

Delivery notes

The Premier League warm-up challenge

20–30 minutes

Introduction:

This is a football-themed PE activity which is introduced through a [short film](#). Pupils work in groups to create and perform a simple warm-up routine and a goal celebration.

Learning outcomes:

Pupils will be able to:

- demonstrate how to prepare the body for exercise
- understand the need for a warm-up before exercise.

Resources required:

- Pens/pencils

Downloads:

- **Activity sheet: Warm-up challenge**

Delivery notes:**Starter activity**

Show the pupils the accompanying Premier League Primary Stars [PE film](#).

Ask if anyone has been to a Premier League or other football match and has seen the players warming up before a game. You can often see substitutes warming up on the touchline during a match too. Discuss why players warm up and why we should warm up before exercise too.

We should always warm up to gradually prepare our body for exercise. An effective warm up will:

- gradually increase the heart rate and therefore blood flow to pump more oxygen around the body to feed working muscles.
- increase the temperature of muscles and tendons, which improves their stretch and reduces the risk of injury.
- help increase the range of movement around joints to further reduce the risk of injury through stretching and mobility exercises.
- help focus the mind on the task ahead, which is part of the mental preparation

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Talk briefly about goal celebrations. Discuss why players celebrate and some of the different ways in which they do it (make a short list). You could use some of the following celebrations as inspiration; knee-slide, team hug, high five, and robot dance.

Main activity

Pupils will need a copy of the accompanying **Warm up challenge activity sheet** (one per group) and a pen or pencil. Clipboards might be useful if working outdoors. Pupils will need to be changed for PE and the session should take place in a hall, outdoors, or space suitable for movement.

1. Pupils work together in groups of about four. They choose 6 warm-up movements; two whole body, two legs, and two arms, together from the menu on the activity sheet and create a simple warm-up routine. Each movement should be carried out to a count of 10. Mix up the exercises to allow muscles some time to recover and avoid fatigue.
2. Pupils will need to understand what the warm-up movements on the menu are so work through them together, demonstrating each one with pupils copying and repeating.
3. There are empty spaces on the sheet for pupils to add more ideas. Ask for a few suggestions and let pupils write down 2–3 ideas of their own on the sheet.
4. Each pupil chooses a football player to say who the warm-up is for (this could be the player appearing in the film).
5. The movements should involve as many different parts of the body as possible.
6. Each pupil writes down the 6 movements in order in the box labelled 'Your routine'.
7. Pupils then practise the routine. Suggest that groups choose a leader to lead and face the rest of the group.
8. Groups also need to think of a goal celebration to perform at the end of the routine. This should be short, fun and creative and should consider the Premier League values of being ambitious, inspiring, connected and fair.

Premier League Primary Stars The Premier League warm-up challenge (KS2)

Activity sheet
The Premier League warm-up challenge

Inspired by Premier League players, here is your chance to create a fun warm-up and goal celebration.

Your chosen Premier League player: _____

What to do:

1. Make a warm-up routine for your group.
2. Choose 6 movements from the list. (you can use your own ideas too)
3. Write your routine in the box below.
4. Think of a fun goal celebration to finish off the routine.
5. Practise and perform!



Walk on hands and feet

Movement		
Whole Body	Arms	Legs
• Stretch tall	• Stretch each arm across body	• Rotate hips
• Stretch wide	• Rotate arms as if swimming	• Hop on each foot in turn
• Drop to floor slowly and touch toes	• Link arms and stretch behind back	• Side-step
• Touch floor with legs apart	• Gently punch air upwards	• Giant steps
• Lie on front lifting limbs off floor	• Touch L foot with R hand then R/L	• Walk on tip-toe
• Walk on hands and feet	• Pull each knee up towards chin	• Jog on spot
• Jumping jacks	• Rotate stretched arms in circles	• Jump for distance
• Skip	• Swing arms forward	• Jump for height

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9. Groups should practise the routine and celebration together.
10. Finally each group could either lead another group in their warm up and goal celebration or perform this to the class.

High order questioning

How did you feel after warming up? Why is it important to warm up before physical activity?

How can you ensure the whole body is prepared during a warm up?

PE star training: take-home activities

Show the [online game](#) which has a series of fun maths and spelling questions, and opportunities to warm up between rounds! Encourage pupils to have a go at home.

There are also lots of [fun activities for families](#) to do together, including a 12-star challenge with activity ideas and resources to get everyone active, learning and having fun. These are perfect for school holidays.

Differentiation: STEP Framework**Space**

- Increase the warm up area for more confident groups, as it should be more challenging to control a group spread out.

Task

- Vary the number of movements or the number of body parts required to be included in the warm up, to challenge individuals' abilities.

Equipment

- Introduce footballs to make the movements football specific.

People

- Group pupils by ability, to allow pupils to work to their abilities or be supported by more able pupils. Vary the group size to help all pupils to be included in the planning.