

Warm-Up Follow My Leader

- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- The leader jogs around the rounders pitch, with the rest of the team following behind in a line.
- The leader chooses movements for the team to copy (for example, hopping, side steps, jumping, skipping, fast feet, high knees).
- When the leader shouts 'Change!', the team member at the back of the line sprints to the front and becomes the leader, choosing a new travelling movement for the rest of the team to follow. Repeat until the teacher stops the warm-up.

What do you need?

- A loud voice to lead
- A space to move in
- A group of willing participants



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Warm-Up Up, Down, Stop, Go!

- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Set up a coned-off area large enough for team members to jog around in. The leader stands outside this area and the team members jog around in different directions.
- The leader calls out the following commands:
 - Up!** Jump up as high as you can.
 - Down!** Crouch down and touch the floor.
 - Stop!** Stop and stand still.
 - Go!** Carry on running again.
- After a minute or two, change the leader. If the leader is confident, they can take part whilst calling out the commands.

What do you need?

- A loud voice to lead
- Cones and an area for your group to work in
- A group of willing participants



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Warm-Up Bib Tig

- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Set up a large coned-off area.
- Nominate two students to be 'It'.
- The rest of the team tuck a sports bib into their waist bands. Their job is to keep their bib for as long as possible by dodging the students who are 'It'.
- Students who are 'It' try to grab as many bibs as possible by chasing their team mates.
- If a student's bib is grabbed, they become 'It' as well.
- All students must remain within their coned area.

What do you need?

- Bibs
- Cones and an area for your group to work in
- A group of willing participants



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Warm-Up Scarecrow Tig

- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Set up a large coned-off area.
- Nominate two students to be 'It'.
- The rest of the team run around in the coned-off area, trying not to be tug by the people who are 'It'.
- Students who are tug must stand like a scarecrow, with their arms out wide, waiting to be freed.
- Runners can free a scarecrow by running underneath their arm.
- All students must remain within their coned area.
- After two minutes, nominate two new people to be 'It'.

What do you need?

- A loud voice to lead
- Cones and an area for your group to work in
- A group of willing participants



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Warm-Up Team Relays

- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Set up your own choice of relay activity. This could be as basic as sprinting to equally spaced cones and back, or you could add obstacles, such as skipping ropes, mini hurdles or hoops.
- Split into two equal teams, ensuring that both teams contain students with different skill sets. See which team can complete the relay first!
- The leader should ensure that everyone follows the rules, and runners only set off when the previous runner has finished and given them a high 5.
- After everyone has completed the relay, choose a new leader and new relay activity.

What do you need?

- A loud voice to lead
- Hoops, cones, hurdles etc. (whatever equipment your teacher has provided)



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Warm-Up Domes and Dishes

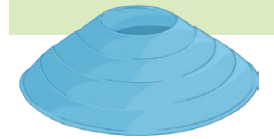
- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Select a flat, large area for your game.
- Place half of your marker cones in the area facing upwards like dishes, and the other half facing downwards like domes.
- Your leader should split your group into two teams, domes and dishes.
- When the leader shouts 'Go!', the domes team tries to turn all the dishes into domes, and the dishes team tries to turn all the domes into dishes.
- Once a student has turned over a marker cone, they cannot return to it until they've been to another first.

What do you need?

- A loud voice to lead
- Marker cones
- A group of willing participants



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Warm-Up Beans

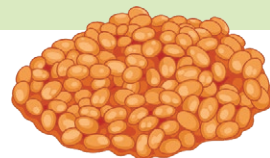
- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Set up a coned-off area for your game.
- Jog around the area in different directions, waiting for instructions from your leader.
- The leader calls out commands:
 - Runner bean!** Run very fast
 - Jumping bean!** Jump around the area
 - Broad bean!** Take giant strides
 - Baked Bean!** Lie on the floor
 - Chilli bean!** Shiver and carry on jogging
- After a minute or two, change the leader. If the leader is confident, they can take part whilst calling.

What do you need?

- A loud voice to lead
- Cones and an area for your group to work in
- A group of willing beans!



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Warm-Up Traffic Lights

- As a team, nominate a **reader** to read the instructions to the group.
- Nominate a **leader** to lead your team through the warm-up.

What's the plan?

- Set up a coned-off area for your game.
- Jog around the area in different directions, waiting for instructions from your leader.
- The leader calls out commands:
 - Green!** Run around the area
 - Amber!** Walk round the area
 - Red!** Stand still
 - Roundabout!** Run around in a circle once
 - Speed bump!** Run and jump as high as you can
 - Car pool!** Jog around holding hands with one or more fellow 'cars'
- After a minute or two, change the leader. If the leader is confident, they can take part whilst calling.

What do you need?

- A loud voice to lead
- Cones and an area for your group to work in
- A group of willing participants



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