

Resource material: warm up (general overview)

WHY WARM UP?

The warm up is an essential part of physical activity, and an essential feature of any safe lesson.

A comprehensive warm up helps prepare the body and the mind for the exertions that are to follow.

It helps reduce the chance of injury by increasing the blood flow to the muscles and so allowing them to function more efficiently.

GUIDELINES FOR A GOOD WARM UP

A good warm up can include:

- Easy jogging
- Stretching exercises
- Some practice drills/games related to the activity
- Games, e.g. chain-chase, stuck in-the-mud

The time lag between warm up and activity should be kept to a minimum. After the warm up keep directions brief and the students moving, e.g. jogging on the spot while you are talking to them.

Encourage students to take the initiative and start warming-up themselves while waiting for others or for the lesson to begin.

WHY COOL DOWN?

- Reduces the heart rate gradually from the exertions of the activity.
- Prevents post exercise stiffness and soreness.
- Allows the body temperature to return to normal gradually.

Avail of the relaxation period at the end of the session to praise the students for their efforts, to clarify details about the next lesson and allow them make some suggestions about activities to start the next day.

WARM UP AND STRETCH EXERCISES

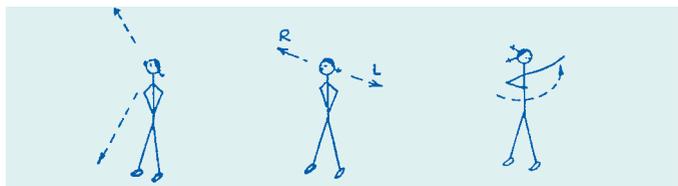
‘Warm up’ and ‘stretch’ can be presented as a practical group activity involving discussion, demonstration and practice.

Warm up is to get our engines and working parts moving to provide efficiency and prevent breakdown.

Stretch exercises stretch our muscles to improve their flexibility range and prevent pulls. They also stretch our rib cage reducing resistance and improving our air intake.

Students like doing the exercises. It is a good habit to develop and can therefore be seen as a preventative activity.

- Keep the exercises simple and explain their purpose.
- Split the students into groups and call on each group in turn to remember an exercise. This makes a ‘Round Robin’ game and helps them to remember.
- In later lessons, appoint leaders to lead each group in warm up.

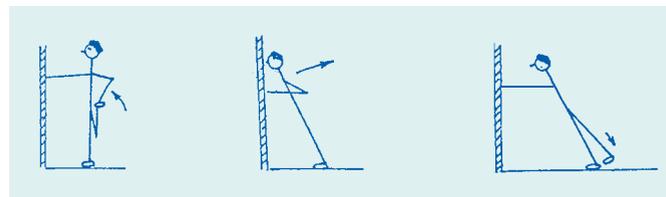


1. Look at the ceiling or sky. Look at the floor. 2. Look to the left. Look to the right. 3. Arm swinging



4. Trunk side to side. Keep one hand on . 5. Stretch to the heavens (bend knees slightly). 6. Arms outward. Stretch.

In both 5 and 6 when the student has stretched, ask them to try a little further.



7. Quad press. Don't arch the back. 8. Wall press. Press to and from wall. 9. Achilles stretch. Keep one foot off the floor and press the other foot down until it is flat on the floor.



10. Pelvic stretch. NOTE: The front foot is in front of the knee. 11. Arms circling. Small circles and large circles. Forward and back or one arm circling forward and one circling backwards.. Keep movement under control..



12. Shoulder Rolls 13. Hip Rolls 14. Knee raise and pull-up using hands. Assist the knee raise by pulling up with hands