

## READY

Children learn warm-up exercises.

## SET

- Review the activities and teaching cues in GO.

## GO

1. Ask the children the following questions:
  - Do any of you warm up your body before you play sports or do other activities?
  - Why is it important to warm up your body?
2. Explain to the children that warming up helps prepare your body for action by raising the temperature of your body and making your muscles more flexible. Warming up helps your body work more efficiently and helps prevent injuries.
3. Organize the group in squads, a circle, a semi-circle, or scattered within boundaries. Lead children through the five Warm Up for Power exercises below, doing 8-10 repetitions of each.

# Warm Up for Power



### TIME

- Prep — 5 minutes
- Activity — 30 minutes

### MATERIALS

- No materials are needed for this activity

### ACTIVITY

### TEACHING CUES

#### Head Circles

- Roll head from side to side, bringing chin down in front. Start by rolling your head to the left, then to the front, and then to the right.
- Never roll your head back sharply.

#### Arm Circles

- Start with your arms straight out to the side.
- Gently circle arms forward and then backward.

#### Trunk Twist

- Spread feet about shoulder width apart.
- Place your arms straight out to the side.
- Twist body slowly from side to side. Go as far as you can to one side, and then slowly twist as far as you can to the other side.

#### Knees Up (marching)

- Place hands on hips.
- March in place, lifting your knees until they are as high as your waist.

#### Low Squat

- Place your feet about shoulder width apart with your feet facing forward.
- Put your hands on hips.
- Bend your knees like you are going to sit down in a chair. Raise back up.



# Warm Up for Power

## GO FARTHER

- While you warm up, play music with an up-beat tempo.
- Play a game of “Simon Says” by calling out Warm Up for Power exercises.

## BRING IT HOME

- Encourage children to try these Warm Up for Power exercises at home before power play and to teach family members or friends the Warm Up for Power exercises.