

**PE 352 - Warm-up Teaching Assignment**  
**“WARM-UP 1” - Shadow Tag**

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**Sport**

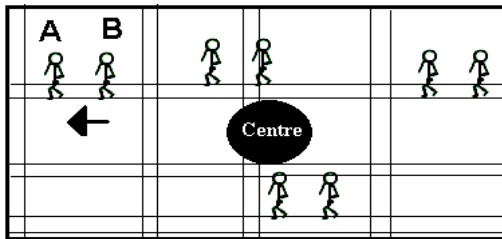
This warm-up is effective for track and field and also can be incorporated in warming up for net/wall activities.

**Activity Instructions (Tasks)**

Students (in partners) will have a pinnie hanging out of their shorts in the back and will be either a leader or a follower. The follower must try and keep up to the leader and try and take their pinnie. The teacher will give commands on when to switch. The students must follow the lines on the courts and will start at a walking pace and progress to a jog and finally a run.

**Organization of Space / Diagram**

Students are free to roam around anywhere in the gym that there are lines. Their movements are restricted to lines. Take into consideration the size of the class. If the class is smaller then you may want to restrict the area that they are allowed to move in, but if the class is large then make use of the full gym. If there is an odd number of students then have that be a follower in a group of three.



**Management of Groups and Equipment**

*Equipment:* two players lettered A and B each with a pinnie, big open space, students must use lines of court.

*Explanation:* this is used as a warm-up; divide class into pairs, each partner becomes an A or B, on the teachers command B chases A until A is caught or teacher yells switch. To be caught, the trailing student must pull the pinnie from the leading players shorts.

**Objectives**

*Cognitive:* The activity requires that the students cooperate with each other and work together to make things easier for each other or to provide a challenge for each other. They also require that the students watch each other and learn off each other's techniques. Students must think ahead to plan their next moves or to anticipate their partner's moves.

*Psychomotor:* This warm-up involves cardiovascular fitness as well as foot speed and coordination.

*Social / Effective:* The warm-up forces students to cooperate with each other and work together. The warm-up provides competition as well.

## Teaching Styles Used

Command, Reciprocal, Self Check, Inclusion, possibly Guided Discovery

## PE 352 - Warm-up Teaching Assignment "WARM-UP 2" - Relay Game

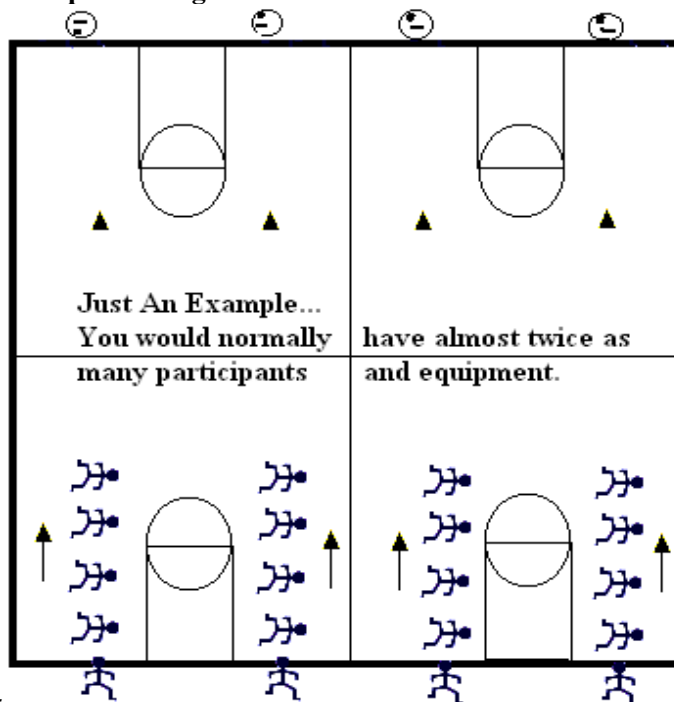
### Sport

This warm-up is effective for track and field and also can be incorporated in warming up for net/wall activities.

### Activity Instructions (Tasks)

Students will be grouped into 8 teams of 4-5 kids based on the number in the class. They will start at the end of the gym opposite all the equipment and their first task will be the log roll game. In this part of the relay the student will lay down roughly 5 feet apart and the last person in the group will have to run (hurdle style) over their teammates and join the line at the front. Once the last person has been leaped then the next person at the end of the line follows etc. until the team has reached the far end line. The second part of this warm-up relay is the ball pass off where students have to hold a small ball between their neck and their shoulder, run around their team's cone and then come back and pass the ball to the neck of the next person in your team's line without the use of your hands. The third and final stage of this relay is the piggy-back baton passing relay where the students must piggy-back their partner to the cone, drop and do 5 push ups or sit ups and then switch piggy backers and pass the baton to their next pair from your team in line. Once your team is done the 3 relay tasks then you have to sit down to win. We chose this task progression because it went from having to use no equipment, to adding a ball, to manipulating an object while working with a partner.

### Organization of Space / Diagram



Gymnasium -

## **Management of Groups and Equipment**

*Equipment:* 8 batons (preferably soft - Nerf style), 8 small balls, 8 hoola-hoops

*Explanation:* Groups of 4 or five students complete a progression of 3 tasks: log roll, ball pass with neck and piggy-back baton pass. Try and group students so that they have a partner roughly their size so there are no problems giving piggy-back rides. (See activity task instructions above)

## **Objectives**

*Cognitive:* The warm-up require that the students cooperate with each other and work together to make things easier for each other or to provide a challenge for each other. They also require that the students watch each other and learn off each other's techniques. Students must think ahead to plan their next moves or to anticipate their partner's moves.

*Psychomotor:* This warm-up involves cardiovascular fitness as well as foot speed and coordination. It also involves some overall strength of upper and lower body parts.

*Social / Effective:* The warm-up encourages teamwork as the students are competing in a relay where every member must work together to succeed. The relay also provides competition, some humour and social cohesiveness that will be helpful for the rest of the lesson.

## **Teaching Styles Used**

Command, Reciprocal, Self Check, Inclusion