

top 10

WARM-UP ACTIVITIES

Warming up is an important part of preventing injuries and a great opportunity to develop different fundamental movement skills, try new activities and have some FUN! Here are some of our favourite warm up activities, tried and tested by Alberta Medical Association Youth Run Club Coaches. The following activities are shared with permission from some of our great partners.

1

OCTOPUS TAG

GRADE: K-3

EQUIPMENT: NONE

From: Running Lesson Plans. Active for Life

- Leader chooses 2 children “octopi” to be it. “Octopi” begin in the centre of the activity space. All other children are “fish”.
- “Fish” spread out along a base line at one end of the activity space.
- When the “octopi” yell “Octopus!” all “fish” try to run to the other base line without getting tagged.
- “Octopi” are allowed to run and chase the “fish”. If tagged the “fish” become “seaweed” and stand with their feet rooted where they were tagged.
- “Seaweed” try to tag the “fish” in the following rounds.
- Restart the game when only 2 “fish” are left. They become the “octopi”.

2

MAKE YOUR OWN WARM-UP STORY

GRADE: K-3

EQUIPMENT: NONE

From: Move & Play Through Winter, Eh?, Be Fit For Life

- Use the template below or create your own Winter Warm-Up Story. Leaders or participants can change the story below using their own names and favourite activities.
- It had been snowing all night and [Name 1] and [Name 2] were excited to [Movement] into the snow pile in their backyard! [Name 1] decided to bend their knees and pump their arms so they could [Movement] as far as they could. [Name 2] followed and [Movement]ed into the snow. It wasn't long before they started to play following the leader in the backyard. [Name 1] led [Name 2], [Movement]ing through the snow, pausing to [Movement] on one foot. They reached up to touch the branches on a tree, trying to [Movement] the snow falling down on them. It was a wonderful winter day in the snow!

3

ZOO KEEPER

GRADE: K-6

EQUIPMENT: PYLONS

From: Recipe Card Lesson Plans K-3 First Set, Ever Active Schools

- Identify two end lines on either side of the activity area using pylons. Instruct students to stand on one end line and assign each student one of three animal names; e.g., lion, tiger, or bear.
- Choose two students to be the zookeeper, who begin in the middle of the activity area and call out the name of one animal at a time
- When the name of their animal is called, those students travel to the opposite end line without being captured (tagged)
- Should an animal be captured, they become zookeeper assistants and try to capture all other animals. Should an animal make it to the opposite end line, they wait for their name to be called again.
- Continue until most animals have been captured Have students pace along the end line doing what their animal might do in captivity to increase lactivity level.

4

WIZARDS & MUGGLES

GRADE: K-6

EQUIPMENT: PYLONS, BEANBAGS

From: Move & Play Through Physical Literacy Cards, Be Fit For Life

- Instruct participants to stand facing a partner about 2 meters apart on 1 of 2 lines on the floor. The group will be standing in 2 long lines facing each other
- Identify 1 line of the participants to be Wizards and the other to be Muggles
- Designate a safe zone that is behind each line of participants and 5 meters away from a wall.
- Call out a name, that is "Wizards!" or "Muggles!"
- The participants whose name is called try to tag their partners, who turn around and try to reach the safe zone before being tagged
- Instruct the group to quickly return to the starting lines and listen for the next game to be called

5

ALPHABET SPELLING

GRADE: K-6

EQUIPMENT: PYLONS, BEANBAGS

From: Animal Alphabet Activity Cards, Ever Active Schools

- Provide students with a word to spell from the words found within the Alphabet Cards
- Students will move around the classroom to each letter and perform the activity on the cards. Vocabulary could be high-frequency words, cross-curricular works or wall words
- Repeat the activity with a new word.
- Variation: Switch up the locomotor movement. Have participants jump, gallop, sprint, etc., while spelling the words.

6

JUMPING FROGS

GRADE: K-9

EQUIPMENT: PYLONS/ROPES

From: Activity Database, AB Active After School

- Divide participants into teams of 3-6
- Use lines on the gym floor or rope/pylons to set up the starting point and the end point
- One participant on each team will start as the frog, and they will all be at one end of the activity area. The frog will be on their hands and toes
- The rest of the participants will be standing in a line behind the end line and across from their frog
- Ensure groups are spread out from one another
- When the activity begins, the first participant in each line will run to their frog and tap them on the head. As soon as the frog is tapped on the head they can do one frog jump (jump while on their hands and toes).
- The participants that tapped the frog will stand behind the frogs starting line
- As soon as the frog jumps, the next participant can start running towards the frog
- They will tap them on the head, the frog will jump, and that participant will stand behind the first participant behind the frog's starting line
- As soon as all participants have run from their starting line to the frog's starting line, the first participant that went will run to the frog, tap them on the head, and then continue to run to the other line.
- Continue until the frog jumps over the end line
- Optional: Continue and have another participant be the frog and have to jump back to the other side.

7

ROCK PAPER SCISSORS

GRADE: 3-12

EQUIPMENT: PYLONS

From: DPA Greatest Hits, Ever Active Schools

- Two lines of students stand facing each other at the centre of the activity space, one of two meters apart. Each side huddles together to decide if they would like to be rock (crouched down with body shaped like a ball), paper (standing with arms and legs wide) or scissors (standing with arms and legs crossed) as a team.
- Upon the leader calling out "3, 2, 1, go!" each group shows their choice. The side that wins the RPS challenge chase the other side back to their line. Be sure to have the line at least a couple of meters from the wall. Anyone tagged becomes a new participant on the other team.
- Variation: Have students fleeing and chasing use a different FMS locomotor skill, such as jumping, skipping or galloping.

8

SCORPION TAG

GRADE: 4-9

EQUIPMENT: NONE

From: PlaySport, OPHEA

- Choose 4-6 participants to be taggers. Divide the remaining participants into small groups (e.g., 2 to 3).
- Participants in each group link together by holding the shoulders of the participants in front of them to form "scorpions."
- The taggers chase the scorpions within the activity area trying to tag them. If the scorpion is tagged, the tagger joins the end of the scorpion, and the participant at the front of the scorpion now becomes the tagger

9

STINGER TAG

GRADE: 4-12

EQUIPMENT: POOL NOODLES (2-3)

From: Recipe Card Lesson Plan 4-6, Second Set, Ever Active Schools

- Choose 2-3 participants to be taggers (bees) and provide each with a pool noodle (stinger). Consider cutting the pool noodles in half to make it easier to manoeuvre.
- Designate a playing area with boundaries 1-2 meters away from any walls
- On the signal to begin, students walk or skip throughout the playing area, Should a student be stung by a bee (touched by a noodle), they move outside the playing area, hop on each foot five times, stretch the part of body that was 'stung', and return to the game.
- Once a bee has 'stung' a participant, they drop the pool noodle on the floor
- Any other students can pick up the stinger and take on the role of tagger
- Continue until heart rates are elevated!

10

CAMP ROBBER

GRADE: 4-12

EQUIPMENT: BEANBAGS

From: Rediscovery, Ancient Pathways, New Directions, Thom Henley

- Divide a large group of 10 or more players into 2 equal teams. Have each team line up and face their opponents from a distance of 12 to 16 metres.
- Now go down one line and give each of the players the name of a "camp robber": Blue Jay, Grey Jay, Chipmunk, Squirrel, Mouse, Pack Rat, Raven, Fox, Raccoon, Coyote, Wolf, Bear, Weasle, Ant, etc, (try to use the names of animals from your bio-region). Now give the same names in the same order to members of the opposing team.
- The instructor has a bag of treats (bean bags work great in place of real goods) which are set on the ground, one at a time, between the 2 teams.
- The object of the game is to be the most successful camp robber
- When the leader shouts a name at random, e.g., "Pack Rat!" Both pack pat players must race to steal the food. This is a game of stealth as much as of speed because the food can be stolen back from the first person who snatched it simply by tagging that person before they return to their place in the line-up.
- One must not touch the opponent, however, until the opponent has snatched the food item. To do so results in the opponent taking the food uncontested.