The purpose of warming up before physical activity is to:
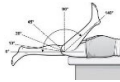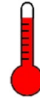
- Increase your heart rate and blood flow

- Increase muscle temperature

- Increase range of movement (muscles, tendons, ligaments)

- Prepare mentally and physically.

General principles of warming up before physical activity

- Warm up and relax muscles before static stretching
- Age Appropriate
    - Activities should be relevant to the age, ability and experience of the athlete.
- General to Specific
    - Begin with general activities and be followed by sport-specific / event-specific exercises.
- Be systematic
- Variety (need not be boring, can be fun, good time to "catch up")
- Individuality (different events require different stretches and warm up technique)

It is also worth noting that a warm up for a practice session may differ considerably to a warm used before a competition.

The following pages give some examples of warm ups.

Example 1

Game : Remote Control

Respond to the following video controls, using the appropriate actions:

- Play - walk around
- Rewind - run / walk backwards Fast Forward – run
- Pause - jump on the spot
- Stop – stop

Other options;

- Eject – jump up
- Shuffle – Side Run
- Slow Motion – Walk in a slow exaggerated way
- Record – Stop and pull a funny face

General Movements

Completed over a 10-20m area mix and match any below for 5 minutes

- Walking / Jogging / Running up & back
- Skipping (little skips / skips for height) up & back
- Side stride up & back
- Side stride up and back, with arms side to side
- Side stride up and back, with sprinter arms (going in a different plane to legs)
- Walk three steps touch the ground with one hand on the way up, other on way back.
- Walk three steps touch the ground with both hands

Balance Challenge – Stork Stand

You have to try and balance on one leg without using a partner or solid structure for support. Try to hold for a slow count of 10.

- Stand on one leg, with the other leg thigh parallel to the ground and toes pulled up.
- Try the other leg on the other side.
- Stand on one leg, with the other leg thigh parallel to the ground and toes pulled up……then start moving it backward and forward (like a take-off in long jump)
- Try the same movement pattern with the other side.
- Stand on one leg, with the other leg thigh parallel to the ground and toes pulled up……then close eyes and try to remain upright…..if still stable, start moving leg backwards and forwards
- Try the same movement pattern with the other side.

Game: Builders and Bulldozers

Split the group into two teams. Ground markers scattered in designated playing area, half of them turned upside down. On the command "Go!" Team A moves around the playing area attempting to turn as many markers as possible the right way up ("Builders"); at the same time Team B attempts to turn as many markers as possible upside down ("Bulldozers". After playing for a designated time, stop the game and count the number of markers the correct way up, compared to the number of markers upside down, to find the winning team.

Example 2

Game: **Up, Down, Stop, Go.**

Participants move around in a given play space in a variety of ways. Walking, skipping, and jogging. When a command is given the participants must complete the opposite of the command given. For example when command is 'Stop', participants must 'Go'. When given 'up', they must bob down.

General movements

- Walk – forwards / backwards
- Jog – forwards
- Skip – forwards
- Star Jumps
    - Normal
    - Across body (hug)
    - Clap (in front of body)
- Hip out – knee to front then out to side.
- Hip in – knee out to side then back to the front.
- Ankle hops
- Knee hugs every three to five steps.
- Walking lunge
    - Normal
    - With upper body rotation
- Alternate toe touch
    - Kick leg in front
    - Kick leg back, opposite hand to touch ground in front
- Ankle touches

Game: Toilet Tag

Designate a playing area with clear boundaries - players must stay within this area. Choose 2-3 students to become the "toilet makers". The job of the toilet makers is to try and turn all the other players into toilets. When a player is tagged they become a toilet by kneeling down on one knee. In order to re-join the game another player must sit on the toilet (the raised knee) & pull the chain (as through using the toilet).
The game can be played for a set time or until there are only a few players still free.

Example 3

Instructions:

- This warm up is to be done in a continuous fashion.
- The warm up is to be done prior to game or hard training session. All drills performed between two markers places 30-40m apart.
- All drills done in both directions.
- Good sprinting posture required throughout.

Drills:

- **Jog** – 1 or 2 laps slowly
- **Adductor side drill** – up one side and back on the other, long steps, pull yourself along on balls of feet.
- **Lunges** – 5 up and 5 back, upright body, long lunge
- **Skipping** – knee up, toe up, straight back leg, active foot plant down and back
- **Partner hamstring kicks** – 10 on each leg, both legs straight, leg to chin level
- **Cross overs** – right foot out in front then right foot behind, shoulders still follow with left leg
- **Hamstring groin stretch** – lower mobility, push up position, right heel to right hand and left heel to left hand, keep back straight
- **Step overs** – right leg, left leg straight, then left leg, high knee toe up into bottom.
- **Straight leg running drill** – tight abs, toe up, pull back on ball of foot. No lean backward
- **Running backwards** – on ball of foot, heel into bottom
- **High knee running** – toe up, heel into bottom, step over knee **Side stepping** – zig zag three steps to the right the to the left **Pop ups** – three running steps and jump high
- **Three run throughs** – 80%, 90%, 100% with good technique.

Dynamic Movements:

- **Arm swings** – Around body
- **Arm swings** – over shoulder
- **Side Bends** – using towel or bar hold above head and lean to side, without forwards or backwards movements
- **Trunk rotations** – hands on hips, knees slightly bent rotate trunk from side to side.
- **Alternate toe touches** - bend at waist, swing arms to attempt alternate toe touches with opposite hands
- **Leg swings** – stationary or moving – alternate swinging leg to touch toes.