

# Warming Up our Bodies

A fun and interesting way to warm up our bodies before exercising as well as highlighting the importance.

## You will need:

- An open, quiet space where you will not bump into anything

## Doing the activity:

Before starting to warm up take a big deep breath in and out and repeat this twice.

- March on the spot for 10 counts.
- March your feet out wide for 5 counts and then back in for 5 counts - repeat twice.
- 2 side steps to the right and clap and 2 steps to the left and clap – repeat twice.
- Push your arms forwards and lift your right leg back, repeat with your left leg (hamstring curl) - repeat 4 times.
- Reach your right arm up in the air and then the left arm - repeat twice alternating arms.
- Reach your right arm across your body and then your left arm - repeat twice alternating arms.
- Lift your right arm up and across your body (bicep curl) and repeat with left arm.

Don't forget to repeat the sequence as it is important that a warm up should last between 3-5 minutes.

**WHY WE WARM UP** - A good warm up is essential to limit chances of injury. Warming up helps the body to deliver oxygen to the exercising muscle groups as well as increasing body temperature, which reduces the chance for muscle and tendon injuries. Your 5 minute warm-up increases blood flow to the exercising muscles.

**TOP TIP** - A good warm up session should last between 5 and 10 minutes so that it limits your chance of hurting yourself. Don't forget to take deep breaths in and out whilst warming up to keep calm and prepare yourself for exercise.

## Keeping Everyone Safe

It's always important to warm up before you exercise



Active Athletes

WARMING UP





**Enrich vocabulary development  
with related words such as:**

March	Wide	Forward
Deep	Repeat	Lift
In	Push	Back
Out	Clap	Reach

**Dont forget body characteristic  
vocabulary such as:**

Bodies	Biceps	Head
Feet	Hamstring	Hands
Arms	Toes	Breath
Legs	Shoulders	Muscles

**Customise and design your own warm up routine in the  
space below:**

**Notes:**

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