Warm-up exercises

1. Warm-up exercise 1 (5 minutes)
This exercise is called the foot tag. Each learner has to run and try to touch another learner’s foot while avoiding having their own feet touched. They score a point each time they touch a foot.

Blow the whistle after 2 minutes and see which learner has the highest score.

Instruct the learners to do the following stretches while on their backs:

- Hamstrings
- Hip flexor stretch
- Quadriceps

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

2. Warm-up exercise 2 (5 minutes)
Divide the learners into groups of 4.

- 3 learners will hold hands to form a rough triangle
- They will then decide who the target is while the fourth learner is the catcher. The target is 1 of the learners forming the triangle
- The catcher will then try to touch the target’s back by running around the group of 3 that form the triangle
- At the same time, the triangle has to keep holding hands but move in a circle so that they can protect the target
- If the target’s back is touched, he or she will become the catcher and the group will select another target.

Try to give each learner an opportunity to be the catcher or the target.
Grade 6

Cool-down exercises

1. **Cool-down exercise 1 (3 minutes)**
Tell the learners to make big circles with their arms: 5 times forward and 5 times backwards. Instruct the learners to do the following stretches:

   - Back shoulder
   - Triceps
   - Front shoulder
   - Hamstring

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

2. **Cool-down exercise 2 (3 minutes)**
Ask the learners to take a slow walk around their field. After walking around the field, the learners must do the following stretches:

   - Quadriceps
   - Hamstrings
   - Shoulder stretches

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