

Grade 11

Warm-up and cool-down exercises

The warm-up

1 Warm-up exercise 1: Light jog

Send the class on a light jog around the learning area.

2 Warm-up exercise 2: Alternating pace

Send the class on a light jog around the perimeter of the playing area. Whenever you blow your whistle, learners must change how fast they are running. To keep it simple, there should only be 2 levels of speed and you should make it clear which of the 2 speed levels the learners should use. Depending on the fitness of the class, the 2 speed levels could alternate between a brisk walk and a light jog, a light jog and a slightly faster run (three-quarter sprint), or a three-quarter sprint and a fast sprint.

3 Warm-up exercise 3: Play tag

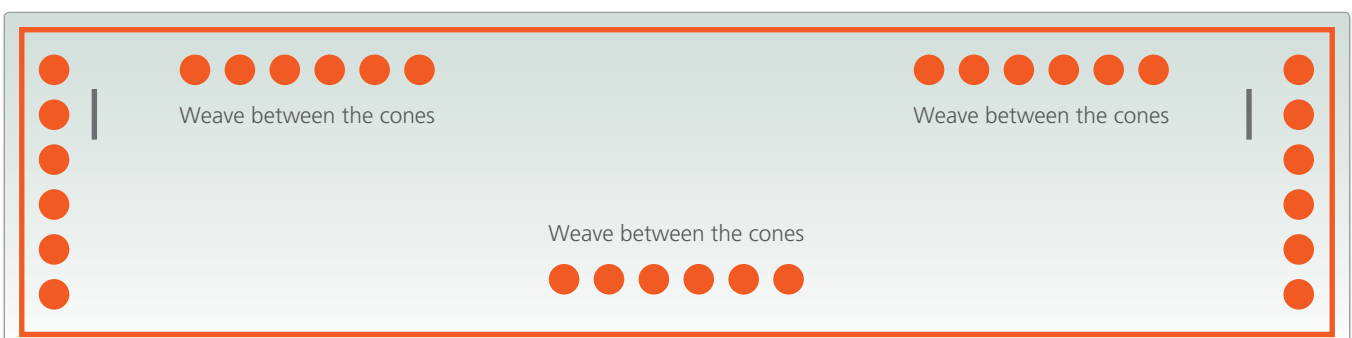
- Divide the class into groups of approximately 10 learners
- Assign each group to half a playing area
- Select 1 learner to be the 'catcher or tagger'
- This learner must attempt to tag another learner by touching them and yelling 'tag'
- The learner that has just been tagged becomes the new 'catcher or tagger' and the process repeats itself
- Continue the game for approximately 5 minutes so that all the learners are active and thoroughly warmed up.

4 Warm-up exercise 4: Jogging with direction change

Send the class on a light jog, but emphasise that when they hear the whistle, they need to change direction. You will indicate which direction they must go in using hand signals. They will jog either left, right, forwards or backwards, depending on the signal you give them. Make sure to vary these directions throughout the activity.

5 Warm-up exercise 5: Jogging with cone weaves

At various points along the perimeter of the playing area, set up a series of approximately 6 cones. Divide the class into 2 groups and send the 2 groups on a jog around the learning area in opposite directions. On reaching a zone of cones the learners need to weave between the cones without knocking them over. When meeting up with the other half of the class along the perimeter of the playing area, learners need to weave between each other without making contact.



Grade 11

6 Warm-up exercise 6: Skipping

Give each learner a skipping rope and send the class skipping around the learning area. If there are only enough skipping ropes for 1 rope between 2 learners, divide the class into pairs. Half of the class skip to the other end of the playing area and back and then hand the skipping rope to their partners who complete the activity in the same manner.

7 Warm-up exercise 7: Team warm-up

Divide the class into groups of 6 learners and send the groups on a jog around the playing area. When you blow your whistle, the learner at the back of each group must sprint to the front of the group and then resume a jogging pace at the front. This process repeats itself until all the learners have had a chance to sprint to the front of their groups.

Stretching

A note on stretching

There are 2 types of stretching. One is **static stretching**, where the person tries to stretch as far as possible and then hold the position for a particular time period, and the other is **dynamic stretching**, which involves **movement**. There is some doubt whether static stretching is important during the warm up. Most sport scientists are now of the opinion that it can be damaging and increase the risk of injury if not done properly, and it probably won't be of any benefit to young children. So we suggest you don't plan a structured static stretching session in the warm-up. Dynamic stretching, however, is considered to be a very important part of the warm-up, so we have included this form of stretching in this section. Please take note that learners should not go straight from rest into full-out sprinting and changing direction. It is best to control their energy levels so that, regardless of which activity you choose (or make up if you are being creative), you ease learners into training. One of the benefits of warm-ups that end in stretching is that all the players are together, which gives you time to discuss the activities that will follow in the lesson.

Dynamic stretches

You can use any of the dynamic stretches below in your warm-up and cool-down sessions.

1 Stretching exercise 1



Stand with feet shoulder-width apart and swing the arms to the front, 'hugging' yourself as tightly as possible. Then swing them back, trying to touch your fingers behind your back. Elbows should be straight but not locked. Complete 15 swings in each direction.

Grade 11

2 Stretching exercise 2



Stand with feet shoulder-width apart and swing one arm up above the head as far back as possible, while swinging the opposite arm down as far as possible. Elbows should be straight but not locked. Complete 15 arm swings in each direction. This stretch can also be done by swinging both arms together.

3 Stretching exercise 3



Stand with feet shoulder-width apart and rotate the arms in big circles in a forward direction. The arms alternate positions so that as one arm is up, the other arm is down. Do this stretch while keeping the back straight and locked, or allow rotation through the back, hips, knees and ankles. Complete 15 circles.

4 Stretching exercise 4



Stand with feet shoulder-width apart and rotate the arms in big circles in a backward direction. The arms alternate positions so that as one arm is up, the other arm is down. Do this stretch while keeping the back straight and locked, or allow rotation through the back, hips, knees and ankles. Complete 15 circles.

Grade 11

5 Stretching exercise 5



Stand with feet shoulder-width apart and rotate the arms and body from side to side, trying to move the whole body as far as possible from side to side. Complete 15 rotations in each direction.

6 Stretching exercise 6



Stand with feet shoulder-width apart and rotate the arms in big circles in a forward and then a backward direction. Complete 15 circles in each direction.

7 Stretching exercise 7



Stand with feet shoulder-width apart and rotate the arms in big circles in a forward and then a backward direction. Complete 15 circles in each direction.

Grade 11

8 Stretching exercise 8



Hold onto a partner for balance and kick one leg from side to side. Kick each leg 15 times on each side. Make sure that the same legs are being kicked to avoid injury.

8 Stretching exercise 9



Place hands and feet on the floor. Keep hands, arms and body as stable as possible while pushing one heel down towards the floor, and then repeat with the other leg. Alternate, doing 15 stretches on each side.

Grade 11

Warm-up and cool-down exercises

The cool-down

Cool-down exercise

Send the class on a light jog or brisk walk to cool-down.

Stretching

Static stretches

Select one learner to lead the class in doing the stretches listed below:



Each stretch should be held for 20 seconds. Repeat them twice on each side. Only stretch to the point of pulling, not to the point of pain.

