

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! We encourage the use of games as warm ups because they are an easy and fun way to get everyone moving. Here are some of our favourite warm up activities, tried and tested by the Ever Active team! Some of the following activities are shared with permission from a few of our great partners.

MAKE YOUR OWN WARM-UP STORY

GRADE: K-3

EQUIPMENT: NONE

[From: Move & Play Through Winter, Eh?, Ever Active](#)

- 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!

TURTLE TAG

GRADE: K-3

EQUIPMENT: 4 PYLONS

- Choose one person to be the tagger.
- Play begins when whoever is the tagger yells, "GO!"
- The player who is the tagger chases other players and when the tagger comes near, players can avoid being tagged by quickly lying on their backs with their arms and legs raised in the air, like a turtle on its back.
- As soon as the tagger has gone by, they can keep running again; however, if you are tagged you become the new tagger.

HEADS & TAILS TAG

GRADE: K-6

EQUIPMENT: NONE

- This game is played in teams, one team with hands on their heads, the other with hands on bottoms. They chase each other and have to switch if tagged.

ZOO KEEPER

GRADE: K-6
EQUIPMENT: PYLONS

From: Phys Ed & Wellness Lesson Plans K-3 First Set, Ever Active

- 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.

WIZARDS & MUGGLES

GRADE: K-6
EQUIPMENT: PYLONS, BEANBAGS

From: Move & Play Through Physical Literacy Cards, Ever Active

- 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

ALPHABET SPELLING

GRADE: K-6
EQUIPMENT: PYLONS, BEANBAGS

From: Animal Alphabet Activity Cards, Ever Active Schools

- Provide students with a word to spell or call out a letter using Ever Active's free Animal Alphabet Cards (linked above)
- Students will move around the space to each letter and perform the activity on the cards. Vocabulary could be high-frequency words, cross-curricular works, wall words or individual letters
- Repeat the activity with a new word or choosing new letters.
- Variation: Switch up the locomotor movement. Have participants jump, gallop, sprint, etc., while spelling the words.

OCTOPUS

GRADE: K-6
EQUIPMENT: PYLONS

- Played like British Bulldog except the player in the middle is an octopus that runs and tries to tag players as they cross the play space. Select one (or two) people to be octopi and the rest of the group will be fish.
- As the octopus tags people, they remain in their spot and become seaweed, trying to tag players without moving their feet.
- To make this game go a little faster, try limiting the playing space or starting off with more than one octopus in the middle.

PORT & STARBOARD

GRADE: K-6
EQUIPMENT: PYLONS

- Tell participants to imagine they are on a ship.
- You yell out commands and the participants must obey. The last person to complete the command has to do 10 jumping jacks.
- Some of the commands you can try are starboard (run to the right), port (run to the left), bow (run to the front), stern (run to the back), scrub the deck, hit the deck (lying face down), submarine (lying on back with one leg up in the air), and Captain's coming (stand at attention and salute).
- Be creative and make up some of your own commands.

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 a 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 while 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.

4 LEAF CLOVER

GRADE: K-12

EQUIPMENT: PYLONS

- Place four pylons in a large square and give them a number between one and four.
- Each pylon is given a different warm up activity (high knees, squat, lunge, bum kicks)
- Split the group so there are equal numbers of runners at each pylon
- Transitioning from the pylons will be clockwise and will require a different locomotor skill (sprint, gallop, jog, walk, etc.)
- The coach is placed in the middle and once back to pylon one, players sprint to the coach, give them a high-five and backwards run back to the end of the line.

GOT YOUR BACK

GRADE: K-12

EQUIPMENT: NONE

- Break into groups of three or four.
- Dedicate one person in each group as a target and one person as it
- The target and the rest of the group hold hands and form a circle
- The person who is it starts outside the circle and across from the target
- On 'GO,' the person who is it tries to run around and tag the target while the group tries to protect the target
- The round ends when either the target is tagged or two targets from different groups attach back to back

ISLANDS

GRADE: K-12

EQUIPMENT: PYLONS, HOOPS

- Participants run around the playing space. When the whistle is blown, participants must run to one of the islands (hula hoops or small mats placed on the floor).
- The islands can be shared but participants are not allowed to touch each other. The last one to land on an island has to do 10 jumping jacks.

VOLCANOES & ICE CREAM CONES

GRADE: K-12

EQUIPMENT: 15+ PYLONS

- Spread out lots of cones around the playing area and put some upright (volcanoes) and some upside down (ice-cream cones)
- Divide players into two groups (one volcanoes and one ice-cream cones)
- On 'GO', players run around and turn over as many cones as possible as assigned to their team cone type
- Keep going, turning over as many as you can and after two or three minutes when the coach blows the whistle, all players must stop and put their hands on their head
- The team with the most cones in the correct position wins.
- Play multiple rounds, switching sides: volcanoes or ice cream cones
- Players are NOT allowed to block others from getting to a cone

RABBITS & HOUNDS

GRADE: K-12

EQUIPMENT: PYLONS

- Choose three or four of the faster participants to start out as hounds while the rest are rabbits.
- Start the rabbits running around a lap of the field or gym.
- Once they get a head start, let the hounds loose by yelling “the hounds are loose” or “who let the dogs out?”
- The hounds run after the rabbits, who are considered caught once the hounds pass them. Depending on the size of your lap, let the kids do one or two laps. Choose your next hounds from the group of rabbits who were not caught.

SNATCH IT

GRADE: K-12

EQUIPMENT: PYLONS, BEANBAGS

- Divide the group into two teams. Have the opposing teams form lines facing each other approximately 20 feet apart.
- Number the members of each line from opposite directions so that the number one participant of one team is opposite, the number 20 participant of the other team.
- Place an object, such as a bean bag, in the middle of the floor between the two teams.
- Yell out a number and have corresponding players race each other to pick up the object.
- The player who is able to snatch the object and return to their spot without being tagged gets a point for their team

BRITISH BULLDOG

GRADE: K-12

EQUIPMENT: NONE

- One person is IT and stands in the middle of the field or gym. The other participants stand on a line at one end of the field or gym.
- When the person who is IT yells 'British Bulldog' everyone tries to run to the other side without being tagged.
- Those who are caught join in the middle to try tagging remaining participants.
- The last person to be caught becomes 'IT' in the next game.

RUN & SCREAM

GRADE: K-12

EQUIPMENT: BLACKFOOT MARKING STICK

- Participants take in a big breath of air, start running, and at the same time scream out loud until they can no longer scream without taking a new breath.
- When they need to stop and take a breath that is the spot where the scream stops and it should be marked with the marking stick.

FROZEN TAG

GRADE: 3-6

EQUIPMENT: NONE

- The person who is tagged and therefore frozen must stand still with their legs spread or arm stretched out.
- They become free when another player crawls between their legs or runs under one of their out-stretched arms.
- If you have a large group, designate a few people to be IT.
- To change this game a little, try having participants do 10 jumping jacks or five push-ups to free themselves instead of running under each other's legs.

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 or 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.

BEAR, FISH, MOSQUITO

GRADE: 3-12

EQUIPMENT: PYLONS

- Similar to rock, paper, scissors, there are two teams and each team gets 5 seconds to huddle and decide which they would like to be (bear, fish, mosquito)
- After each team has decided, they meet face to face in the middle of the playing area and just like 'Rock, Paper, Scissors' when facing your opponents everyone calls out "Bear, Fish, Mosquito" and then act out the animal they chose.
- The losing side has to run to the clearly marked safe zone, while the winning side tries to tag them before they reach it. If tagged, players join the other team.
- Bear beats fish; fish beats mosquito; mosquito beats bear

HOSPITAL TAG

GRADE: 3-6

EQUIPMENT: NONE

- This game is similar to traditional tag except that once tagged, the person must hold the place they were touched, like it is an injury, and continue running around.
- If they are tagged again, they must use their other hand to hold the second injured area.
- A third touch means they are out of the game.
- This can be a lot of fun if the people who are it are able to touch people in different spots, like a leg or top of the head.

STORMY SEAS

GRADE: 3-12

EQUIPMENT: NONE

- This is a variation of British Bulldog. Divide participants into two groups, one being fish, the other being whales.
- Line each team up at different ends of the field.
- Choose one or more sharks to stand in the middle of the field. The sharks yell out either "fish" or "whales." Those participants must then try to run to the other side of the field without being tagged.
- If tagged, they become seaweed and must stand on the spot and try to touch others as they cross the field.
- If the sharks yell "stormy seas" members from both teams run across the field. The last person to be caught starts off the next game as the shark.

YIN & YANG

GRADE: 4-12

EQUIPMENT: NONE

- Everyone grabs a partner and each pairing will determine who will start as the runner and who will start as the balancer. One partner is always running, one is always balancing. If one partner starts to run, the other must stop and balance.
- Make sure clear play boundaries are set and assign one pair to be taggers. On go, your taggers will try and tag other teams.
- If you are balancing you cannot be tagged so you must watch your partner and if your partner starts to balance you must run.
- If the taggers tag another group, that pair is now it. The taggers can hold a soft object they can pass on to the next team so it is clear who is it.

STINGER TAG

GRADE: 4-12

EQUIPMENT: POOL NOODLES (2-3

[From: Phys Ed & Wellness 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!