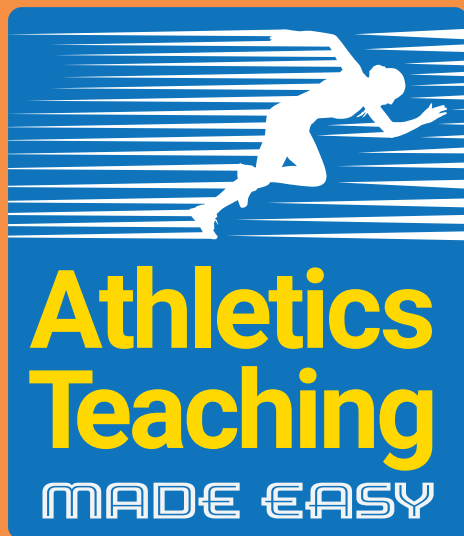




Fun Games Warm ups

- *Crouch Tag*
- *Steel the Cones*
- *Hidden Cards*
- *1, 2, 3, 4, (5 & 6)*
- *Farm Yard*
- *Concentric Circles*
- *Stations*
- *Team Leaders*



These can be event related or just for fun to get the athletes ready to take part in the session.

As with all activities the muscles to be used need to be warmed up and stretched.

During warm ups it is good to get the group involved in their own warm up from an early age. This may be in the form of leadership roles, allowing them to plan and deliver their own ideas.

Safety and organisation

The area to be used for the warm up should be checked before the session, for objects, glass etc.

All athletes should be dressed in correct sports wear to allow free movement.

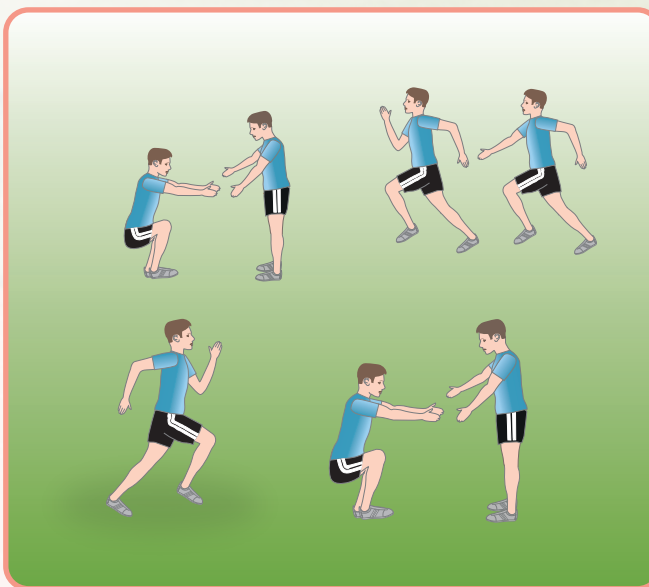
Correct footwear should be worn to give a good stable support to the athletes feet.

All jewellery should be removed to prevent injury.

All athletes should be made aware of the importance of a good warm up before taking part in a session.

In some cases, as the athletes become more experienced, it is good practice to allow them to work out their own warm up routine. This promotes many leadership opportunities.

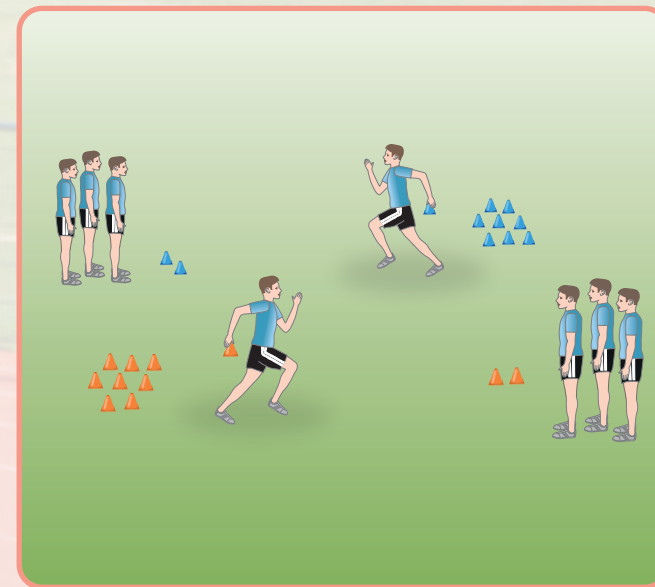
1 Crouch Tag



This is organised in a set area.

- There are a number of catchers
- Athletes try to avoid being tagged, if they are they must crouch down with their arms outstretched.
- They can be freed by others pulling them up by their arms.

2 Steal the Cones



This is organised in a set area.

- The athletes are divided in to 2 teams
- Each team have a number of coloured cones (DIFFERENT FOR EACH TEAM) spread out along their area.
- Starting from opposite ends of the area.
- The aim in a set time is to run in relays of no more than 3 to collect cones from the opposition area.

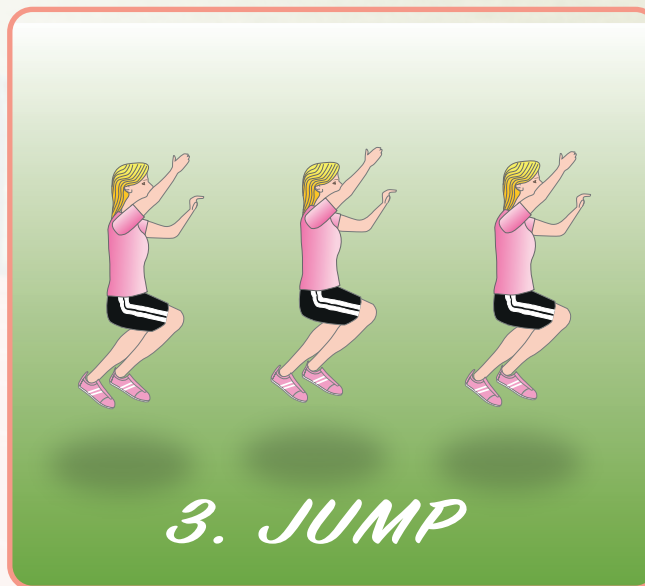
3 Hidden Card Game



A silent game!

- Teams of 4/6
- Cones are spread in straight lines in front of each team
- In a relay each athlete runs to a cone and looks underneath it, if they find a King or queen they return with the card. If they don't they leave the card under the cone.
- Each member of the team has a go – they must remember which cards have had the cards taken or have not got the face cards under them.
- Fastest team to find all face cards win.

4 1,2,3,4 (5 and 6) game



This is organised in a set area.

- Decide which mobility exercises are needed for your session.
Choose a number for each exercise
1 = left hand touches the floor
2 = right hand touches the floor
3 = jump
4 = change direction
- Extra numbers
5 = do the floss
6 = best mates fortnight dance

5 Farm Yard

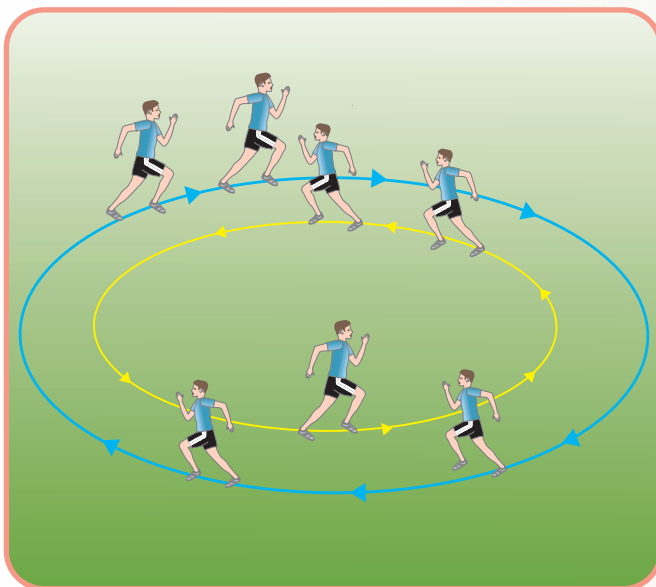


This is organised in a set area.

Athletes line up, side by side facing forward. Teacher calls out the farmyard scenario and athletes respond by performing the corresponding mobility exercise..

- Milk the cows = sumo squats
- Open & close the gate = hip rotations
- Shoo the chickens = Hamstring stretch with foot on floor
- Kick the farm gate = Kick leg in air as hamstring stretch
- Rooster = Toe raise, ankle raise
- Windmill = Arm circles

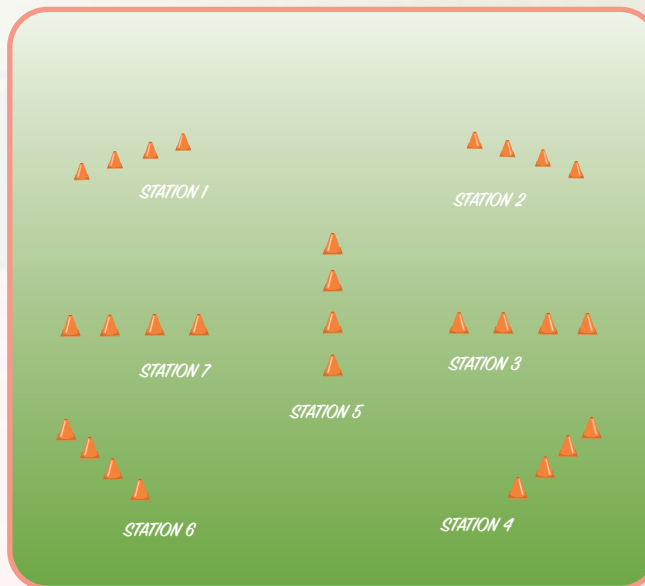
6 Concentric circles



This is organised in a set area.

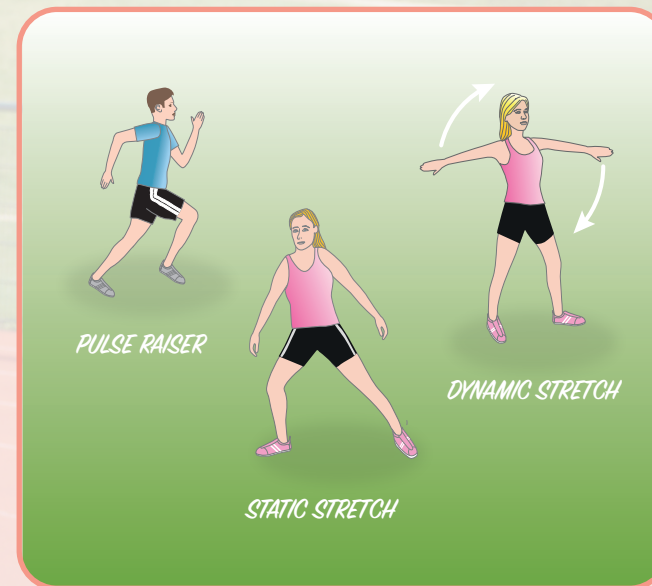
- 2 circles formed by the athletes.
- Each running in opposite directions
- On command each circle should change direction
- Swap over circles
- Do bum kicks
- Do high knees
- Other mobility exercises can be added to this format

7 Stations



- Set out the cones using a row of cones for each station. Have a least 6 stations.
- The athletes are in teams of 4/6 with a leader for each team.
- The leader must travel to each station jump over the cones until all the athletes have done so, then the leader must give the group a task. High knees, Lunges, Star jumps, Elbow to knee jumps, Twist jumps, Leg stretches, Upper body stretches.
- The group then travel to another station using a different way of moving..... Side steps jumping hopping etc .
- The leader can be changed at each station.
- All stations must be visited.

8 Team Leaders



- The athletes are in teams of 3/4.
- They number themselves 1, 2, 3, 4.
- Each athlete will take a turn when their number is called to think of:

Pulse Raisers
Static Stretches
Dynamic Stretches

- It is good to ensure each athlete has the opportunity to think of their own ideas for each part of the groups warm up