

## Grade 5

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

#### Warm-up exercises

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

Divide the learners into groups of 3 or 4.

- Each time you call out a letter of the alphabet, the learners have to lie down and position themselves to form that particular letter
- In between calling out the letters, have the learners jog or march on the spot for about 10 seconds. You can blow a whistle to indicate the start and end of the 10 seconds.

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

Play a CD and instruct the children to do movements such as dance, walk, jump, hop or skip while the music is playing. Each time the music stops, they must do a different movement when it starts up again.

#### Cool-down exercises

##### 1 Cool-down exercise 1 (3 minutes)

Have the learners help you pack any equipment away. Then instruct the learners to do the stretches from cool-down exercise 2:

- Each time you call out a letter of the alphabet, the learners have to lie down and position themselves to form that particular letter.

##### 2 Cool-down exercise 2 (3 minutes)

Instruct the learners to do following stretches:



Hip flexor stretch



Hamstrings



Quadriceps

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