

The challenge

Super Movers warm-up challenge


When doing exercise, we can push our bodies to its limits and so it is essential that we warm-up beforehand.

The challenge


Before a football match, the Premier League players always ensure they prepare physically and mentally. You will see them doing different types of movements at different heights and speeds, all that relate to their match ahead.

Preparing our bodies for exercise is so important. Completing different activities and movements that help our body and mind be ready for action can also improve our overall physical and mental performance. With our muscles and brain warmed-up for moving and thinking, we can help ourselves and our teammates to achieve success.

For this challenge, we'd like you to create a warm-up routine that gets your blood pumping and heart rate rising - and add your own Super Move at the end.



Once you've practised your warm-up, why not have a go doing it with your family!



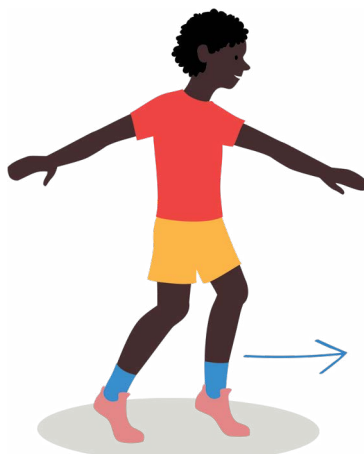
Below are some warm-up suggestions to help get you started

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Walk on hands and feet



Walk on tiptoe



Rotate hips

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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Tips for creating your warm-up:

- Make sure you have plenty of space.
- Follow along with this Matchday warm-up from Burnley FC to get inspired for your warm-up idea!
- Think about the timings of your warm-up. It doesn't have to be very long.
- Include short bursts of activities that will increase your heart-rate. These could be Jumping Jacks, high knees, or skipping on the spot.
- Try and include at least 3 different movements.
- Be creative and think of a fun Super Move to finish off your warm-up routine!



Notes for filming

- Only parents or teachers can submit videos. Remember not to include music that you did not create yourself.
- Think carefully about what is uploaded or shared on social media platforms.
- Keep personal information private and take care not to give away too much identifiable information in photos and videos.
- Make sure not to feature other people in your videos, apart from family members.
- It is important to talk to your child regularly about online safety. Let them know they can come to you or another trusted adult if they're feeling worried, pressured, upset or unsafe.

Don't forget to film it and share it with us by tagging @PLCommunities and #PLPrimaryStars or email it to PLPrimaryStars@premierleague.com.

