing from shoulder, hands travel hip-to-lip.

#### Progression & Modification

Have students increase distance of their skips.



### High Knees

**K-2** **3-4** **5-7**

- Students drive knees upwards in short steps.
- Arm swings opposite to knee drive.
- Bend arms at 90°. Arms swing from shoulder, hands travel hip-to-lip.

#### Progression & Modification

Increase speed of knee drive.



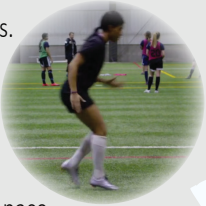
### Backwards Mini-Steps

**K-2** **3-4** **5-7**

- Students jog slowly backwards, taking small steps.
- Encourage students to look over their shoulders.
- Encourage movement in a straight line.

#### Progression & Modification

Increase speed to run backwards, at a moderate pace.



### Twisties

**3-4** **5-7**

- Students start with left foot inside first square, right foot outside.
- Pivot and twist; right foot lands in second square.
- Pivot and twist; left foot lands to the outside-left of second square.
- Pivot and twist; left foot lands in third square.
- Pivot and twist; right foot lands to the outside-right of third square.
- Repeat through ladder.

#### Progression & Modification

Increase speed and keep hips facing forward through ladder.



## Non-Locomotor Activities

### Front Plank

**K-2** **3-4** **5-7**

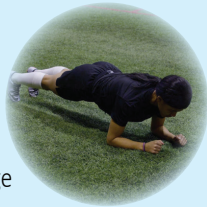
**Equipment:** timer

(K-2: 10 sec, 3-4: 15 sec, 5-7: 20 sec.)

- Students lay down facing the teacher.
- Say "Plank it up" to have students engage plank; start timer.
- Bums down. Students' hips should be below the level of the shoulders. Elbows directly under shoulders.
- Forearms straight forward.
- Say "Belly down" to go back to the ground.
- Rest and repeat.

#### Progression & Modification

Increase hold duration.



### Sky-Center-Side-Center

**K-2** **3-4** **5-7**

**Equipment:** timer

(K-2: 10 sec, 3-4: 15 sec, 5-7: 20 sec.)

- Students sit with knees bent 90°, toes pointing to sky, heels on ground.
- Lean back slightly, trunk tall, and lift heels off ground ("center").
- Grasp imaginary grapefruit, and cradle it near belly button.
- Lift grapefruit to "sky," making trunk upright and tall.
- Lower arms and return to "center."
- Touch grapefruit on ground, to the right ("touch right").
- Return to "center" and lift grapefruit to "sky."
- Return to "center" and touch grapefruit on ground, to the left ("touch left").
- Continue the pattern "sky, center, side, center."

#### Progression & Modification

Eliminate rest. Manage pace by calling cues for each movement. Vary movement sequence.



### Side Plank

**K-2** **3-4** **5-7**

**Equipment:** timer

(K-2: 10 sec, 3-4: 15 sec, 5-7: 20 sec.)

- Students lie on left side.
- On "plank it up," raise body onto left forearm.
- Left arm is bent at 90°; left elbow under shoulder.
- Right arm fully extended, straight above right shoulder, "point to the sky."
- Complete side planks on both sides.
- Look for upper shoulder, upper hip and upper leg alignment.
- Watch that body is straight, from head to toe.

#### Progression & Modification

Lift top leg and hold for one second. To make activity easier, have students balance from elbow to knee, instead of elbow to foot.



### Table Top

**3-4** **5-7**

**Equipment:** timer (3-4: 15 sec, 5-7: 20 sec.)

- Students create a "table" with their body facing up.
- Palms down, arms locked straight, knees bent 90° degrees, belly raised flat.
- Legs parallel, straight body through shoulders, trunk, hips, and legs.

#### Progression & Modification

Balance a ball or unstable object on table top. Lift one heel off ground for one second.



### Table Top Leg Kicks

**5-7**

**Equipment:** timer (5-7: 20 sec.)

- Students begin from Table Top position with legs parallel, straight body through shoulders, trunk, hips, and legs.
- Straighten one leg, point the toes for one second.
- Repeat on other side.

#### Progression & Modification

Use hand claps to cue leg switch. Adjust tempo.

