

## Grade 4

### List of warm-up and cool-down exercises

#### Warm-up exercises

##### 1 Warm-up exercise 1 (5 minutes)

Play some music and ask the learners to dance to the music.

- Each time you stop the music, they must stop and hold the position for a few seconds (This can be fun as some strange positions emerge.)
- After 2 minutes or so, ask the learners to find their pulse
- Instruct the learners to measure their heartbeat for 10 seconds
- Ask them if it's higher now than it was at the start of the lesson.

Repeat the activity, this time ask learners to work in pairs and to take turns copying each other's movements. Measure their heart rate again at the end of 2 minutes.

##### 2 Warm-up exercise 2 (5 minutes)

Divide the class into groups of 8 to 10 learners.

- Select 1 volunteer in each group to be the leader
- The leader has to walk, skip and dance. Encourage them to move in different directions and to use as much of the space you have allocated for the lesson as possible
- The rest of the group has to follow the leader
- Change the leader 5 times (1 minute per leader).

##### 3 Warm-up exercise 3 (5 minutes)

This warm-up exercise is best suited to lesson 5.

Divide the learners into groups of 6 to 8, depending on the number of balls you have.

- Give each group a ball
- The aim of the game is to keep the ball in the air and not to let it touch the ground
- The learners will stand in a circle
- When the ball comes their way the first time, they must punch it back in the air from a standing position. After that, they will kneel down (one knee touching the floor)
- They must stay in this semi-kneeling position until they have punched the ball in the air a second time
- Then they must kneel with both legs on the ground and stay like this until they punch the ball a third time
- After this, they must lie on their backs for the 4th punch and return to standing position afterwards. When lying on their backs, the learners can use their legs to kick the ball back in the air.

If the ball touches the ground, the game starts from scratch, with all of the learners standing up.

## Grade 4

### Cool-down exercises

#### 1 Cool-down exercise 1 (5 minutes)

This exercise is best suited to lesson 1.

- Ask the learners to walk around the circuit slowly 3 or 4 times (for about 2 to 3 minutes)
- Do the following stretches:

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



Quadriceps



Calf



Shoulder (front)



Shoulder (back)

#### 2 Cool-down exercise 2 (5 minutes)

- Ask all the learners to walk in a circle
- While walking, ask them to do the following stretches:

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



Back shoulder



Front shoulder



Tricep