

Warming Up

Grade Level(s)

K-3, 4-7

Subject Area(s)

Physical Education

Links to Vancouver 2010 Education Program Component(s)

Sports and Healthy Living

Activity Description

Prior to any verbal or non-verbal work or staging practice assignment, it's important to get students into a state of great physical and mental preparation. Many warm-up activities are designed to reach that very state in which students, free of unnecessary tension, are able to better know their body, its limits and abilities and are able to better focus their energy on the tasks to be accomplished. This means getting students to release tension already programmed inside the body and to modify it for different moves and body positions.

A warm-up session follows three stages:

- **Relaxation**, which consists of tensing muscles one by one in order to assess their status after relaxation;
- **Muscular control**, which consists in a series of exercises that help with certain physical skills, such as flexibility and balance;
- **Meditation**, during which the mind focuses on a subject, banishing all worries.

Examples of exercises:

- Running at a rhythm that is first slow and gets progressively faster, keeping a fast pace for a certain amount of time, then slowing down until completely stopping.
- Relaxing each part of the body, one after the other: face, neck, arms-shoulders, wrists, hands-fingers, hips, ankles-feet.
- In groups of three or four students, based on a given theme or the teacher's directions, students take up a position reflecting a sport and hold it until the teacher's signal (for example, a snowboarding competition). Modify and extend the activity as needed.
- Get students to relax: get them to travel on a flying carpet over different landscapes.

Learning Outcomes

Students will be able to:



K-3:

- demonstrate adequate listening skills;
- make use of different moves to express an idea, a mood or an attitude.

4-7:

- use different moves to convey an idea;
- apply the necessary listening skills to different types of activities.

Resources Needed

N/A

Duration of Activity

45 to 50 minutes

Cognitive and Affective Domains

Cognitive – Knowledge

Affective - Receiving

Assessment Strategy

Observe and identify students that follow instructions accurately.

