

SPORTS & GAMES · GRADES 1–6

Warm-Ups & Cool-Downs

Reference card for any PE lesson

Why warm up?

Going from sitting still to running fast is a shock to the body. Warm-ups gradually raise the heart rate, loosen joints and make muscles ready for activity. They reduce injury risk and improve performance. A good warm-up has two parts: PULSE RAISER (gets the blood moving) then DYNAMIC STRETCHES (mobilises the muscles you'll use).

Pulse raisers (3–4 minutes)

<p>Walking jog</p> <p>Light jog around the area. Increase pace gradually. End with one harder lap.</p>	<p>Side-steps</p> <p>Side-step around the area. Switch direction every 30 seconds.</p>
<p>High knees / heel flicks</p> <p>30 seconds high knees (lift knees high), 30 seconds heel flicks (kick heels to bum).</p>	<p>Follow the leader</p> <p>One child leads, others copy. Skipping, hopping, sprinting. Change leader every minute.</p>

Dynamic stretches (3–4 minutes)

<p>Arm circles</p> <p>Forward, then backward. Big circles. 10 each direction.</p>	<p>Leg swings</p> <p>Hold a wall. Swing one leg forward and back, 10 times each leg.</p>
<p>Walking lunges</p> <p>Lunge forward, then forward with the other leg. Walk across the gym, 10 lunges total.</p>	<p>Trunk twists</p> <p>Stand with feet shoulder-width. Twist gently from side to side, arms relaxed. 10 each side.</p>



<p>Squat jumps</p> <p>Squat down, jump up. Repeat 5 times. Wakes up the legs for sport.</p>	
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Why cool down?

Cool-downs let the heart rate come back to normal gradually. Without one, children can feel dizzy or sick. Cool-downs also help muscles recover and reduce stiffness next day. A good cool-down has two parts: SLOW MOVEMENT (walking, gentle activity) then STATIC STRETCHES (hold stretches still for 15-20 seconds each).

Cool-down moves (4 minutes)

<p>Slow walk</p> <p>1-2 minutes walking around the area. Hands on hips, breathe deeply.</p>	<p>Calf stretch</p> <p>Step one leg back, press heel down. Hold 15 seconds. Switch.</p>
<p>Quad stretch</p> <p>Stand on one leg, pull other foot up behind you. Hold 15 seconds. Switch. Use a wall for balance.</p>	<p>Hamstring stretch</p> <p>Sit, one leg straight in front, reach for toes. Hold 15 seconds. Switch.</p>
<p>Shoulder stretch</p> <p>Cross one arm across body, gently pull with other. Hold 15 seconds. Switch.</p>	

Quick lesson plan template

Total PE lesson = 45 minutes • 5 min: warm-up (pulse raiser + dynamic stretches) • 30 min: main activity (skills + game) • 5 min: cool-down (slow movement + stretches) • 5 min: discussion and tidy up This is a TEMPLATE that works for any sport. Print and laminate, keep in your PE folder.

