

Grade 3

List of warm-up and cool-down exercises

Warm-up exercises

1 Warm-up exercise 1 (8 minutes)

Warm-up 1 is longer than usual to allow you time to explain the benefits of and the reasons for warming up.

Part 1:

- Play some music and ask the learners to dance and move to the music
- Each time you stop the music, they must hold their current position.

Part 2:

- Divide learners into pairs. 1 learner has to mirror the other's dance moves.
- When the music stops, they have to swap roles.

Part 3:

Instruct the learners to do the following stretches:



Quadriceps



Hamstrings



Calf



Chest



Shoulder



Triceps

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



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2 Warm-up exercise 2 (8 minutes)

Divide learners into pairs, standing a few metres away from each other. Give each pair a tennis ball.

Part 1: Bounces (1 minute)

- Instruct the learners to bounce the ball to their partner
- The ball must bounce once before being caught.

Part 2: Throwing (1 minute)

- Instruct the learners to throw the ball to each other
- They must catch the ball before it bounces.

Part 3: High throwing (1 minute)

- Instruct the learners to move closer to each other
- The 1 partner must throw the ball straight up into the air and the other must try to catch it.

Repeat parts 1 to 3 again.

Part 4: Stretches

Instruct the learners to stretch:



The front of the shoulders



Hamstrings

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

Cool-down exercises

1 Cool-down exercise 1 (5 minutes)

- Ask the learners to make big circles with their arms. They should do this 5 times forwards and 5 times backwards.
- Ask them to walk around in a circle slowly and while they are doing this, explain the importance of a cool-down
- Instruct the learners to stretch their chest and quadriceps.

2 Cool-down exercise 2 (3 minutes)

- Ask the learners to lie on their backs
- Instruct them to close their eyes and imagine that they are made of lead, pushing their bodies into the ground
- They must contract all their muscles and even squeeze their eyes
- They must then relax and imagine that their bodies are so light that they can lift off the ground.