



Warm up exercises

1. Warm up exercise one (8 minutes)

Warm up one is longer than usual to allow you time to explain the benefits of and the reasons for warming up.

Part one:

- Play some music and ask the learners to dance and move to the music
- Each time you stop the music, they must hold their current position.

Part two:

- Divide learners into pairs. One learner has to mirror the other's dance moves.
- When the music stops, they have to swap roles.

Part three:

Instruct the learners to do the following stretches:



Quadriceps



Hamstrings



Calf



Chest



Shoulder



Triceps

The learners must hold each stretch for 20 seconds and repeat them twice on both sides.

2. Warm up exercise two (8 minutes)

Divide learners into pairs, standing a few metres away from each other. Give each pair a tennis ball.

Part one: Bounces (1 minute)

- Instruct the learners to bounce the ball to their partner
- The ball must bounce once before being caught.



Grade 3

List of warm up and cool down exercises continued

Part two: Throwing (1 minute)

- Instruct the learners to throw the ball to each other
- They must catch the ball before it bounces.

Part three: High throwing (1 minute)

- Instruct the learners to move closer to each other
- The one partner must throw the ball straight up into the air and the other must try to catch it.

Repeat part one to three again.

Part four: Stretches

Instruct the learners to stretch:



The front of their shoulders and



Hamstrings

The learners must hold each stretch for 20 seconds and repeat them twice on both sides.

Cool down exercises

1. Cool down exercise one (5 minutes)

- Ask the learners to make big circles with their arms. They should do this five times forwards and five times backwards.
- Ask them to walk around in a circle slowly and while they are doing this, explain the importance of a cool down
- Instruct the learners to stretch their chest and quadriceps.

2. Cool down exercise two (3 minutes)

- Ask the learners to lie on their backs
- Instruct them to close their eyes and imagine that they are made of lead, pushing their bodies into the ground
- They must contract all their muscles and even squeeze their eyes
- They must then relax and imagine that their bodies are so light that they can lift off the ground.