Warm-up ideas. A selection of ideas downloaded from the sample site from www.peprimary.co.uk/sample.asp

Beans – Teacher calls out different types of beans: jumping beans, children jump; runner beans - run; green beans - tall thin bodies; broad beans - still and wide; jelly beans - shake; baked beans - lie flat on the floor; French beans - children call out "Oh la la Miss ...................." (whatever your name is).

Crumbs and Crusts - Divide the class into 2 teams. Name one 'crumbs' and the other 'crusts'. Teams stand back to back, about a metre apart. Teacher calls out 'crumbs' or 'crusts' and those children must run off and the other team must try to catch them. When caught they must freeze. Braids are useful for one team for identification.

Dragons - Organise the children into teams of 3 - 5, though you must have an even number of teams. Each team will need a braid or a piece of cloth. Team members need to hold each other around the waist to make a line, one behind the other. The braid or piece of cloth must be tucked in the back of the last player on each team. The head of each team must try to grab the tail from the opposing team, without losing their own tail. The dragon must not come apart or the game is over. Encourage children to change positions regularly, such as when a tail has been lost.

Follow my Leader - Children follow and respond to leader's actions. Children or teacher can lead.

Hedgehogs and Lampposts - On the command of 'hedgehogs' children scamper around room on all fours. On the command 'lampposts' children stand still with arms stretched above their heads.

Ice and Sun - Select 2 children as the 'ice' and give them blue braids. Select 2 others as the 'sun' and give then yellow braids. 'Ice' children chase others [but not the 'sun' children] and touch them so they freeze. Children become defrosted when touched by the 'sun'. Play this game for a designated amount of time.

In the Pond - Children use hoops. When the teacher calls out, "In the pond," children put their hands inside their hoop and run their feet around the outside of it. When the teacher calls out, "On the bank," children put their hands outside and feet in the middle, and run their around the outside of the hoop. Those who get it wrong jump up and down in the middle of their hoop until you give the next instruction.

Jack Frost - Two children to be 'on'. Others run away and if tagged they must 'freeze' and stand with arms outstretched. They are only 'defrosted' when another child touches them.
**Musical Body Parts** - Teacher plays lively appropriate music. Children run, skip or jump around once the music plays. When the music stops the teacher calls out a body part e.g. backs, shoulders, knees, hands, feet, 2 hands etc.. Children must make contact with that part of their body on the floor. The warm-up can be made more enjoyable if at the end you call out different body part in quick succession.

**Tails** - Two children to be 'on'. Rest of class put a coloured braid in the back of their shorts like a tail. The two who are on must collect as many braids as they can in the short time this game should be played.

**Thread the Needle** - Class runs in a single line following a leader, who runs in circles whilst performing different ways of travelling on feet e.g. jumping, hopping, skipping. The leader moves quickly and threads through two of the followers.

**Tiggers** - Two children are chosen as 'Tiggers'. 'Tiggers' have a beanbag each and have to chase other children and hit them below the knee with the bean bags. Those children who are hit then join the 'Tiggers' team. Encourage the 'Tiggers' to pass the beanbags. Throwing underarm only.

**Trains** - Set out cones in the shape of an athletics’ track modified to the space available. Organise children in to groups of 4 or 5. Children then run anti-clockwise around the track in their groups one behind the other. At intervals teacher blows whistle, on one blast the pupil at the back of the group sprints to the front, 2 sharp blasts means all the group change the direction in which they are running.

**Other suggestions from KS1 teachers.**

**Peter Pan; Catch my shadow** – children work in pairs. One child tries to mirror what the other child is doing. Suggest a theme to give children ideas for the way they move.

**Numbers** – the teacher calls out a number and the children must get into groups of the same size.

**Colours** – spread out a number of different coloured cones in the space to be used. The teacher calls out a colour and the children have to move to the same coloured cone. Ask the children to move in different ways e.g. skipping, hopping, on tip toe.

**Paint shop** – children pretend to have paint on their feet. They have to spread the paint by running everywhere in the space.

**Magic Spot** – Find your magic spot on the floor. Run away from the spot. When the teacher gives the signal go back to your magic spot.
More warm-up ideas from www.teachingideas.co.uk/pe

**Human Bop-it** - You need a CD or tape with a beat on and you call out the actions to which the children respond in the following ways:

- **Kick it** - children kick in front of them (ensure they're all in a space first!)
- **Twist it** - twist their bodies half way around then back, feet remaining in same place on the floor.
- **Spin it** - children turn around
- **Pull it** - imagine they are pulling two levers down from above their heads.
- **Bop it** - jump in the air.

**Jungle Run** - Children are running through the 'jungle' and run into many animals, etc that they need to get away from. The teacher can give appropriate commands, and the children carry out a suitable action:

- jump over logs
- duck under branches
- high knees through quicksand
- run from the tiger
- tip toe past the snake
- talk to the monkeys (ooh, ooh, aah, aah), etc.

**Mr Men Game** - This is an easy warm-up involving no equipment. Say the name of a Mr. Man and children have to move like him.

- Mr. Slow - move slowly.
- Mr. Rush - move fast.
- Mr. Jelly - shake your whole body.
- Mr. Muddle - walk backwards.
- Mr. Bounce - bounce!
- Mr. Small - crouch and move.
- Mr. Strong - move flexing your muscles.
- Mr. Tall - stretch up and move (good for stretching once the children's hearts are racing.)

**Commando** - Split the class into two / three teams. Their aim is to reach the opposite side of the hall. Each team stands in a line at one side of the hall with their legs spread apart. The person at the back then crawls underneath all of the pairs of legs and then becomes the person at the front. Once they have reached the front of the line, the child then has to shout next, so the person at the back knows when to start. Slow but surely the line starts to move forward!

Tip; make the children stand really close together as it is a little easier.
Cooling Down

**Moving Jukebox** – the teacher changes the instructions every time the music stops.

*Examples*
Move about the space taking large steps
Move about the space using small steps
Move about the space backwards, looking over your shoulder to see where you are going.
Move about the space with your arms stretched up high
Move about the space as low as you can.

**Icicles and snow flakes** – Children move quietly/softly round the space and when the teacher says “icicles” the children must stop and stretch into a long thin shape. When the teacher says “melt” then the children slowly relax and start to move quietly/softly round the room. When the teacher says “snowflake” the children stop and stretch and make a wide pointed shape.

![Pinocchio](image)

**Pinocchio** – children move round the space like a puppet. Encourage precise, slow, controlled movements. When the teacher says “into the box” the children must stop and fold themselves down onto the floor. When the teacher says “strings” then the children get up as if each of their different body parts has been lifted by strings.

**Alphabet soup** – the teacher pretends to eat some alphabet soup. The children work in pairs or threes. The teacher says the letter that she has just eaten and the children make the shape of the same letter (initially the children will need some help). Ask the children to make the letter as big as they can to encourage extended positions. Letters can be produced standing or lying down.

![Alphabet Soup](image)

**Rag Dolls** – Children walk round the space making as tall a shape as they can. When the teacher says “rag doll” the children stop and go floppy like a rag doll.

**Statues** – Children walk round the space until the teacher says “statue” the children must stop and then attempt the balance given by the teacher e.g.
Only touch the floor with one leg
Only touch the floor with one leg and one arm
Only touch the floor with your bottom
Only touch the floor with your hands and knees

**Simon says** – the teacher does a variation on a theme with Simon says, with a variety of different stretches to perform e.g. Simon says touch your toes, Simon says reach for the sky.