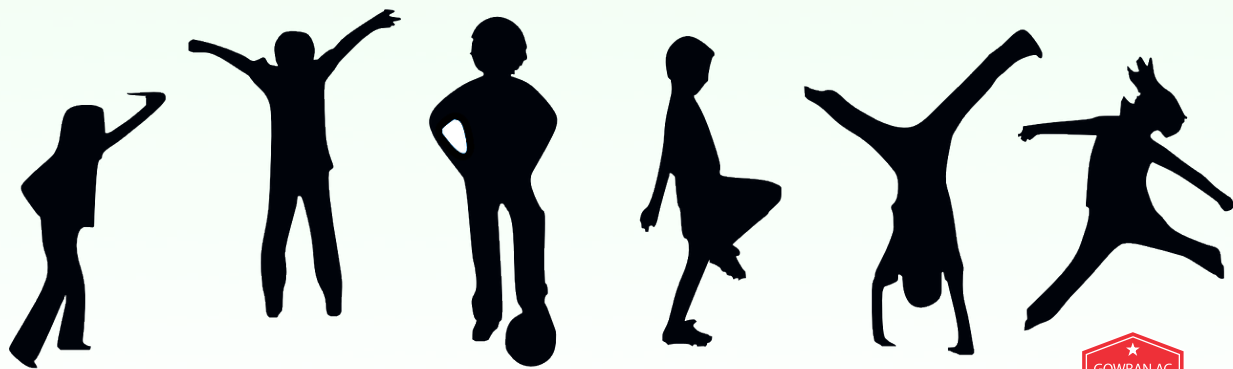


# **A Teacher's Guide**

## **For Getting Students Active**



# WARM-UP EXERCISES

A brief warm up and some stretches before and after each work out help reduce risk of injury.

## Great Stretches for Runners!

**High Knees:** Lift knee to hip height while foot on ground raises it's heel, so you are balancing on your toe. Drop knee down then switch feet. Repeat for 20-30 steps.

**Lunge Walk:** Step out, lunge down, bending the front knee, making sure knee does not extend over ankle, come up and then bring legs together, step out with other leg and repeat for 20-30 steps.

**Quad stretch:** Stand straight, lift your right foot up behind you, and grab your right foot with your right hand. Pull your heel gently toward your bottom, feeling a stretch in your quadricep (front thigh). Hold for 30-60 seconds. Repeat with your opposite leg.

**Shoulder roll:** Roll shoulders five times going forward, five times backwards

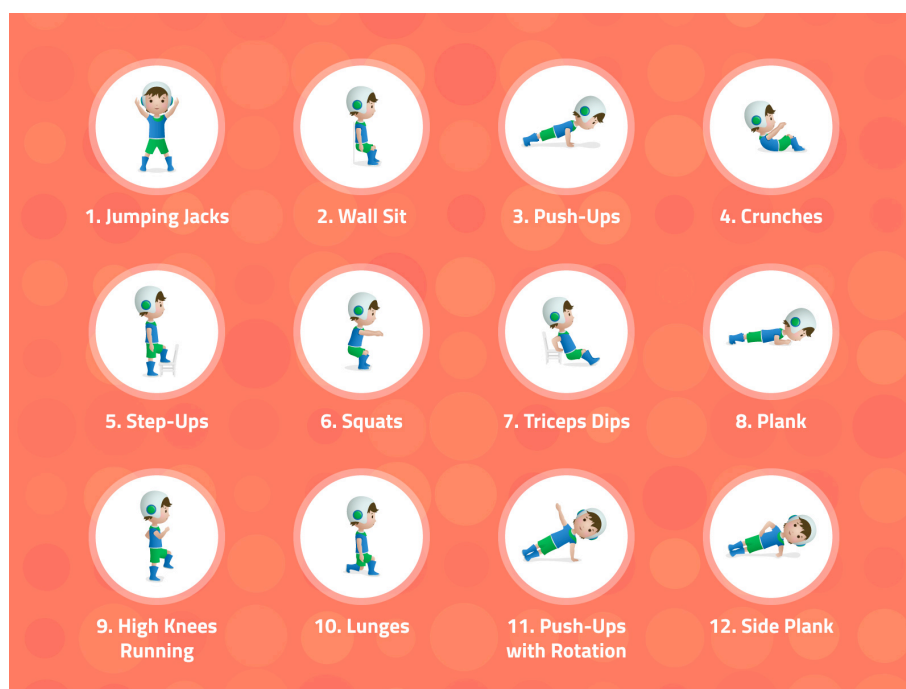
**Neck roll:** Drop chin to chest, roll neck slowly side to side.

**Hamstring Stretch:** Stand with your legs crossed and the outsides of your feet together. Bend over with your rear knee straight. Reach toward your feet or bring your torso toward legs. Hold stretch for 15 to 30 seconds. Repeat with your opposite leg.

**Calf Stretch:** Place both hands on a wall with arms extended. Lean against wall with one leg bent forward and the other leg extended back with knee straight and foot facing forward. Keep the heel of your rear foot on that floor. Feel the stretch in the calf of that leg, and hold 15 to 30 seconds. Repeat with the opposite leg.

**Jumping Jacks:** Stand with feet together, knees slightly bent, and arms to sides.

Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lower arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.



# WARM-UP Game

Warm-up games provide a varied and enjoyable method to increase the heart rate and body temperature of the participants with the use of agility, movement and coordinating activities in preparation for the class or practice activity.

As fitness levels improve, so should the length and intensity of the warm-up. The older the students the longer the warm-up time.

Warm-up games can provide variety and increased interest. The following warm-up games can be adapted or modified to a variety of situations and constraints. Participants may even find new and innovative ways to modify the games to make them more enjoyable or fit their situations.

With fun, imagination and activity;  
**Let the Games Begin!**



**SHIP DECK SHORE** is a great group game for getting children moving and thinking. Its a warmup game before any activity.

**EQUIPMENT:** Cones to mark areas

## TO PLAY

1. The students line up single file, facing the teacher.
2. Identify the location for ship and shore and tell the class.
3. When ready, the teacher calls out a command and students run to the location.

## BASIC COMMANDS

- Ship - go to the cone on the right/left
- Deck - stay where you are
- Shore - go to the cone on the go right/left

*Keep the game fun and flexible to  
keep the kids moving,  
especially for young children.*

## ADDITION

If you wish to add a competitive element to the game, players that perform the wrong action are out and the last player standing becomes the new captain. Be mindful that this version will mean that the eliminated players will not be actively involved in the game. Alternatively, those players who are eliminated could just stand out for a count of ten star jump



# MORE STRETCHES

Were Aroha & Dan, and we're excited to help you learn how to take care of your spine. We will show you some exercises you can do everyday.



Always remember to stop if any exercise hurts!

First, let's let

Dan teach you how to stand like an

## INNER WINNER

- Stand straight and tall with your head high.
- Put your ears, shoulders, hips, knees, and ankles in a straight line like Dan.
- Pull your belly button toward your spine.

## TRAP OPENER

- Breathe deeply & calmly. Relax your tummy.
- Let your head hang loosely forward and gently roll it from one side to the other.
- Using your fingers, gently rub the area just below the back of your head on your neck.
- Relax your shoulders and gently roll them backward and forward.

Do each exercise for the count of 15!

Now start with Section 1 (The Stars) and start with the Tilting Star exercise ... and remember to HAVE FUN!!

## 3. CORE BALANCE

### TIGHT ROPE

- Become an **INNER WINNER**!
- Pretend the floor in front of you is a tight rope high in the air.
- Take a step forward on the tight rope.
- Keep your front knee over your ankle (not over your toes).
- Keep it going while you count to 20!
- Repeat with the other foot forward.

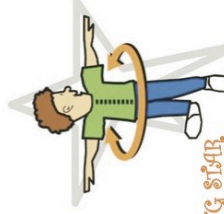


## 1. THE STARS

### TILTING STAR

- Become an **INNER WINNER**!
- (Head up high & pull your belly button in).
- Breathe air in as you slowly stretch one arm over your head... ..and slide your other arm down your leg.
- **SLOWLY** tilt your

- Star to the other side.
- Relax at the end of the stretch and
- **DON'T FORGET TO BREATHE IN AND OUT!**
- Repeat both sides 2 times!

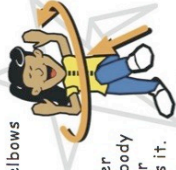


### TWIRLING STAR

- Become an **INNER WINNER**!
- While you are in the star position, turn your head to look at one hand.
- Slowly twist your entire spine to watch your hand as it goes behind you.
- Relax at the end of each stretch, and
- **DON'T FORGET TO BREATHE IN AND OUT!**
- Repeat both sides 2 times.

### TWISTING STAR

- Become an **INNER WINNER**!
- Raise your arms in "hands up" position.
- Bring one of your elbows across your body while you raise the opposite knee toward it.
- Now bring the other elbow across your body while you raise your other knee towards it.
- Keep it going while you count to 15.



Relax & breathe. **You're Doing Great!**

## 2. THE FLYING FRIENDS



### THE EAGLE

- Become an **INNER WINNER**!
- (Head up high & pull your belly button in).
- Put your arms straight out and pull your shoulders together in the back.
- Breathe air in and slowly raise your arms until your hands touch together over your head.
- Breathe air out and slowly lower your arms to your side.
- Repeat 3 to 5 times.



### HUMMINGBIRD

- Become an **INNER WINNER**!
- (Head up high & pull your belly button in).
- Put your arms out to the side with your hands up and pull your shoulders together in the back.
- Make small backward circles with your hands and arms.
- Bend at your waist from side to side while you keep the circles going.
- Keep it going while you count to 10!

### THE BUTTERFLY

- Become an **INNER WINNER**!
- (Head up high & pull your belly button in).
- Put your arms behind your head and gently pull your elbows backward.
- Slowly & gently press your head backward against your hands while you count to 2.
- Relax and breathe.
- Repeat this 3 times.

Now do some **TRAP OPENERS** like Aroha showed you earlier.

**Good Job!**

### THE TRIANGLE

- Become an **INNER WINNER**!
- Spread your legs wider than your shoulders.
- Lean to one side until your elbow can rest on your bent knee.
- Breathe in & slowly raise your other arm above your head so your body makes a triangle (like Aroha).
- Feel the stretch in your body.
- Count to 10 & do the other side!



### WASHING MACHINE

- Become an **INNER WINNER**!
- Stand with your feet wider than your shoulders.
- Gently rotate your body from side to side.
- Let your arms flap back and forth and shift your weight from knee to knee.
- Keep it going while you count to 15!

**It's been FUN - We are Done!**





# HOMework STRETCHES

## Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |



# #5k FIT Primary Schools Programme

## Weekly Plan

DAY	TASK		LOCATION
MONDAY	Fit Lite	A list of classroom exercises to choose from	Classroom or Outside
TUESDAY	Running and Walking	see #5KFit schedule for weekly updates	Outside
WEDNESDAY	Active Games	Relays, Obstacle Course or Ball game activities with the teacher	Outside
THURSDAY	Running and Walking	see #5KFit schedule for weekly updates	Outside
FRIDAY	Lunchtime Fun	Games for children to play at lunchtime as a group or smaller groups	Outside
SATURDAY	Cycle or Swim Saturday	Weekend activity with family and friends	Outside, Swimming Pool, River or Sea
SUNDAY	Family Time	Weekend exercise with family	<a href="http://www.getirelandactive.ie">www.getirelandactive.ie</a> for ideas

## Relevant Websites:

[www.getirelandactive.ie](http://www.getirelandactive.ie)

[www.littlesteps.eu](http://www.littlesteps.eu)

[www.hse.ie](http://www.hse.ie)

[www.healthpromotion.ie](http://www.healthpromotion.ie)

[www.dohc.ie](http://www.dohc.ie)

## MONDAYS

### TEACHERS

"**Movement breaks**" or "brain **breaks**" are classroom-based physical activity programs for kids to get them moving more. **Movement** not only allows children to get their 'wiggles' out, but energizes them and increases their ability to focus on the next learning activity." *Stand Up Kids*

Go To <http://standupkids.org/movement-break/> for great exercise videos and information about movement breaks. Movement breaks can happen many times throughout the day. FIT LITE gives options for teachers to fit the breaks in without disrupting class too much.

# FIT LITE

*LITE as not too difficult or intense...**Active and Fun!!***

### What To Do

1. The teacher holds the list and sets the time (5-8 mins).
2. Select location.
3. Select a student to take turns calling out a number.
4. The teacher reads out the exercise and the class must try it.

NOTE: Eventually the class can match the exercise to the number and might avoid some of the more difficult ones. Change the game by writing each exercise on a piece of paper, put all in a box and ask a child to select one. This can be a reward for someone who is working really hard at the exercises.

### In Gym Hall or Outside

1. Push ups 10 times
2. Show off your muscles
3. High knees for 20 meters
4. Squats X10
5. Walk in slow motion for a count of 10
6. Skip 20 meters
7. Hop like a frog
8. Jumping Jack X 10
9. Take five big steps
10. Do the plank for 30 seconds

### In the Classroom at the Desk

1. Pretend to shoot a basket ball 10 times
2. Play Hula Hoop for a count of 10 and reverse hips
3. Balance on your right foot and count to 10
4. Pretend to sit in an invisible chair 5 times
5. Bend down and touch your toes 10 times
6. Hold your arms out at the side & make circles in the air
7. Touch the ground, then reach for the sky 20 times
8. Punch the sky 10 times
9. Pretend to jump a rope for a count of 10 times
10. Hop on one foot 10 times and swap





## Relays

### Equipment

1. Cones as markers
2. Relay batons or bean bag

### What To Do

1. Divide the class into two even teams.
2. The students run to a cone and run back to tag the next team mate who repeats.
3. Everyone run a minimum of 2 times depending on the class number and the time.
4. Sit down when finished

## Obstacle Course

Use school equipment to arrange a short obstacle course. Examples may include.

- Hoops to jump into
- Ball drop
- Collect bean bags
- Walk a plank or rope on the ground. You can draw a chalk line too.
- Use cones to dribble a ball around
- Run - Sit on a Chair-Run again
- Circle a cone 5 times and then run
- Jump over cones or cardboard boxes
- Skip 3 times

TIPS: A relay could be incorporated into this too







## BALL THROW

### Equipment

1. Bean Bags
2. Hula Hoops
3. Cones

### What To Do

1. Divide the class into even groups depending on equipment
2. Use a cone to mark out start point for each group
3. Place three hula hoops 1 meter, 2 meters and 3 meters away from the cone
4. Give student 3 bean bags and see can they throw them into any hoop
5. After throws, the student collects the bean bags and gives them to the next person.
6. Add competition by giving each hoop different points - 10, 15, 30
7. Highest points win.



## SEVENS

**Equipment:** Tennis ball and Flat wall

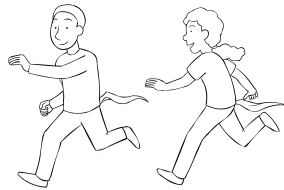
### To play:

1. Player stands a comfortable distance from the wall. When starting the game, being closer to the wall is better. As the game goes on, player will figure out how to adjust the distance for each task.
2. They follow these steps until finished with all seven rounds:
3. Onesies: Throw the ball against the wall and catch it before it bounces.
4. Twosies: Throw the ball against the wall and let it bounce one before catching it. Do this step twice.
5. Threesies: Throw the ball against the wall and clap before catching it. Do this step three times.
6. Foursies: Throw the ball against the wall, spin around, and catch it after the first bounce. Do this step four times.
7. Fivesies: Throw the ball against the wall, clap twice behind your back, and catch it. Do this step five times.
8. Sixies: Throw the ball against the wall, bend down and touch the ground and catch it. Do this step six times.
9. Sevens: Throw the ball against the wall, jump and clap hands once in front of you and catch the ball. Do this step seven times.
10. If the player drops the ball, he has to return to the beginning of the seven rounds and start over. Once all steps have been completed, he wins!

## LUNCHTIME FUN

### Tail Tag

This works on quickness and agility while participants must also focus on the other participants' actions.



**Equipment:** One "tail" (football flags, extra sock, towel, etc.) per participant.

**Description:** Designate boundaries of an area large enough to scatter participants so they are approximately four feet apart. On the command of "Go" each participant attempts to pull as many opponents' "tails" as possible, while protecting their own. An individual is "out" when her/his tail is pulled off, and s/he must leave the playing area.

As more players leave the playing area, shrink the boundaries to keep the remaining players roughly four feet apart. The game continues for a set time or until only two participants remain.

### Flush the Toilet

Decide game boundaries. Choose one or two people to be on. When a person is caught, they must stop, raise their right hand and wait for someone to put it down..hence flushing the toilet.

If caught three times, the player is out. The game ends when all players are caught or when time runs out.

### Bull Rush

The person in calls "bullrush" and the children run from this boundary to another, about 25 metres in distance. The 'on' person tags as many as possible. They then help him/her to tag as the game progresses. When the bell goes for end of play, either recess or lunch, they all shout "Saved by the bell".



### Mixed Teams Soccer

The teacher should assist the class to divide into even soccer teams. To allow for more team-work, there should be three ball-passings to different people before allowed to score a goal.

### Tag

Universal childhood game....no explanation necessary!!

## Mr Men and Little Miss Warm-up

This is an easy warm-up involving no equipment. Say the name of a Mr. Man and children have to move like him. For example:

- Mr. Slow - move slowly.
- Mr. Rush - move fast.
- Mr. Jelly - shake your whole body.
- Mr. Muddle - walk backwards.
- Mr. Bounce - bounce!
- Mr. Small - crouch and move.
- Mr. Strong - move flexing your muscles.
- Mr. Tall - stretch up and move (good for stretching once the children's hearts are racing.)
- Mr. Tickle - wave around your arms in a crazy way.
- Mr. Happy - move around with big smiles on your face.

You can obviously add more including Little Miss characters. The children can also add their own ideas meaning they never get bored of this game!

