

P.E. at Home Warm-up

Warm-up Activity

"Verbal Prompts"

1. Deep Breathing: *"Deep breath in nose... now out mouth"*
2. Deltoid stretch: *"Arm across body, hold elbow... Switch."*
3. Arm circles: *"Arms out...BIG circles forward...small circles backwards"*
4. Hamstring stretch: *"Feet together, legs straight and try to touch tour toes"*
5. Straddle stretch: *"Wide feet, legs straight and try to touch the ground"*
6. Lunge: *"Wide feet, point one toe out, two hands on that knee"*
7. Calf stretch: *"Up on tippy toes with heels up... now heels down and toes up"*
8. Jumping jacks: *"Feet together and arms down...wide feet and arms up"*
9. Windmill stretch: *"Wide feet, one hand up high in the sky, touch opposite foot"*
10. Locomotor: *"Run, jog, walk, gallop, skip, slide, jump and hop"*

I often use a 10-second count for each warm-up and try to keep the order consistent in hopes of improving the student's overall independence while participating in the routine. The locomotor portion of the warmup can be performed around the boundaries of a room, backyard and or in place. I highly recommend using music during the locomotor portion to make it fun! When the song plays the student moves and when the song is paused the student stops. For example; while the student is walking, 'pause' the song to que the student to stop. Then verbally prompt the student to run, jump, etc. and press 'play'. After the student participates in the entire warm-up, remind them that they earned the opportunity to play a game. (If you need help choosing a game that incorporates physical activity, please reference the APE calendar and digital PE resource list.)

****Remember, our goal is to secure moderate to vigorous physical activity.****

"If you have any questions or concerns, please do not hesitate to contact me."

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"In addition to physically demonstrating the warm-up for the student, please feel free to use these visual prompts for additional support" -Coach Sean

Deep Breathing



Deltoid Stretch



Arm Circles



Hamstring Stretch



Straddle Stretch



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Lunge



Calf Stretch



Jumping Jacks



Windmill Stretch



Locomotor

