

Most adults know that before they workout, they need to stretch and warm up. What many people don't know is that when kids are about to exercise, they need to warm up as well. Even though kids are much more flexible than adults, they still need to warm up. It is not only beneficial to protect the muscles and the joints, it also helps to gradually increase the child's heart rate and circulation, which will increase the blood flow to the muscles. Most young children love PE. It is not only a time to exercise, it is a time to play. Since it is important that kids do warm up exercises, why not turn the warm-up exercises into warm up games?

**QUESTION: *Besides exercise, what benefit do children receive from games?***

Many games help children learn skills they need to know:

- [How to solve problems...](#)
- How to do things hand and body wise ...
- How to follow directions and rules...
- How to be fair...
- How to wait their turn...

games are sure to lead to hours of physical exercise and fun.

Below is a list of warm up games that will allow children to enjoy PE from start to finish.



## 1. Mirroring

Mirroring is a great game to get kids ready for PE class. It will get their bodies moving and their hearts pumping, getting them ready for class. To play the game, having each student find a partner. Choose one partner to start doing various motions. They can kick, move their arms, spin around, or do any other motions. The child's partner will try to mirror their motions. You can set a time limit and when the time is up, the partners can trade places and the child who was doing the mirroring can start doing the motions. This fun activity is a great cardio warm up and it will get the children warmed up for exercise or games that you have planned.

## 2. Funny Running

This is a super fun PE game that young children will love. The objective of funny running is to get from one side of the space to the other while running like an animal. You can choose a different animal for each pass, including monkeys, snakes, horses, and kangaroos.

You can also have the kids run across the space while performing a funny dance like the [Floss Dance](#) or teach them some [disco moves](#). Put some catch music on and they will have the time of their lives as they exercise!

## 3. Balloon Toss

Equipment :3 Balloons (or Beach Balls)

Players scatter over the playing area and a balloon is tossed into the air. The objective is to keep the balloon in the air using any part of the body. Once one ball is up, get two or three balloons going at the same time. Keep count of the number of times the balloon is kept up in the air before it hits the ground.

You can try and better the number next time around.

## 4. Skipping

Skipping is a great cardio exercise. Skipping at a slow pace is a great way to get the heart pumping. During the warm-up session, children can start slow and slowly increase their speed according to your instructions.

Physical Education is important in school. Not only does it teach children the importance of physical fitness, it also helps improve their balance,

coordination, and their stamina. The best way for students to get the most out of their workouts is to start each class with light warm up exercises disguised as games.

Starting at age 4, children can begin to learn. Start by having them jump over a stationary rope on the ground— or an adult or another child can wiggle the rope and they can hop over the wiggling snake!

Move on to swinging the rope back and forth slowly while they learn to jump over it; then once they get the hang of things, move on to swinging it overhead. If you don't have another adult or older child to help you swing the rope, you can hold one end of the rope and tie the other to a fence or chair.

Keep track of numbers of jumps reached—and the children can try to beat their OWN highest number by the end of the week.

## **5. Crab Races**

Crab Races are a lot of fun and the children get to be crabs. To get into the crab position, have the children lie on their backs. They should then put their feet on the floor and their hands under their backs to lift themselves up like little crabs. This position is great for a warm up because it stretches the children's muscles, forces them to use their muscles, and the race itself will get their hearts pumping. When all of the children are in their crab positions, start the race. The first little crab to get to the finish line is the winner (if there is only one child, time them over a set distance).

## **6- I Spy, Fitness Version**

I, Spy is a favourite game of children everywhere. One person will identify a physical object that is visible nearby and everyone else will have to guess what it is, using a series of questions. This game combines *I, Spy* with Questions to provide the kids with an excellent workout. Start by spotting an object in the area, like a basketball ring. Going around the class, each child can ask one question about the item you are thinking of, or guess what it is. If the answer to their question is "No" or their object guess is incorrect, the everyone must perform an exercise. The number of repetitions they must perform increases every time they get the answer wrong. So, the game might go like this

*PE Teacher: I've identified an object, your turn to guess – starting with Pete.*

*Pete: Is it an animal?*

*PE Teacher: No! Do 3 pushups everyone. Next question please Sam.*

*Sam: Is it alive?*

*PE Teacher: No! Do 5 pushups everyone. Next question please Rebecca.*

*Rebecca: Is it made of wood?*

*PE Teacher: Yes! It is partially made from wood. Next question please Mark.*

*Mark: Is it a basketball ring?*

*PE Teacher: Well done*

## **7. Simon Says**

This is another classic game that young children love. It is easy to incorporate it into a PE class and everyone will know the rules. Start by either choosing a player to be “Simon” or by nominating yourself to play this role (usually better as you can then choose appropriate PE activities). The children must follow the directives given by “Simon” as long as he starts each one with “Simon says...”. If a child accidentally carries out a directive that does not start with “Simon says...” they are out of the game.

You could mix up fun directives like “Simon says bark like a dog” with “Simon says, do 5 push ups” to get the PE component into the game. The winner of the game is the last person who has successfully followed all of Simon’s orders. They get to become the next “Simon”.

## **8. Bed Sheet PING PONG**

Players stand and hold a bed sheet on opposite ends.

A ping pong ball is placed onto the sheet.

The sheet is then raised or lowered.

The object of the game is to get the ping pong ball to fall off the other team’s side of the sheet.

## 9. Garbage Ball

Use whatever you have that can be thrown and not hurt anyone...

Balls, wads of paper, sock balls, koosh balls, etc.

Have two equal teams with a center line.

Each team starts with the same amount of items.

At the signal each team throws whatever it can get their hands on—from their side of the line to the other side.

Players continue to throw until the signal to stop (or if music is used when you play—and the music stops)

The winning team is the side with the least amount of garbage on it's side.

To play more rounds—divide the garbage evenly again and continue.

Keep score of whoever has the most wins

You can add interest by having the “losing team” pick up all “garbage” or have both teams pick up garbage but the losing team has to do what the winning teams directs—such as accomplish a certain amount of push-ups- sit-ups, etc.

## 10. Crab Football

Supplies:

Ball of any type,

Large area for play

Something for a goal (desk, basket, trash can).

- Divide group into two equal-sized teams and have them sit on the floor at opposite ends of the room/playing area.
- Place a goal at each end and the ball in the centre of the area.
- When given the signal for play to start, the children must crab walk to the ball and attempt to kick the ball toward their goal and score.
- Players must stay in the crab-walk position the entire game. Failure results in the opposing team getting a free kick.
- After a goal is scored, the ball is placed in the centre of the play area and the game resumes.
- The first team to reach an agreed-upon number of points wins.

## 11. Mine Field

In an large playing area place squeaky toys, balloons, chairs, ropes, and cones randomly about.

Kids form partners.

One person is blindfolded; their partner must talk them through the “mine field.”

Partners may not touch each other at any time.

Try and make it from one side of the playing area to the other.

Several pairs may try to manoeuvre at the same time...

## 12. SET A “BOOK” of RECORDS

(Your own Guinness Book of Records!!!)

Keep your own family book of records; have children/players try to set records for things such as:

- Most jumping jacks
- Jumps in jump roping
- Running laps in gym
- Running laps outside
- Most crafts made for the month or year
- Longest handstand
- Most books read, puzzles completed, etc.
- *Anything else that you can think of.*
- When they start to utter that they are bored give them a new record to break and a fun reward if they set a new record! Be sure to make this a yearly ongoing event—NEW records can be set each day/week!!!