

Warm up activity

journey round the body

Get your heart pumping and muscles moving



Supporting your school to provide 30 of the daily 60 active minutes recommended

how to play

Mark out a safe play area. Then stick six cards numbered 1-6, in different places around the area. Write an activity on each that targets a different part of the body. How about 'lungs' – jump ten times and shout as you count? Or 'muscles' – do five star jumps?

Divide the group between the numbered areas. Then everyone has to find their pulse (at the wrist or neck) and count it for ten seconds. Write down your number or make sure you remember it. Then jog, or hop or jump round the circuit with a partner and do the activity at each spot. After each activity take your pulse again for ten seconds – watch how it rises!

Safety: make sure there is enough space between the areas for everyone to do the activity.

equipment

Cones, skipping ropes, balls or other equipment, depending on the activities you choose.

sporting connection



This activity helps you warm up, get your muscles moving and your heart pumping.

That's the ideal way to start training for just about any Olympic or Paralympic sport from archery to golf.

did you know?

The modern day Olympic motto in Latin is "citius, altius, fortius" which means faster, higher, stronger. Paralympian Danielle Brown lives out this motto – she's won Archery Gold despite her physical challenges.

wider club activities

journey round the body

Skills

Example

Thinking me

We need some new members to join our club! Can we come up with some ideas that we can use to boost our membership?

Social me

Let's take 10 minutes to chat about how we can share with the rest of the school what we do at our club and maybe we could do a school assembly.

Healthy me

Try to eat healthy snacks this week, make a note in your logbook and we'll look at them next week and hopefully see lots of healthy tasty snacks being chosen.

Physical me

During this week, complete your logbook and see if you can increase the amount of activity you do compared to last week.

Creative me

During this week, use the blank sheet in your logbook to help you to create a new game - be creative, but be safe!

space

Space out the cards to encourage more movement between activities

Make the space smaller so there is less distance between the cards

task

Change the activities to provide variety

Make the activities harder by increasing the time spent on each one

equipment

Make players carry equipment during the activity

Ask players to use equipment during the activity, e.g. bounce a ball or catch a beanbag

people

Play in pairs, small groups or as a whole team

Restrict players to using their non dominant hand throughout the game