



Physical Activity & Movement Ideas

- Running on the spot
 - Jumping
 - Hopping
 - Jumping jacks
 - Marching
 - Kick backs
 - Hamstring curl
 - Leg lifts
 - Shoulder shrugs
 - Arm raises
 - Ladder climb
 - "Swimming" motion
 - Vertical jumps
 - Push ups
 - Sit ups
 - Lunges
 - Chest presses
 - Plank
 - Scissor step
 - Hip twists
- Squats- bend at knees, leaning back slightly so that knees never go past the toes
 - YMCA jump- using arms, create each letter formation
 - Burpees - begin in a squat position with hands on the floor in front of you. Kick your feet back to a pushup position. Immediately return your feet to the squat position. Leap up as high as possible from the squat position. Repeat, moving as fast as possible.
 - Butt Kicks - jog forward with small strides while swinging your lower leg behind so your back heel hits your buttock. With each step, kick your heel to your buttocks. Your arms are in a relaxed running action and your knees stay low.

- High Knee Lifts - raise one knee at a time up to your chest while lifting the opposite arm. Try not to lean too far forward or back. You're landing on the balls of your feet and moving your knees up and down rapidly.
- Skipping with High Knees - skip lightly, stepping from one foot to the other with high knees. Focus on lifting your arms and knees high in an exaggerated action while skipping.
- Skipping with Long Strides - skip lightly, stepping from one foot to the other with a long stride. Focus on lengthening your arms and legs in an exaggerated way while skipping.
- Name Pantomime - each person chooses an action word to go with their name (e.g. "Swimming Sam"), then shows the action to the group who repeats it. A great way to introduce oneself and learn people's names.
- Plant Stretch - fun physical warm-up. In a circle, everyone starts as a small seed, then slowly sprouts and grows, eventually flowering towards the sun. Repeat, getting faster each time, leading eventually to seeds in unison jumping into the air and letting out loud "ahhhs".
- Fast Feet - standing on the spot, take as many steps as possible in 10 to 20 seconds. Move your feet up and down quickly and lightly, keeping them low to the ground and lean slightly forward. Widen your stance for a 'football' run.
- Fast Arms - standing with feet hip width apart, drive your arms forward and back in a sprinting action. Make sure your arms don't cross your body. Work on speed while relaxing your arms, shoulders, hands and face. You'll be moving your arms much quicker than you do when running. Count out 25, have a break then do another 25. Repeat this two to three times.