



Warming Up Properly

Health – 1st -3rd Recommended

Students learn to warm up properly before outdoor activities in order to prevent injury.

Materials:

- Space to move around

Instructions:

Have students follow these warm-up directions:

- Sit on the ground, one leg stretched out in front, the other leg bent up close to the groin. Lean over and touch your chest to the knee of your straight leg. Switch legs and repeat.
- Lie flat on your back with both knees bent. Raise one knee to your chest and with both hands gently pull it toward your shoulder. Repeat with other leg.
- Rotate each foot 10 times in one direction and 10 times in the other direction.
- Face a wall with one foot closer to the wall than the other. Lean into the wall, using both hands on the wall for support. Press down through the heel in the foot farthest from the wall. Repeat with the other leg.
- While standing, tilt your head to the side. Gently stretch your arm on the other side towards the floor. Repeat on the other side.
- Place your hands behind your head and clasp your fingers together. Push your elbows back while breathing in deeply several times.