

## Grade 7

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

#### Warm-up exercises

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

- Ask the learners to walk or jog around the soccer field or playing area
- Then instruct them to make circles with their arms, 10 times forward and 10 times backwards
- Lastly, tell the learners to flick their fingers with their arms in front of them, their arms pointing down, their arms out to the side and their arms overhead.

##### 2 Warm-up exercise 2 (8 minutes)

Divide the learners into groups of 4, with 3 learners holding hands to form a triangle. One of the learners in the triangle becomes the target and the fourth learner (chaser) has to try to touch the target's back. The triangle will move so that they can 'protect' the target.

Blow the whistle every 60 seconds to ensure that each learner has a turn to be the target and the chaser.

Instruct the learners to do the followings stretches:



Quadriceps



Calf



Hamstring



Chest

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

## Grade 7

### Cool-down exercises

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

Instruct the learners to do the followings stretches:



Chest



Calf



Hamstring

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

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

Instruct the learners to do the followings stretches:



Hamstrings



Hip flexor stretch



Triceps

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