



## Warm up exercises

### 1. Warm up exercise one (5 minutes)

In this warm up exercise, you should demonstrate leaping, hopping on one leg, bunny hops and walking on the spot.

- Divide the learners into four groups and give each group one of the activities (group 1 – leaping, group 2 – hopping one leg etc)
- Every 30 seconds blow the whistle to tell the learners to move on to do the next activity
- Let the learners go through the series of four movements twice.

Afterwards, show the learners how to do the following stretches:



Hamstrings  
(back of thigh)



Quadriceps  
(front thigh)



Calf stretches

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

- Explain to the learners that the reason we warm up is to say 'hello' to our bodies and that our bodies know that they have to get ready for further action. This helps to prevent injuries and helps the body to perform better during activities.

### 2. Warm up exercise two (5 minutes)

This warm up exercise will teach the learners how to copy movements and serve as a warm up for the lesson ahead.

- Put the learners into pairs
- One partner is the actor, and the other the mirror
- The actor must perform any movements they like, and the mirror must copy. Encourage learners to use big and exaggerated movements.
- Blow the whistle to switch. Give each learner approximately 30 seconds to be the actor before they become the mirror.
- Continue the exercise for about five minutes.



# Grade 1

## List of warm up and cool down exercises continued

### 3. Warm up exercise three (5 minutes)

This warm up exercise will teach the learners how to stretch the proper parts of their body.

- The learners should make big arm circles, five times forwards then five times backwards
- The learners should flick their fingers with their arms straight in front, out to the sides, above their heads and down to the ground (30 seconds each).

The learners should do the above movement twice each.

- The learners should then do the following stretches:



Tricep



Calf



Back of shoulder



Hip flexor stretch

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



# Grade 1

## List of warm up and cool down exercises continued

### Cool down exercises

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

This cool down activity aims to get the learners to cool down by doing fun, animal exercises.

- Instruct the learners to perform the movements listed below. Blow the whistle before calling out another movement.
  - Hop like a rabbit
  - Leap like a frog
  - Roll over like 'Fido' (dog)
- Have them do each movement for 30 seconds before blowing the whistle and let them do each of the three movements twice
- The learners should then repeat the exercises.

#### 2. Cool down exercise two (5 minutes)

Have the learners do the following stretches to cool down:



Quadriceps



Chest



Hamstrings



Shoulder

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

#### 3. Cool down exercise three (5 minutes)

- Ask learners to walk around the area used for this lesson
- Instruct them to lift their arms as they breathe in and then to lower them slowly as they breathe out
- The learners should then repeat the stretches from cool down exercise two.