Grade 2

List of warm-up and cool-down exercises

Warm-up exercises

1. Warm-up exercise 1 (5 minutes)

   Use chalk to mark out the letters and symbols of a computer keyboard on the playground. Depending on the size of your class, you may need to mark out 3 or 4 keyboards.
   - Put the learners into pairs – there can be more than 1 pair of learners on a keyboard
   - Give instruction cards to 1 learner in each pair
   - They need to read the instruction to their partner who has to spell the words by hopping onto each letter of the keyboard
   - Each time they jump on the ‘enter key’, the partners swap.

   Make sure both partners get a turn – you may want to use a whistle to indicate when to swap instead of having them jump on ‘enter’. If the learner is in the middle of spelling a word, allow them to finish the word before swapping.

   Examples of instructions are:
   - Spell your name
   - Spell your favourite activity
   - Spell hop, skip, jump or roll.

   Tip for warm-up exercise 1

   If you would prefer not to set up the computer keyboard for this activity, simply write the letters of the alphabet in different blocks – the game will then become a variation of hopscotch!

2. Warm-up exercise 2 (5 to 8 minutes)

   Ask the learners to each find a space and then to follow your instructions if you say ‘Simon says’ first. If you do not say ‘Simon says’ before calling the instruction, they must not obey and must stand still.

   The learners must try to find as many ways as possible of carrying out the instruction (that is, the words called out) and continue with this activity until the next instruction is called out.

   Tip for warm-up exercise 2

   Examples of words that can be called out:
You can also add some additional movements such as:

- Crawl like a snake
- Pretend you are jumping over a fence. After playing ‘Simon says’ for 5 minutes, instruct the learners to do the following stretches:

The learners must hold each stretch for 20 seconds and repeat them twice on both sides.

**Cool-down exercises**

**1. Cool-down exercise 1 (3 minutes)**
Ask the learners to lie on their backs with their eyes closed. Tell them to listen to the music and imagine that they are floating on the clouds.

**2. Cool-down exercise 2 (5 minutes)**
Instruct the learners to stretch up as high as possible by standing on their toes and then curling up into a tiny ball. The learners should repeat this stretch 3 to 5 times.