

## Sage 2012 Elementary School Warm ups

**Bat man** – Obtain a pre recorded version of the 1960's Batman theme and put it on a form that you can play in your gym. Designate one area as the bat cave where the children start the warm up from and they wait for the start cue. When the recording says, "To the bat mobile let's go!" the students run out to the bat cave and onto a line getting into their "cars". The recording then says "atomic batteries to power, turbines to speed. Roger ready to move out." The students start their cars and do arms circles to rev up their engines. The tune of the music changes and they start driving their cars all over Gotham City (Pretend to drive a car around the gym staying on the lines). After this point of the music you change up the student's way of moving around the gym by giving them different cues such as:

**Mr. Freeze** – the students stop in their tracks.

**Joker** – they go to the floor laughing.

**Batman** - they "fly" around Gotham City.

**Dynamic Duo** – they "fly" with a friend.

**Poison Ivy** - the students stop and scratch themselves.

**Cat Woman** – they stop and lick their "paws".

This warm up not only promotes fitness and is fun but also is excellent for listening skills.

I repeat this warm up three times. I also try and add new characters in as the batman movies do.

**Snaky** – is like "helicopter" but your rope is a snake that you speak to and you do not turn the rope around your head. I usually do about 5 or 6 turns without eliminating anyone. After that I say it is time for elimination! (and they all squeal) When a student is tagged by "snaky" they are asked to leave the circle. Instead of having the student sit they are to run laps around the gym, do single rope skipping so that they too keep their heart rate up and practice their jump rope skills.

**Detective** — The entire class forms a circle. One person is sent out of the room as the “detective”. You assign one of the members of the circle as a member of the “mafia”. The name is not announced and that member is now the leader and will begin performing a variety of exercises. The detective is asked to return and goes to the center of the circle. The detective tries and see who the leader or the “mafia” person is. The leader needs to change exercises regularly to give the detective a chance to figure out who it is. (Hopefully the leader changes activities when the detective is not looking directly at them.)

**Collect the Clothes pin** – Hand out a set number of clothes pins to each student. (I generally use three) They will fasten the pins on the BACK of their shirts, like dinosaur spikes. The students will scatter around the gym before you say ‘go’. In a set time limit the students will run around behind the other students and try to grab the clothes pins, one at a time, off of the other student’s backs. When a student steals a pin, they go down on one knee and put it on the back of their shirt. At this time no one may steal any clothes pins of them. As well, no one may guard the students as they are getting up to run. After the time is up the students go back to their rows and I see how many each person accumulated as we put them back into the container.

**Card Suit pick up** - Have with you a full deck of cards. Divide your class into 4 equal groups. Assign each group a suit from the deck – spades, hearts, diamonds, and clubs. None of the students are to leave the START area until the person before them has returned (relay style).

The instructor and the cards are at the far end of the gym. When you say “go”, the first student in their row runs to the far side of the gym. Each student is allowed to turn over ONE card only at each trip down the gym. If the card is their suit, they take it back with them and if it is not, they must turn the card back over. The first row to bring all 13 cards of a particular suit back to their row and sits down, wins. (I often make the other rows do 5 pushups or something to make that row think they really did something special!)

Music played helps the students waiting listen to something and it keeps up the pace!

**Stampede** — Have the students all sit in a designated area in the gym (I use the middle circle), and call I the coral. Choose 4 cowboys/cowgirls. They are given lassos (hoola hoop) and sit in them and pretend to go to sleep. When the cowboys/cowgirls are sleeping, then the teacher says “stampede”. The horses gallop out of the circle ( students in the circle), and run loose. The cowboys/cowgirls gallop after them and return them to the coral.

This game can be found in movement with meaning.

**Here, There, and Everywhere** - This is an activity that I do in the beginning of the year for listening skills.

The students start where ever they are and you say: When I say go, touch the two side walls, the gray bench and put your elbow on a yellow line. Give the students time to complete them. Ask the students to follow other instructions similar to this.

**Buddy hop** - Have the entire class get into partners. Have the partners facing each other but looking opposite directions. Begin playing the music and students will hop in opposite directions away from each other. When the music starts the partners must find each other and sit beside one another. The students that find one another last are eliminated. The students that are eliminated can jump rope or run laps until one last pair is left!

This game can be found in Movement with meaning.