WARM UP GAMES

CATCH AND MOVE - WARM UP ACTIVITY
- Set out a coned area that will be big enough to fit all your players in whilst being small enough that they will need to dodge each other regularly.
- Players should be asked to move about inside the area avoiding each other. Start moving slowly and increase the speed.
- Introduce some balls, about one between two. Players throw a catch to a team mate as they move around the area.
- Change the way players are asked to move such as skip, high knees, heel flicks, sideways, in a crouched position etc.
- After each catch players leave the area and perform a press up, squat thrust etc.
- Introduce a ball each so that players throw simultaneous catches to each other.
- Switch players on mentally as they have to remember names of famous cricketers, grounds, teams etc.
- Change any aspect you want to get the desired result which is players that have warmed up physically and mentally.

WARM UP GAMES

SIMON SAYS
Try to make this game as active and as fun as possible, combining aerobic and stretching activities. Change directions quickly, some suggestions are jog on the spot, lift knees high, run around the room changing directions, skip around the room, touch your toes keeping legs straight, five tuck jumps on the spot etc. Incorporate some cricket skills actions batting, bowling, throwing, diving etc.

DISHES AND DOMES
Scatter cones around the area, half up one way and half up the other. Split your children into two groups – dishes and domes. On command dishes have to turn cones to dish shape, domes turn cones to dome shape. Safety - ensure no head collisions!

SMUGGLERS
This is a warm up game using coloured hoops and coloured bean bags. Scatter the hoops around the area in which you are working. Split the class in half - smugglers or ‘goodies’. The goodies have a 30 second head start to place bean bags in their correct corresponding coloured hoop. On the blow of the whistle, the smugglers ‘steal’ the bean bags from their correct hoops and place them incorrectly. The ‘goodies’ have to keep going to try and remedy the problem. Lots of fun, and gets the heart rate going! Adapt to use balls and buckets.

THE BEAN GAME
This activity is ideal for use as a warm-up before the main part of most lessons.
1) The children should begin by walking around the room in any direction or you could play initially on the spot.
2) On the various commands listed below, they should carry out the appropriate action:

COMMAND ACTION
JUMPING BEAN Jump around the room
RUNNER BEAN Run around the room (looking out for other people).
BROAD BEAN Stretch your arms and legs out as wide as you can.
BAKED BEAN Jump in a star shape
JELLY BEAN Lay on the floor in a star shape until the next command is given.
CHILLI BEAN Lay on floor and Sunbathe
FROZEN BEAN OR Shiver and shake
MR. BEAN OR Walk around with a puzzled/vacant expression, muttering under your breath!
BEAN SPROUTS OR Stand on tiptoes and make yourself as tall and thin as possible.
STRING BEANS OR Stand on the spot, making yourself as long and thin as a piece of string
BACON BEANS OR Find 2 partners, hold hands and run around in space.
SANTA'S BEEN OR Pretend to play an “air guitar” or violin!
BACK TO BACK BEAN OR Lie flat on the floor, spreading arms and legs out as far as possible.
COFFEE BEANS OR Children lie in middle of area as close to each other as possible
KIDNEY BEANS OR Find a partner and lay on the floor
BEAN SPROUTS OR Children lie in middle of area as close to each other as possible
BARBECUE BEANS OR Stand in one spot and do the can-can
FRENCH BEANS OR Strike a pose and shout “Bonjour!”
RICE BEANS OR Strike a pose and shout “Oooh la la!”
SANTA’S BEEN OR Freeze and bend into a C shape and shout Chili Con Carne!
HAS BEANS OR Find a partner and stand back to back until the next command.
SANTA’S BEEN OR Children lie on the floor in a star shape until the next command.
STICK BEANS OR Children lie in middle of area as close to each other as possible
BROAD BEAN OR Jump in a star shape
BLOW BACK BEAN OR Run around the spot (more suitable for younger children than running around the room)
BACK TO BACK BEAN OR OR Children lie in middle of area as close to each other as possible
COFFEE BEANS OR Find a partner and lay on the floor
KIDNEY BEANS OR Children take a pretend walking stick as if old and frail.
BEAN SPROUTS OR Wave a magic wand as if casting a spell
BACON BEANS OR Lay flat on floor pretending to be dead
SANTA’S BEEN OR ‘Goodies’ have a 30 second head start to place bean bags in their correct corresponding coloured hoop. On the blow of the whistle, the smugglers ‘steal’ the bean bags from their correct hoops and place them incorrectly. The ‘goodies’ have to keep going to try and remedy the problem. Lots of fun, and gets the heart rate going! Adapt to use balls and buckets.

OR children lie in middle of area as close to each other as possible

OR Strike a pose and shout “Oooh la la!”

Children have to stand very still.

Children either wave their magic wand or waggle their fingers as if casting a spell.

Mr. Bean

Children have to stand very still.

MR. BEAN

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**VIDEO RECORDER**
This activity can be used as a warm up to most PE lessons. Children 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
- Eject - Jump Up!
- Record - Pull a funny face!

**CONTAMINATED MOLECULES**
Select two or more chasers who are given beanbags or soft balls. As soon as the whistle has been blown the chasers must touch as many of the children in the class as possible. When a child is touched, he/she must stand still and wait to be released. Children can be released by two members of the class who are still free. These two members must co-operate by holding hands and encircling the captured pupil, who is then freed. The game may end after a designated period of time or when all children have been captured.

**GALLOPING LIZZIE**
Have the players find their own place in the play area.
Choose one player as ‘it’ and they take the sponge ball.
The game is played by ‘it’ throwing the ball at another player, where the hit player would become ‘it’ and have to take the job of throwing the ball.
To make the game more interesting, specify a certain style of throwing e.g. underarm, left-handed etc.

**SPIDERS AND SCORPIONS**
Choose four children to be the scorpions. Their job is to move around on all fours (belly facing down) trying to sting as many of the other children as possible (touch). The other children are spiders; they have to move around on all fours (belly facing up). If a spider is stung it must hold either one foot or one arm in the air (3 point balance) until all of the spiders are stung or time runs out. (A variation on the game is a special spider that delivers an antidote and releases the stung spiders).

**TRAFFIC LIGHTS WITH CARS**
Choose four children to be the scorpions. Their job is to move around on all fours (belly facing down) trying to sting as many of the other children as possible (touch). The other children are spiders; they have to move around on all fours (belly facing up). If a spider is stung it must hold either one foot or one arm in the air (3 point balance) until all of the spiders are stung or time runs out. (A variation on the game is a special spider that delivers an antidote and releases the stung spiders).

**CATS AND DOGS**
Mark out the area of activity. Two children are chosen as 'cats'. The 'dogs' must have beanbags each. The 'tigers' have to hit the cat's stance. The 'cats' cannot move with the beanbags. The game should focus on passing between the 'tigers'.

**SPRINTING SPIDER**
Choose four children to be the scorpions. Their job is to move around on all fours (belly facing down) trying to sting as many of the other children as possible (touch). The other children are spiders; they have to move around on all fours (belly facing up). If a spider is stung it must hold either one foot or one arm in the air (3 point balance) until all of the spiders are stung or time runs out. (A variation on the game is a special spider that delivers an antidote and releases the stung spiders).

**THE TIDE IS COMING IN**
As above but children hopping skipping, jumping etc on the beach between the sandcastles, when the adult calls “the tides coming in” they hop, skip, jump back to the safety of their marker.

**ICE AND SUN**
Select two children as the ‘Ice’ and give them blue braids. Select two children as the ‘Sun’ and give them yellow braids. The ‘Ice’ children must chase others, (apart from the ‘Sun’ children) touch them so they freeze. Children can only become defrosted when they are touched by the ‘Sun’. Play the game for a designated amount of time.

**CATERPILLAR TAG**
Divide the group into partners, with partners holding hands. Designate which partners will be the taggers.
On the go signal, the taggers chase and try to tag the other partners. When tagged, they must freeze. To become unfrozen, another set of partners must join hands with this pair.

**ONE BEHIND/ SWITCH**
Equipment: Music
Set-Up: Have the students find their own personal spot, which allows them to have enough room to exercise.
Directions: The teacher leads the class in exercises with the class staying one exercise behind the teacher. The teacher begins performing an exercise or stretch as the students attend at attention. When the teacher switches to a different exercise the students begin performing the exercise the teacher did previously.

**FISHES**
As above but half the group remain seated, as rocks, whilst other half tip-toe (swim like fish in a rock pool) in and out of the seated children- avoiding the rocks.

**TRAINS**
Children have to get into groups of that number.

**GUESS THE CORNER**
Choose one person from the class to be the caller. They have to be blindfolded, or close their eyes. Name the four corners of the hall / playground (the names can be anything, e.g. flowers, food...). The rest of the class has 30 seconds to run to one of those corners. The caller then shouts the name of one of the corners. Whoever is in this corner is out.

**RECORD - PULL A FUNNY FACE!**