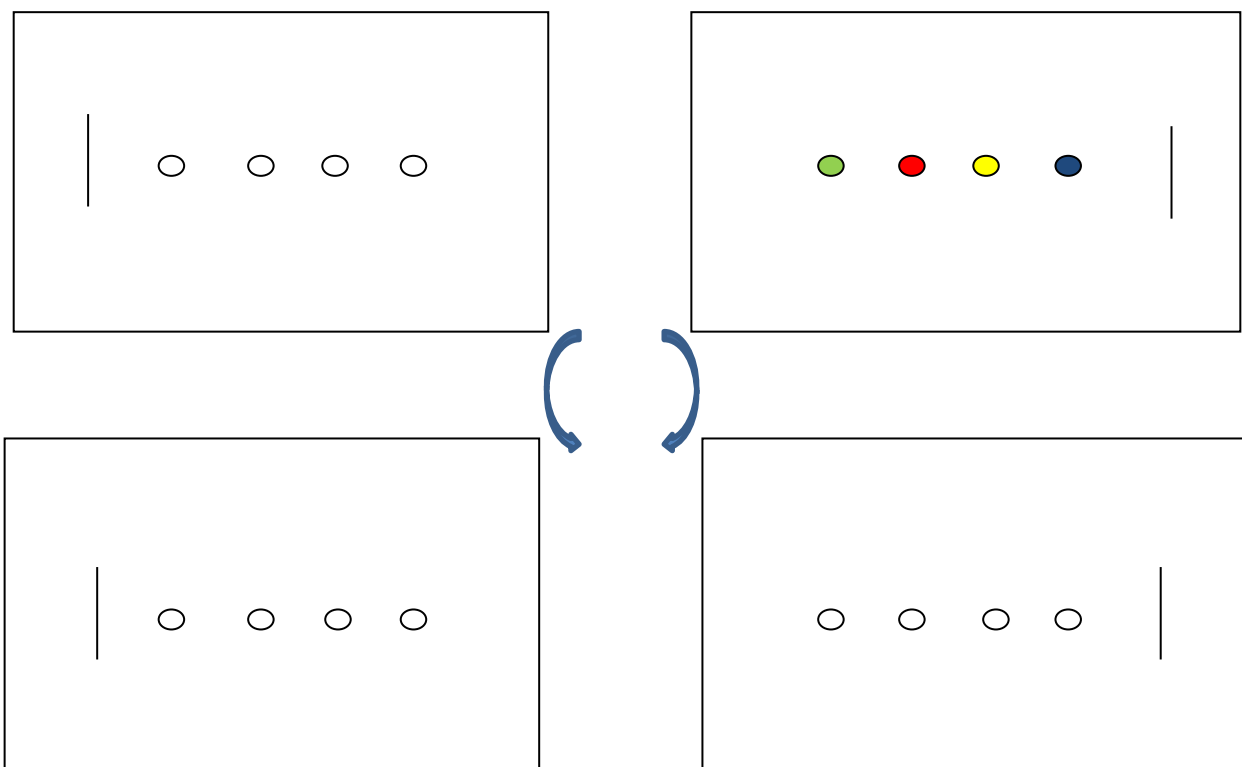


## Warm Up Ideas

### Social Distancing



### Set Up Points

2M distances between each square, setting them up in groups of 4

Children will work inside each square and may move clockwise or anti clockwise to the next square when instructed to do so

Each square needs a start line and 4 coloured cones in the order of blue, yellow, red and green.

### Teacher Led Warm Up – Follow the warm up in sequence

- A**
1. Blue Cone – Different types of jumps
  2. Yellow Cone – Skipping in different directions
  3. Red Cone – Running at different speeds
  4. Green Cone – Different types of dynamic stretches – high knees, lungees, sumo's etc

*Sportacus*  
CHANCE CAMP MASCOT



*Be Smart! Get Active!  
Get Healthy!*

visit us at [www.chancecamp.co.uk](http://www.chancecamp.co.uk)



**B As above but add in “Like clockwork” (Reference Raising the Bar”**

Children will be changing squares but in the same direction and working together to do this at the same time keeping the same distances. Teacher calls move forward in time frames, 15 mins (1 square) 30 mins (2 squares) 45mins (3 squares) and 1 hour ( all 4 squares). The direction is dictated by calling clockwise or anti clockwise. Once in the new square the teacher continues with section A.

**Pupil Led – Your turn to be Joe Wicks**

Each pupil gets up to 2 mins to be Joe Wicks and take the warm up encouraged to start slowly and build the pace of the activities and make sure some dynamic stretches are included for lower and upper body.



*Be Smart! Get Active!  
Get Healthy!*

visit us at [www.chancecamp.co.uk](http://www.chancecamp.co.uk)

