



## Grade 2

### List of warm up and cool down exercises



## Warm up exercises

### 1. Warm up exercise one (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 three or four keyboards.

- Put the learners into pairs – there can be more than one pair of learners on a keyboard
- Give one learner in each pair instruction cards
- 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 one

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 hop scotch!

### 2. Warm up exercise two (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 (words called out) and continue with this activity until the next instruction is called out.

#### Tip for warm up exercise two

Examples of words that can be called out:

- Stretch, twist, stand up, twirl, roll or jump.

#### You can also add some additional movements such as:

- Crawl like a snake
- Pretend you are jumping over a fence.



# Grade 2

## List of warm up and cool down exercises continued

After playing 'Simon says' for five minutes, instruct the learners to do the following stretches:



Hamstrings



Chest



Quadriceps



Shoulder



Calf

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

## Cool down exercises

### 1. Cool down exercise one (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 two (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 three to five times.