





# Warm up exercises

# 1. Warm up exercise one (8 minutes)

Warm up one is longer than usual to allow you time to explain the benefits of and the reasons for warming up.

#### Part one:

- Play some music and ask the learners to dance and move to the music
- Each time you stop the music, they must hold their current position.

#### Part two:

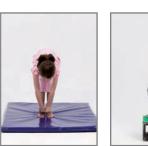
- Divide learners into pairs. One learner has to mirror the other's dance moves.
- When the music stops, they have to swap roles.

#### Part three:

#### Instruct the learners to do the following stretches:



Quadriceps Hamstrings



Calf



Chest



Shoulder



Triceps

The learners must hold each stretch for 20 seconds and repeat them twice on both sides.

# 2. Warm up exercise two (8 minutes)

Divide learners into pairs, standing a few metres away from each other. Give each pair a tennis ball.

#### Part one: Bounces (1 minute)

- Instruct the learners to bounce the ball to their partner
- The ball must bounce once before being caught.



# Part two: Throwing (1 minute)

- Instruct the learners to throw the ball to each other
- They must catch the ball before it bounces.

## Part three: High throwing (1 minute)

- Instruct the learners to move closer to each other
- The one partner must throw the ball straight up into the air and the other must try to catch it.

Repeat part one to three again.

## **Part four: Stretches**

Instruct the learners to stretch:



The front of their shoulders and



Hamstrings

The learners must hold each stretch for 20 seconds and repeat them twice on both sides.

# Cool down exercises

#### 1. Cool down exercise one (5 minutes)

- Ask the learners to make big circles with their arms. They should do this five times forwards and five times backwards.
- Ask them to walk around in a circle slowly and while they are doing this, explain the importance of a cool down
- Instruct the learners to stretch their chest and quadriceps.

#### 2. Cool down exercise two (3 minutes)

- Ask the learners to lie on their backs
- Instruct them to close their eyes and imagine that they are made of lead, pushing their bodies into the ground
- They must contract all their muscles and even squeeze their eyes
- They must then relax and imagine that their bodies are so light that they can lift off the ground.