

Place several agility ladders on the floor.

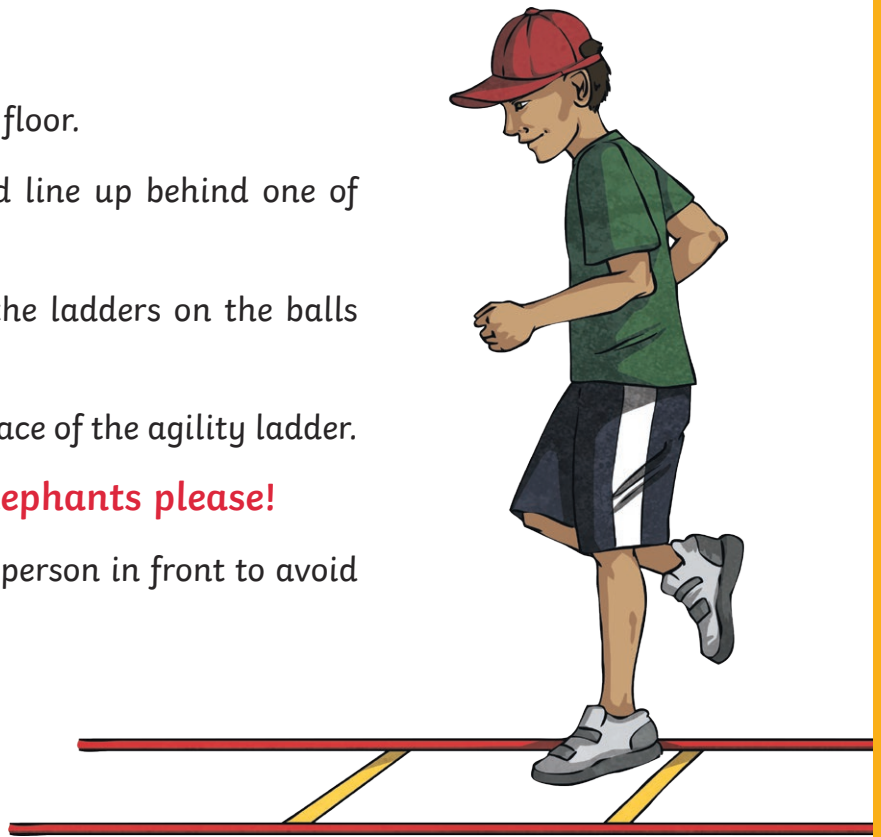
Get into groups. Each group should line up behind one of the agility ladders.

Focus on moving quickly through the ladders on the balls of your feet.

You should place one foot in each space of the agility ladder.

Stay light on your toes – no elephants please!

Leave a space between you and the person in front to avoid being held up.

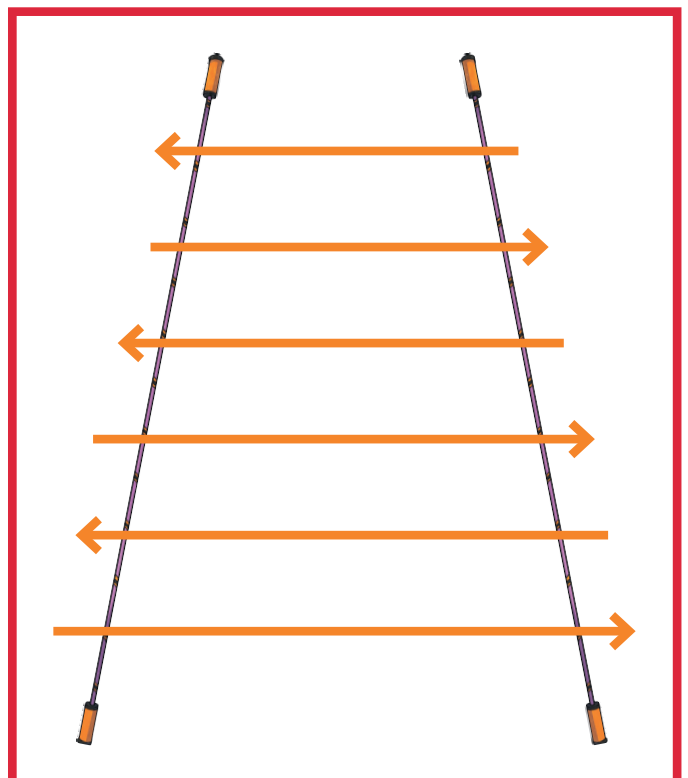


You will need two skipping ropes for marking out the banks of the river.

Lay out the ropes so that they are close together at one end and further apart at the other.

Start jumping across the river at the narrow end and progress towards jumping across the wider end. Use a short run up if you need to.

Can you use a **'two feet to two feet'** jump? Try leaping from one foot to the other across the river.



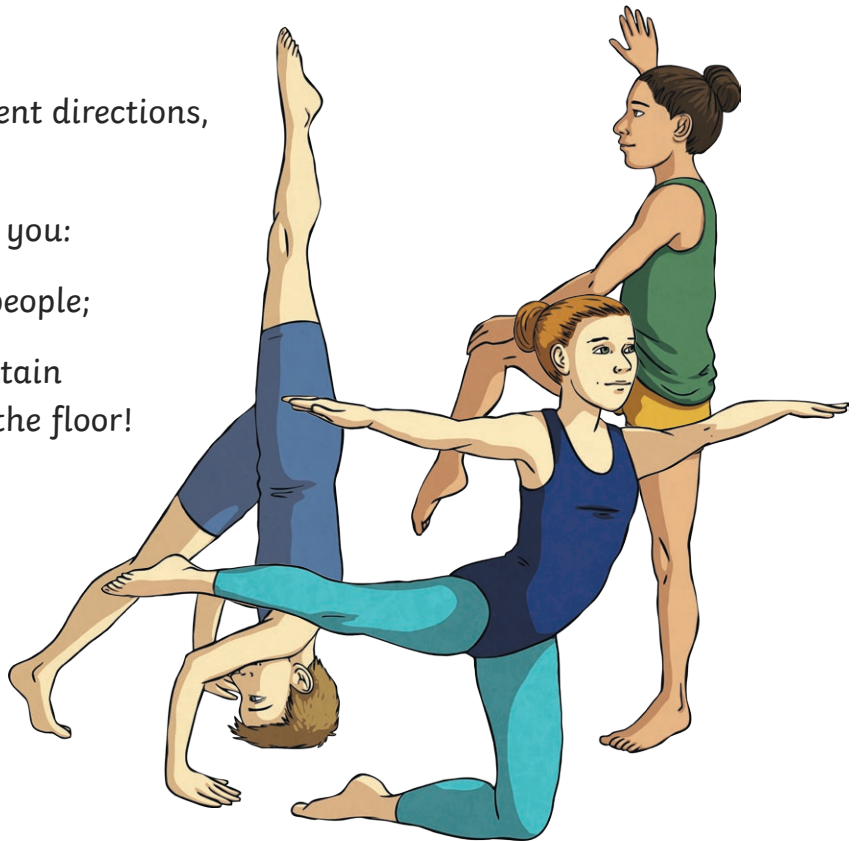
You will need to gently jog, in different directions, around the area.

Listen for instructions that will tell you:

- to get into a group of 'x' many people;
- to make a shape with only a certain number of body parts touching the floor!

An example:
3 children, 6 body parts.

The body parts may be any part of your body.



One player is blindfolded and stands in the middle of the hall.

The other players are given 30 seconds to run to a corner of their choice.

The player in the middle then points at one of the corners.

Any players standing in this corner have to perform a forfeit.

The player in the middle can choose a forfeit from these ideas:

Do 10 star jumps.

Do 10 hops.

Do 10 straight jumps.

Do 10 high knees (run lifting your knees up high).

Do 10 heel ups (run lifting your heels up to your bottom).

Touch your toes 10 times, standing straight up after each toe touch.

You are going to create a dance that needs to include a move from each person in the group.

First, each dancer chooses a dance move and teaches it to the others.

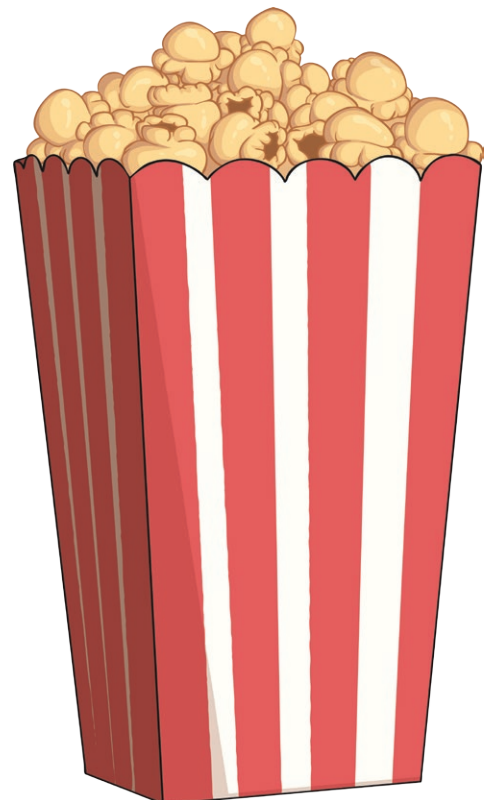
Next, the group must put these moves into an order to create a **short dance**.



Jump around the space in any direction.

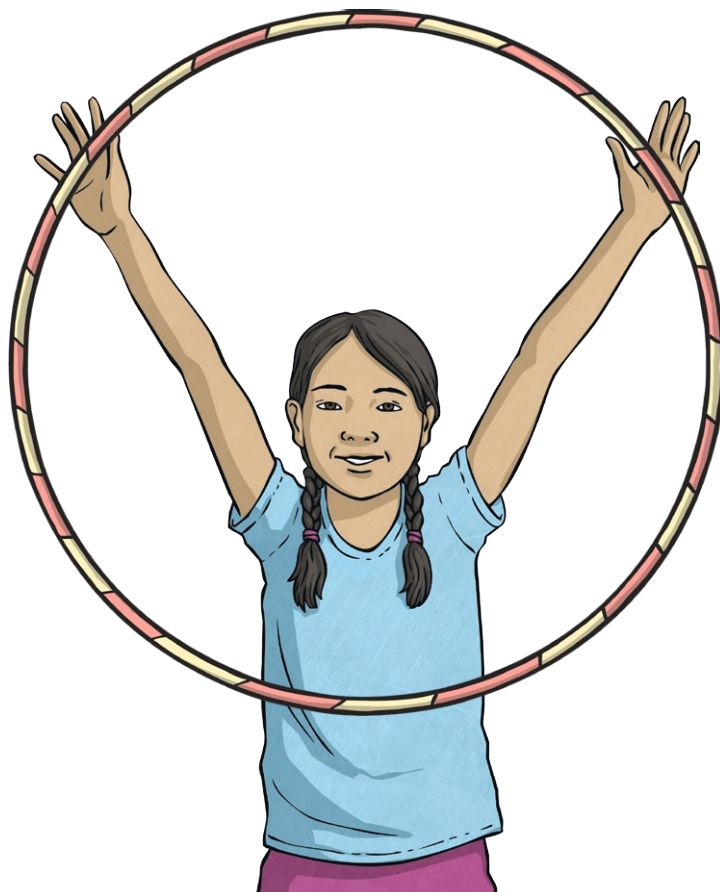
When you hear the word **'Popcorn!'** followed by a number, you must get into groups of that number.

You must quickly form a group with the people closest to you at the time.

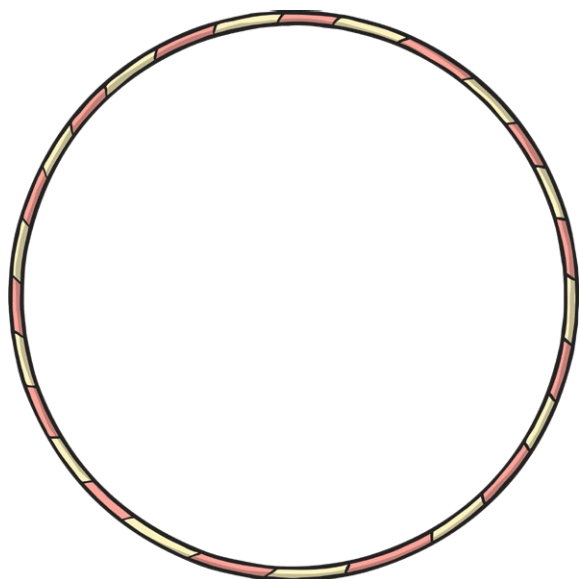


You will need a hoop each for the warm-up.

Use the hoop just like a skipping rope, holding it vertically in front of your body and then flipping it down toward your feet, jumping over it and bringing it back behind your body and over your head. Try skipping both on the spot and moving around.



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Put your hands inside the hoop and keep them in the same position, whilst your feet move around the outside of the hoop.

Put your feet inside the hoop and keep them in the same position, whilst your hands move around the outside of the hoop.

Put one foot inside the hoop and one outside it, which you must move around the hoop. Try moving in a forwards direction and then backwards.

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Can you get the hoop to spin around your waist? You may find you can spin a larger hoop more easily than a smaller one. Once you get the hang of it, try to do other tricks:

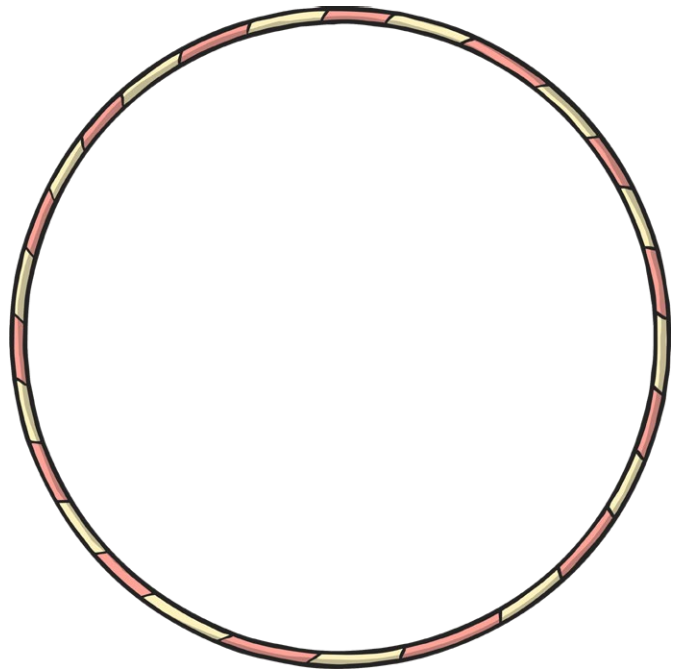
walk and spin

shift the hoop up to your neck
and back down

spin a hoop on your
outstretched arm

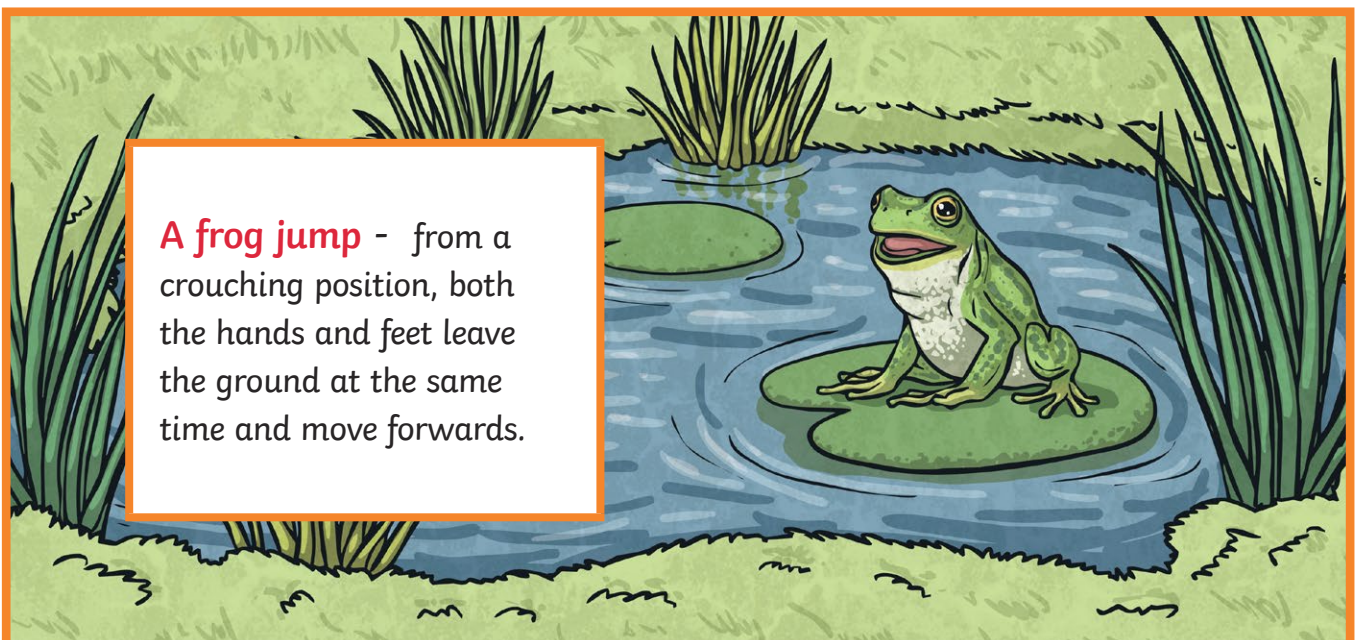
spin two hoops on your
outstretched arms

stand on one leg while spinning



Pretend the hoops are lily pads and frog jump around the pond without touching the edges of the hoop.

A frog jump - from a crouching position, both the hands and feet leave the ground at the same time and move forwards.



Move slowly around the space. Listen out for the names of different items of laundry! For each item, there is an instruction to follow:



Trousers: Stand up straight as tall as you can.

Dress: Stand still in a wide stance.

Socks: Curl up on the floor next to a partner.

Shirt: Crouch down with your arms outstretched.

Washing Machine: Turn around on the spot.

Jog around the space at a steady speed.

Listen out for the names of different shapes.

For each shape, jog around the space in that shape.

So for a square, jog around an imaginary square-shaped path. For a hexagon, jog around an imaginary hexagonal-shaped path. Think about how big your shape will be!

Look out for other people. You can follow your own path, but take care not to bump into other people following their own paths.



For today's warm-up you are going to walk around the space in different ways!

Remember to walk at a steady speed and always be aware of people near you so that you don't bump into anyone. Set off walking normally, then follow the instructions.

Walk with big strides.

Walk with tiny little steps.

Walk backwards - take care!

Walk sideways.

Pretend you are walking through heavy mud.

Imagine you are walking over hot coals.

Punch the air above your head with your hands as you walk normally.

Walk slowly while wrapping your arms around your body as if you are giving yourself a hug!



You are going to move around the space in different ways.

Start off by marching around the space.

Now lift your knees up high as you march.

Then swing your arms backwards and forwards.

Now let's try another way to move.



Jog around the space.

Lift your heels up as you jog.

Can you kick your bottom?

Now swing your arms out to the sides while you continue to jog.



Set up 2 lines of cones, one line at each end of the playground.

Pair up with someone of a similar running speed and stand in the middle of the playground.

Stand back to back, approximately one metre apart. Each partner should be facing a different line of cones.

One of you will be the rabbit and the other the rat.

When you hear 'rats', the rats must run as fast as they can to their line of cones and the rabbits turn around and chase them.

When you hear 'rabbits', the rabbits must run as fast as they can to their line of cones and the rats turn around and chase them.



The class will be split into two teams.

Each team must stay in one third of the pitch. The middle third will be the 'safety zone'. No players should enter the safety zone.

Players from each team try to eliminate players from the other team by bowling the large soft balls along the ground to the other side of the pitch.

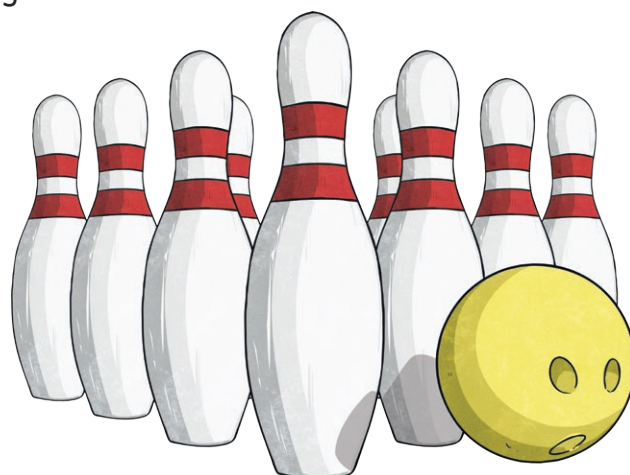
If the ball touches a player below the knee they are eliminated from the team.

Once eliminated they become side (and back) line ball collectors as the balls go off the pitch.

The aim of the game is to eliminate as many players from the other team with accurate rolls.

Players avoid elimination by dodging and jumping to avoid the balls.

The first team to eliminate all the players from the other team are the winners.





Work in pairs for this game.

Each pair will need two hoops and a beanbag.

Set up the hoops approximately three metres apart.

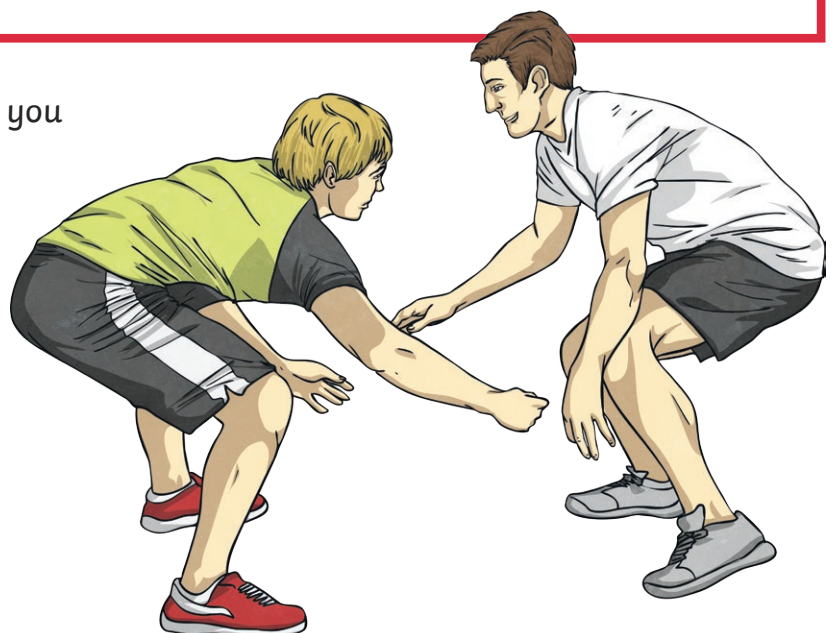
Take it in turns to try and throw the beanbag into your partner's hoop.

Try to guard your hoop using your hands and/or body.

Score a point every time you manage to throw the beanbag into your partner's hoop.

In today's warm-up, you must try to score as many points as possible by touching your partner's knees. However, they will be trying to score points by touching your knees too!

- Stay on the balls of your feet so you can move quickly to try and dodge their knee taps.
- Bend from your knees and try to face your partner.
- Get one point each time you tap their knee.
- How many points can you score in 1 minute?



Work in groups of three for this warm-up.

Each player in your group will need a hockey stick, and each group will need a ball.

Use your hockey sticks to pass the ball between player 1 and player 2, avoiding player 3 in the middle.

Count how many successful passes you can make without the ball being intercepted by player 3.

If player 3 intercepts the ball, they must swap with either player 1 or 2, depending on who passed the ball.



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Split the class into four teams.

The aim of the game is to work as a team to steal balls from the central nest. The team who steals the most balls is the winning team.

Set up four hoops in a large square with another hoop in the middle. This is the 'central nest'. Fill this hoop with balls or beanbags.

One at a time, a player from each team runs to the central nest to collect a ball and takes it back to their team nest.

Keep going until all the balls have been stolen from the middle.

The team with the most balls in their team nest is the winner.



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Each member of the class should have a football.

Choose four people to be 'sharks'. These people do not need a football.

The aim of the game is to keep control and possession of your ball and avoid being tackled by the sharks. Sharks should move around the space and try to tackle people.

- Dribble with your ball within the coned area.
- You must avoid the sharks who will be trying to tackle the ball from you.
- If you are tackled you lose your ball and become a shark.



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For the first part of the warm-up, half the class should have a ball.

Players with a ball will dribble with it around the space. Players without a ball will jog around the space.

On the whistle, a player with a ball must pass to a player without a ball.

Before you make the pass, make sure you do the following:

- **look up;**
- **make eye contact;**
- **call their name;**
- **pass the ball.**

Make sure you don't pass to a player that someone else is already passing to!



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In today's warm-up, you will be working in groups of three or four. You will be playing against your group members. Stand in a circle around a football. Each group member should be the same distance from the ball. The aim of the game is to be the first group member to pick up the football in the centre of your circle.

Rules of the game:

- Listen to your instructions. Follow each instruction, without moving from your spot in the circle.
 - When you hear the command 'ball' you must try and pick up the football before anyone else in your group.
- Listen for one of these instructions:
- do 10 star jumps;
 - do 5 high knee jumps - tuck your knees up to your chest as you jump;
 - spiderman - on your hands and feet get low to the ground and crawl around the circle, in a clockwise direction, until your teacher shouts 'stop';
 - crab walking - on your hands and feet with hips facing upwards, move around the circle in an clockwise direction until your teacher shouts 'stop';
 - ball! Try to be first person from your group to grab the football.

Play this game in groups of 4. You will need one ball for each group.

Stand so that each player is in the corner of an imaginary square. Stand about three metres apart.

The aim of the game is to pass the tennis ball around the 'square' as quickly as possible.

To add an extra challenge, once you have thrown the ball to the next player, run around the square. Make sure you get back to your spot before the ball is passed to you!

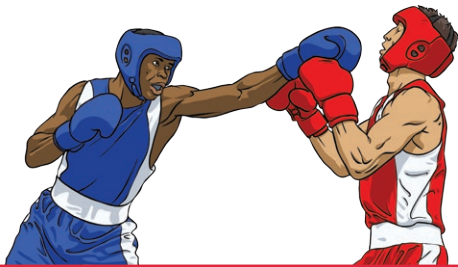
Count how many successful, consecutive passes your team makes.



Create a freeze frame for each of the scenes shown below.

Make sure that you team up with a different partner for each frame!

Boxing Match



Circus Act



Superheroes on a mission



Football Match



Work in pairs for this warm-up. One partner stands in the inner circle and the other partner stands in the outer circle. Make sure you are facing each other in your circles.

Stayers:

The person in the inner circle is the 'Stayer'. They will create a static shape or balance, and hold it while they wait for their partner.

- Balance on one foot with your arms stretched above your head.
- With your feet slightly apart, touch your right toes with your left hand, and stretch your right hand above your head. Look up at your right hand.
- Stand in a static star shape, with your arms and legs stretched out in a wide shape.
- Stand in a lunge position, with your front leg bent and your back leg stretched out behind you.

Wanderers:

The person in the outer circle is the 'Wanderer'. They will run, hop, skip or jump around the circle while their partner holds their balance.

- Hop around the circle.
- Jog around the circle.
- Skip around the circle.
- Run around the circle.

When the wanderer returns to the stayer, partners should swap round.

Walk around the space. Imagine you are walking through an unexplored jungle!

Follow the instructions to stretch out different muscles as you walk. Repeat each instruction until you are given a new one to follow.

- Imagine you need to push creepers and leaves out of your way. Reach your arms up and move them back to push the foliage out of your path.
- Stretch high to pick an unusual fruit from a branch. Then reach down low to the floor to wash your hands in the river.
- Imagine that a large tree has fallen down and is blocking your path. Stretch your legs to step over it.
- A centipede is crawling on you! Shake your whole body to make it fall off.

Walk around the space as if you are on board a pirate ship!

Follow these instructions to stretch out your muscles as you join in the pirate party.

- Climb the rigging: Move your arms and legs as if you are climbing a tall ladder.
- Wash the decks: Crouch down low and pretend to wash the floor. Move your arms side to side.
- Shark attack: Lie on the floor with one arm in the air.
- Rats on board: Sit on the floor hugging your knees, with your feet off the floor.
- Land ahoy! Put one hand above your eyes as if you have spotted land. Point with the other hand to show your fellow pirates where it is. Swap hands.



In this warm up you will pretend you are in a garden! The actions you do will help you stretch out your muscles.

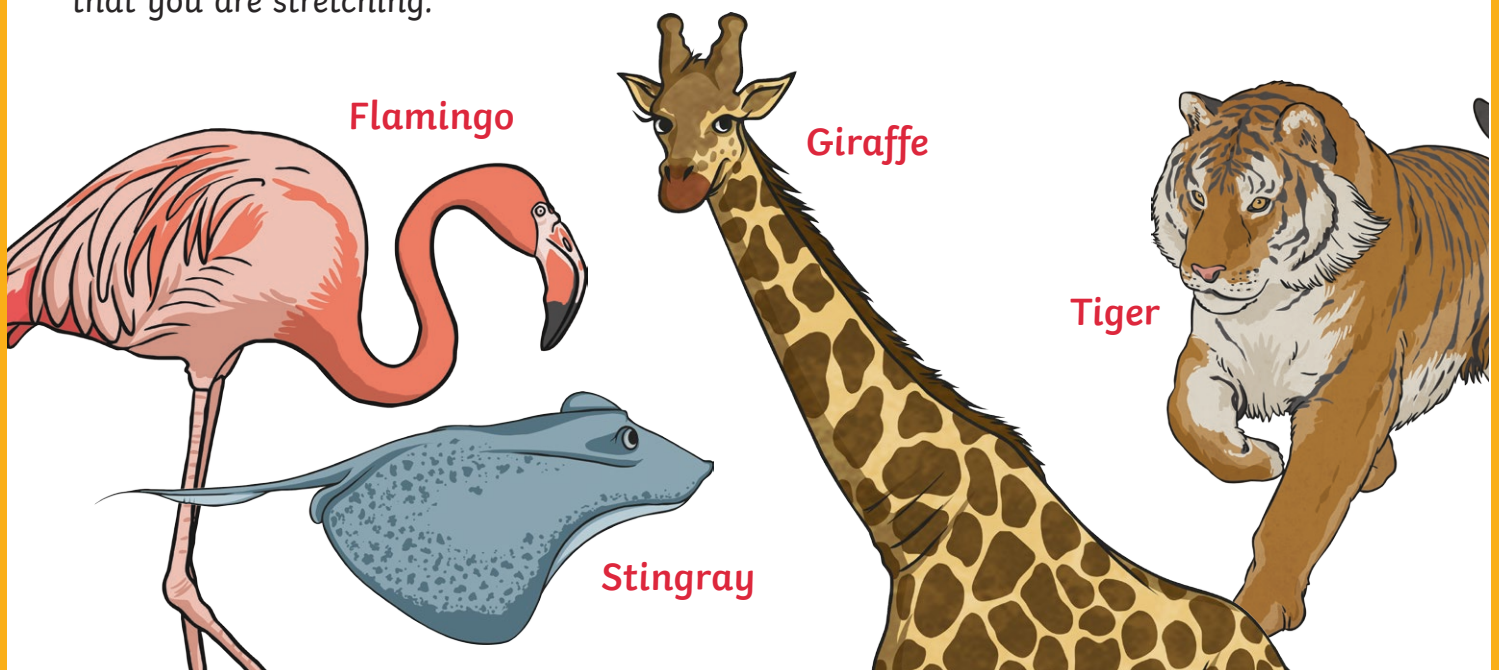
- Stand with your feet slightly apart. Bend over from your hips and reach your hands down the floor. Make side-to-side sweeping motions with your hands, as if you are clearing the ground ready for planting seeds.
- Lie down with your back on the floor as if you are a seed. Hug your knees close to your chest.
- Stand up straight and stretch your arms above your head, as if you are a plant growing as tall as you can.
- Standing straight with your arms above your head, move your body from side-to-side from the waist. Imagine you are a plant blowing in the breeze.
- Lie down flat on your stomach and stretch your arms above your head. Pretend you are a leaf that has fallen from a tree.



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You are going to be creating poses that look like different animals! As you do so, you will stretch the different parts of your body. Hold each stretch or pose for about 10 seconds.

Create a pose for each of the creatures shown below. Think about the parts of your body that you are stretching.



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In this warm up you will be carrying out different balances to help you stretch out your muscles.

A 'patch' balance is a balance that rests on a large area of your body, like your arms, legs, tummy, back or bottom.

A 'point' balance is a balance that rests on small areas of your body, such as hands, feet, knees or elbows.

Walk around the space. Listen out for the words 'Patch' or 'Point'. Follow the given command to create a patch or point balance.

Hold each balance for about 10 seconds.

