

Adapted PE leveled warm up

This warm up works for a class with a diverse set of abilities.

The tiered structure allows students to participate throughout.

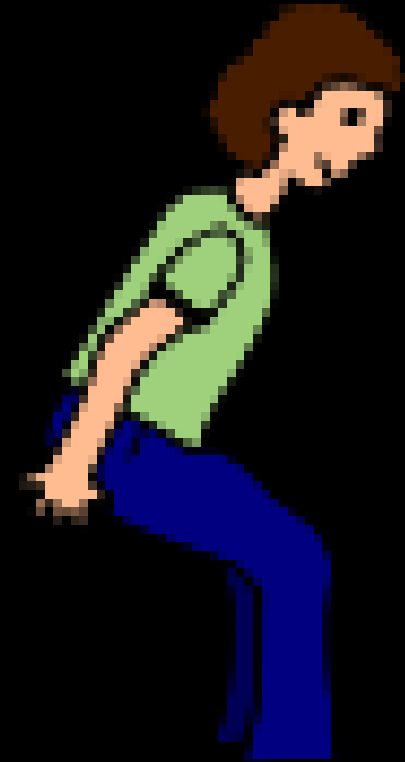
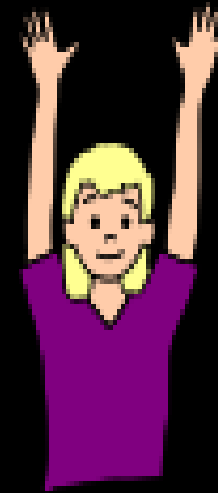
Typically my classes do 3 sets in seated, semi-seated and standing positions for a set number of times (usually 5, 10 or 20 depending on engagement or time available).

Jump

-Hands

-Sit &Stand

-Jumping

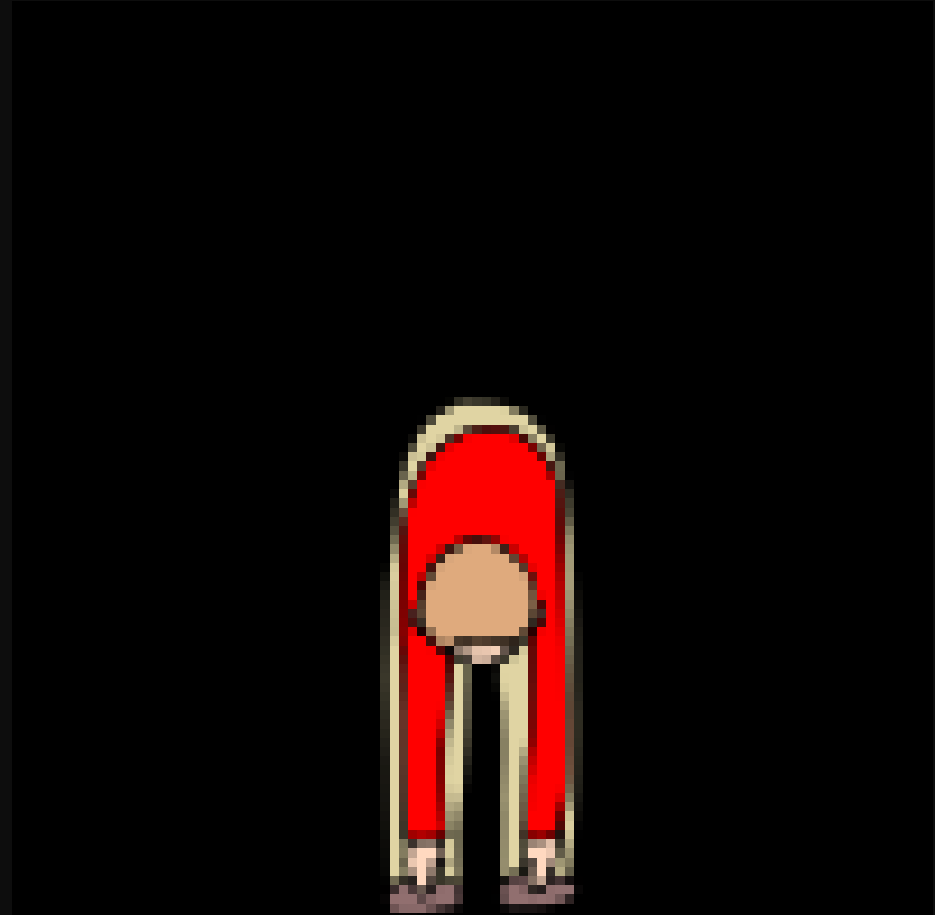
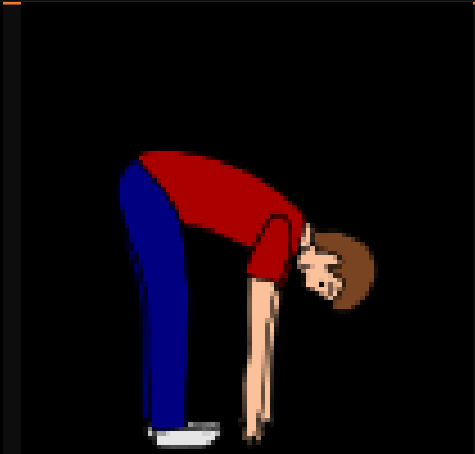


Touch Toes

-Touch Computer

--Toes (sitting)

-Toes (Standing)



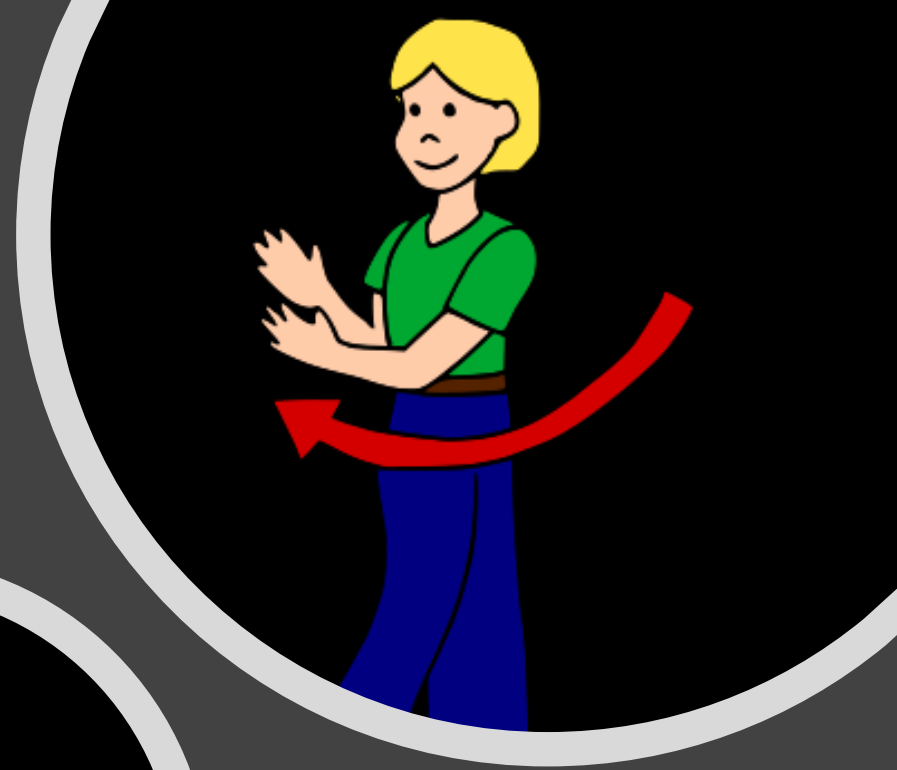
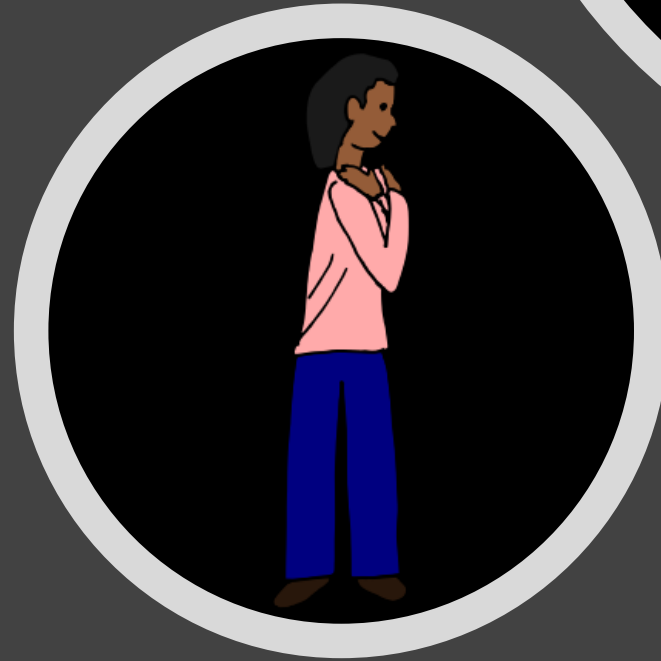
Throwing

- -2 Handed
- --1 Handed (Alternate sides)
- --Rolling (Alternate sides)



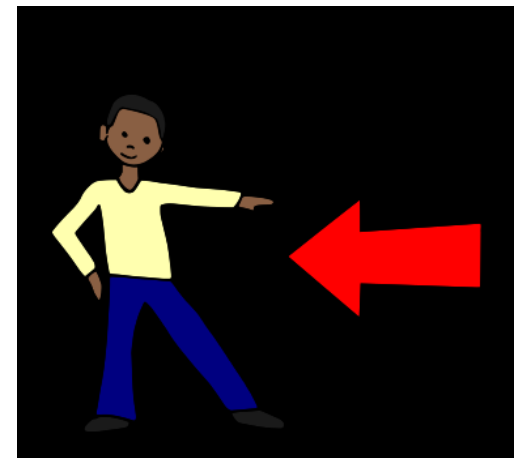
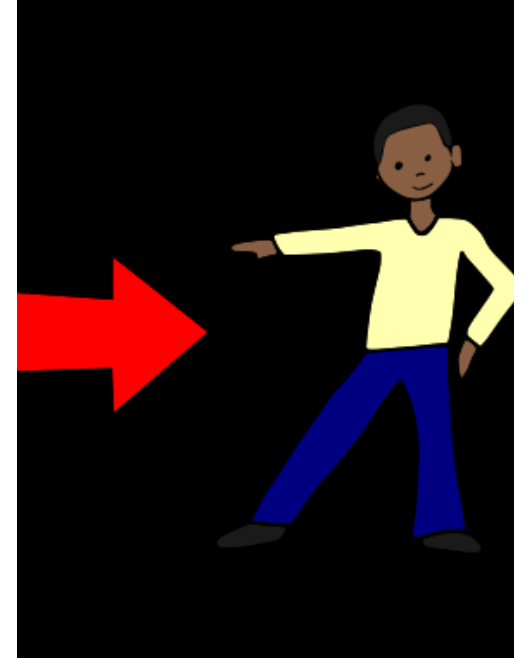
Twist

- -Arms crossed across chest
- -Touch side of chair with 2 hands
- --Arms outstretched twist



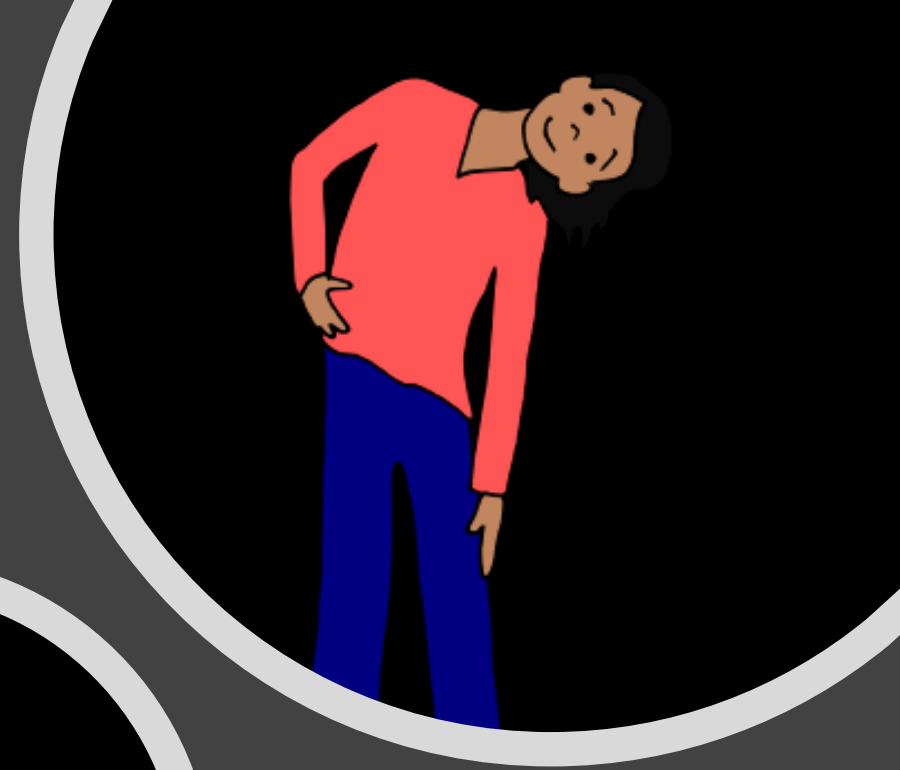
Marching

- -lift knee toward chest (each side)
- -Kick
- -Penguin kick (like a tick-tock motion with feet)



Lean

- -seated lean (seated)
- -lean touch floor (Seated)
- -lean hand above head.



Rowing

- -Handed reach and pull
- .
- -Row + rocking motion

- -Standing Row + Lunge

