

## Sample Warm Up Created for ITC Participants

- Age appropriate to suit abilities and experience.
- General movements increase heart rate and to prepare muscles and joints for activity.
- Increase intensity and actively mobilise parts to be used in activities.
- No Static stretching - done at end of session.

### Sample for Under 10 Warm Up (15 mins)

Game (examples: Here, There, Everywhere & Simpsons Game)

Play: 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

- Running up & back
- Skipping up & back
- Side stride up & back
- Side step up, slalom back
- Balance Stork Stand eyes open, eyes closed
- Balance Toe Taps front, side, eyes open, eyes closed
- Balance Walk the Line - heel to toe action(Hurdle Tops as option)

Balance Challenge - Bean Bag Balance

*Balancing with Bean Bags: You have to try and balance bean bags on virtually any body part. Choose a body part, then figure out how you have to move to make it work (walk, crawl, etc.). Partner Challenge - they balance the beanbags with a friend (e.g. no hands) and each partner has to be touching the bag.*

- Jump up & back
- Hop up & back (both legs)
- Jump the line (sideways)
- Jump a marker (forwards, backwards, side to side)

Game: Marker Tip Over - use dual coloured bean bags as option