

WILD AND WACKY WARM-UPS!

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GOTCHA TAG: Start with 4 or 5 taggers (its) per class. Taggers carry a safe (soft) object to tag with. The taggers attempt to tag someone else. When a tagger tags someone, the tagger immediately drops the object and quickly moves away. The tagged person quickly picks up the object and tries to tag someone different as fast as possible. A safe traveling speed (power walking) is highly enforced. “Speeders” (teacher discretion) must go to the penalty box area for 60 seconds before re-entering the activity. The taggers are NOT allowed to throw the object at anyone! This is a fast, continuous warm up that the students will really enjoy! Optional: This activity can be done with just a partner also. The tennis ball can be replaced with a bunched up paper (wad) ball that will be thrown at JUST the feet of other people. This can be done with partners, small groups, or a large group.

FRANTIC: As students enter the gym or playing area, they each get one tennis ball (nugget) and begin dribbling with their feet in general space. The idea is to keep total control of the “nugget” and not to interfere with anyone else. On a specified signal (whistle, tambourine, music, hand clap, etc.), the students “trap” the ball with their foot. On the “go” signal, students begin dribbling a little faster. After each “rest break”, students attempt to dribble under control a little bit faster each time! Optional: Tossing or dribbling (feet or hands) while spelling vocabulary words. Letters can be taped to the walls around the playing area.

TENNIS BALL TAG: Partners throw or toss a ball or beanbag back and forth. When 1 whistle blows, the person with the object turns and runs. The person without the object chases the person with the object. When 2 whistles are blown, the partners stop wherever they are and begin tossing/throwing and catching again. The teacher repeats the 1 and 2 whistle sequences. When 3 whistles are heard, all students jog to the teacher and place their object in the appropriate container.

JOG AND JUMP PARTNERS: Partners enter the gym or field space and find their space near the perimeter of the marked off playing area. Each pair of students has one jump rope. On the signal, one partner begins jogging clockwise around the perimeter while the other partner jumps rope just inside the perimeter boundary line. After one, two, or three minutes, the teacher signals the students to change places. This continues until the students are adequately warmed up. Other exercises or activities can be used in place of the jump roping. Optional: Tag team warm-up, fitness speedway, lap and stack, power walking intervals with stretching (30 seconds of music and 15 seconds of no music).

4 WALL DROP TAG: Start with several taggers. The “it” tags a person and drops the object he/she tags with. The person tagged jogs to each wall (or cone), touches it and returns to the game. Anyone may pick up the object and be “it”, except the person who dropped it. Variation: Tagged person can perform an exercise or stretch at each wall. Exercises at each wall can focus on a different part of the body (upper body, lower body, cardio, and stretches). The person who dropped the object can even jog to each wall (cone) and exercise also.

COURTESY FLAG TAG: Students start scattered in self space. All students have one flag tucked in their waist band. On the signal, each student tries to pull others’ flags without getting their own flag pulled. Students are allowed to have three flags maximum . . . one in each hand and one in their waist band . . .

at any given time once the game begins. When one's flag is pulled and they have a flag in their hand, they may put the flag in their hand into their waist band and continue playing. If student does not have any flags in hand when their waist band flag is pulled, then they must drop to one knee. This indicates they need to be "saved" by being given a flag. The person saving must help the kneeling student up; the person being saved says "thank you"; the person giving the flag away must say "you're welcome". A player who is "saving" another may remove his/her own flag and give it to another player. He or she would then drop to one knee in order to get a flag from someone else.

SPIDERS AND FLIES: All students (flies) line up side by side along one end of the playing area with 2 – 3 students (spiders) in the middle. The spiders say, "we are spiders, you are flies . . . we're going to get you" . . . then the flies say, "just you try"! At this point, all flies try to travel safely across the playing area without getting tagged (or having their flag pulled off) by a spider. If their flag is pulled off, those flies become spiders. The students (flies) are trying to become the Super Fly of the game by being the last fly left who has not been tagged.

PICTURE CARD WARM UP: All students get in groups of 3 – 4. Each group chooses a "leader/reader". The leader is given a picture card. Each card has 4 photos on it. (This is a bit time-consuming to take the photos, print them, attach them to 5 X 7 cards, and then laminate them.) Each group stays together as they travel around the field (or gym) locating each item in the photos. After all 4 photos have been touched, the group travels to the teacher and trades their card for another card while changing leaders/readers.

POP UPS (POP TARTS): Partner #1 gets in a push-up position. Partner #2 crawls under the bridge formed by partner #1 and stands up. Partner #1 flattens out on their stomach and partner #2 jumps over the top of partner #1. Continue this over and under pattern until you hear a signal (tambourine) to stop. Then, have partner #1 and #2 trade positions. How many pop-ups can you and your partner do in 30 seconds, 45 seconds, etc.? Optional: Flip Flop Craze (Chaos)

FITNESS DICE: Divide the class into as many groups as you have "sets" of dice for. Give each group a fitness card and a "set" of dice (2). Each group will work in their own section of the gym. Encourage students to take turns rolling the dice and reading the fitness card. The roller rolls both dice and reads the designated exercise/activity to the entire group. The group must perform the exercises together. A sample of the fitness card exercises is below.

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| 2) 5 straight leg push-ups | 7) 10 walking lunges | 12) 20 sky jumps |
| 3) 20 second wall sit (knees 90 degrees) | 8) 5 bent knee sit-ups | |
| 4) 15 jumping jacks | 9) 20 elbow to knee touches | |
| 5) 10 crab push-ups | 10) 40 side to side ski jumps | |
| 6) 20 second butterfly stretch | 11) jog in place 20 seconds | |

EXERCISE HUNT: Students can work alone, with partners, in small groups, or in large groups while doing exercise hunt. Students take turns reading the exercise hunt card and the entire group does each exercise and travels together (if necessary). Upper grade students are great helpers for the younger students (non-readers).

FIT TAC TOE: Partners need 5 playing chips and 1 Fit Tac Toe board. These students play a game of tic tac toe. If there is a winner, then both players complete the exercises or stretches under each of the

winner's chips. If no winner is declared, then each student does the exercises or stretches under their own chips. After the exercises have been finished, play Fit Tac Toe again.

POKER CHIP FLIP: Partners need 1 chip with a "H" on one side and a "T" on the other OR else a coin may be used. Partners take turns flipping the chip. If it lands on HEADS, then both students complete the first exercise under the HEADS column. If the chip lands on TAILS, then the students do the first exercise under the TAILS column. This continues until all of the exercises have been completed or the teacher stops the activity.

FITNESS CALENDAR: Create a holiday calendar (December) with exercises, stretches, games, and activities for each day of the month. Encourage students to complete the calendar by doing what is listed for each day of the month and have a parent sign or initial that day. Suggestion: Give out a "mystery" prize to any student who turns the calendar in to a teacher after the calendar has been completed OR give the student an opportunity to spend some extra time in the gym using their favorite P.E. equipment (i.e. roller racer, basketball, jump rope, etc.).

STOP, DROP, AND ROLL TAG: A simple game of "everyone's it" tag or designate 3 – 4 taggers per class. When the students are tagged, they must travel to any mat along the perimeter of the playing area and perform some type of tumbling or gymnastics stunt (forward, log, pencil, or egg roll; cartwheel, round off, etc.) before returning to the tag game. Change taggers every 1 – 2 minutes.

SNEAKER NIGHT DANCE: Song: Sneaker Night

Wag Right Foot 4 cts

Wag Left Foot 4 cts

Wag Right Ft 4 cts

Wag Left Ft 4 cts

Lift Arms at elbow 16 cts (2 cts each) R, L, R, L, R, L, R, L

Roll arms 16 cts (2 cts each) R, L, R, L, R, L, R, L,

Hustle forward 4 cts. Each up, back, up, back

Raise the roof 16 cts. (2 cts each) R, L, R, L, R, L, R, L

Grapevine 4 cts R, L, R, L

Slide R, Slide L, Slide RLRL,

Slide R, Slide L, Slide RLRL

Other time management and discipline suggestions:

- Penalty box - 1 minute (falling down, falling off scooter, not following directions, etc.)
- Solution bench (to solve disputes, disagreements, arguments, fussing among students)
- Line up order (short to tall, tallest socks to shortest, darkest shirt to lightest, length of hair, etc.)
- Whisper directions to one student who must tell all other students.
- "If you can hear me, say I'm in a straight line", or "I have my jacket", or "my shoes are tied", etc.