

PE • K / GRADE 1

Warm-Up Cards

Eight 5-minute pulse-raisers

Warm-up cards

Traffic Lights Red = stop. Amber = walk. Green = jog. Children move; teacher calls colors.	Stuck in the Mud 2–3 taggers. If tagged, stand still with arms out. Free children crawl under the arms to release them.
Shape Stop Children jog around. On 'stop!', call a shape (star, ball, pencil) — they freeze in that shape.	Animal Walks On a whistle, change action: bear crawl, crab walk, bunny hop, frog jump, snake slither.
Number Groups Jog to music. Music stops, teacher calls a number — children form groups of that size.	Mirror Moves In pairs, one leads slow movements; the other mirrors them. Swap roles after 30 seconds.
Rocket Countdown Crouch low. Slow countdown 10 → 1, growing taller, then explode upwards on 'BLAST OFF!'.	Treasure Run Place beanbags around the hall. Children collect one at a time and bring back to base in different running styles.

