

30 PE Warm-Ups



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1. Video Game

'Fast Forward' - run

'Rewind' - backwards

'Pause' - stop

'Record' - pull a silly face

'Slow motion' - walk at half speed



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2. Hello My Name is...

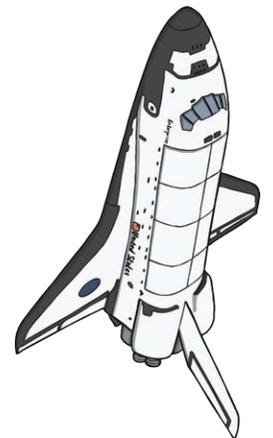
Children walk briskly around the room. When they meet another child they introduce themselves and then swap names. On meeting the next child they give the prior child's name and so on. The children take a seat if they are given their own name.

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3. Shuttle Run

All the children run in a single file line. Each child at the back runs to the front of the line. Each child at the back runs to the front of the line.



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4. Traffic Lights

'Red' - stop

'Yellow' - jog on spot

'Green' - jogging

'1st Gear' - walk

'2nd Gear' - jog

'3rd Gear' - sprint



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5. Collect the Treasure

Split the children into four groups. Pile balls or beanbags in the centre of the hall. This is the 'treasure'. The teams send one child at a time to run to the middle and bring back some treasure. When all the treasure is gone the team with the most treasure wins.



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6. Commando Lines

Children stand in lines of 6 to 8 children. They race across the hall or playground by the child at the back running to the front whilst the rest of the team remain still. The first team to cross the finish line wins.



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7. French Cricket

One child stands in the middle with a cricket bat whilst the other children form a circle around them. Try and bowl the middle child out by throwing a soft ball at their leg. The middle child is replaced by the child that manages to bowl them out.

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8. Pirate Ship

'Climb the rigging' - mime climbing

'Captain's Aboard' - stand straight, salute

'Scrub the Decks' - mime scrubbing the floor

'Man Over Board' - mime swimming

'Dead Man's Chest' - mime digging

'Walk the Plank' - walk heel to toe



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9. Clap and Catch

Stand in a circle. Throw the ball around the circle randomly. Each child must clap before they catch the ball. If the child drops the ball or doesn't clap they are out.

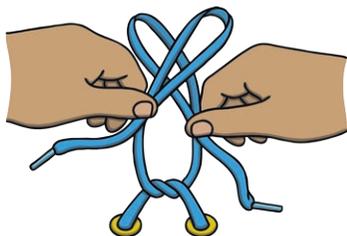


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10. Human Knot

Stand in a circle, and join hands with two other people across the circle. Get two people to let go of each other. Try to untangle everyone whilst keeping a hold of each other. You should end up with one long line of people.



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11. Acid Swamp

Set out a bench at each end of the hall and place two mats on the ground. The ground is the 'acid swamp'. The children must get from one bench to the other using the mats. You could turn this into a race, with the first team to the other bench being the winners.

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12. Mr Men

'**Mr Slow**' - move slowly

'**Mr Rush**' - move fast

'**Mr Bounce**' - bounce around

'**Mr Muddle**' - walk backwards

'**Mr Small**' - crouch down and move

'**Mr Strong**' - move flexing your muscles

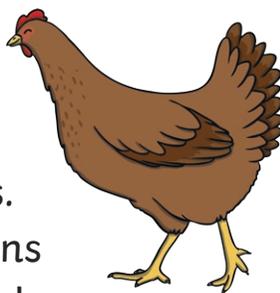


13. Shape It Up

Ask the children to move around the space. You could ask them to move around in different ways, e.g. walking, jogging, skipping. Shout out a shape. When the children hear the shape name, they try to use their body to make the shape. Ask the children to move around once more, then call out a different shape. Children could find a partner to make the shape together. Continue with different shapes and ways of moving around.

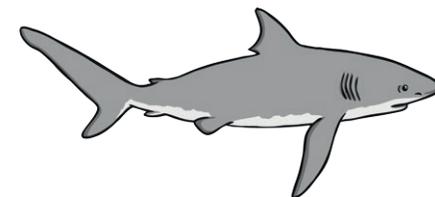
14. Foxes and Chickens

2 or 3 children are the foxes. The rest are the chickens. The chickens each have a tag belt or can instead tuck a bib into the back of their shorts. Game ends when all of the chickens have their tag belts or bibs removed by the foxes.



15. Shark!

The children mime swimming around whilst one child stays off to one side as the shark. When the leader shouts 'Shark' they must then immediately shout a number. The children must then get into groups of that size, before the designated shark can catch them.



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16. Bean Game

'Has Bean' - walk backwards

'Runner Bean' - run around

'Broad Bean' - puff up and stride about

'Jumping Bean' - jump around

'Jelly Bean' - wobble around like jelly

'Baked Bean' - curl up very small on the floor



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17. Caveman Dash

Create an area in your hall which is 'the cave'. All the children do caveman dance actions to music. When the music stops, the children must rush to the cave. The last child to the cave is out.

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18. Doctor, Doctor

Split children into two teams. Each team has a secret doctor. The teams tag each other and the tagged child must stay still. The only person who can untag their teammates are the secret doctors. A team wins when they tag the other team's doctor.

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19. Through the Hoop

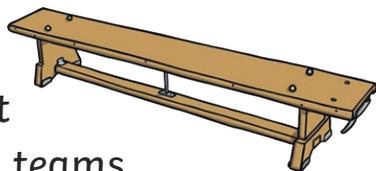
Split the children into teams. The team must join hands and must step through a hoop without letting go of each other's hands. The team that does this first wins.



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20. Bench Game



The team that does this first wins. Split the children into teams. Each child must race the other teams around the outside of the benches. When they finish, the next team member goes until everyone has run.

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21. Smugglers

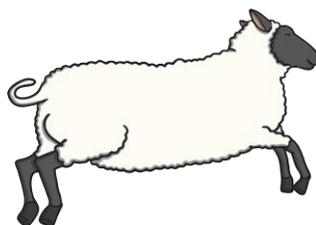
You need hoops and beanbags which are the same colours. Place the hoops around the room and split the children into 'smugglers' and 'goodies'. The goodies must put beanbags in the hoop of the same colour, the smugglers put them in the wrong hoop.

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22. Sheep and Wolves

When a wolf tigs a sheep they must lie on their back with their legs in the air. The shepherds can free them.



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23. Bench Order

All the children stand on a bench (one team per bench). Shout out an order they must then arrange themselves into without touching the floor.



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24. Animals

Whisper an animal to each child, making sure there are a few children to each animal. The children must move around the space, whilst acting out their animal and looking for other children with the same animal as them. The game ends when all the children are in their animal groups. This is a great way to get children into teams.

25. Head It, Catch It

Stand in a circle. The ball is passed around by children either catching it or 'header'-ing it. When the teacher shouts 'Change!', the children swap to the opposite of what they were doing. When the teacher shouts 'Change!', the children swap to the opposite of what they were doing.

26. Two-Headed Monster

A group of two must tag other children. The child they tag must then join hands with them. When there are four children holding hands they split to make another two-headed monster. Keep going until everyone is a monster!



27. Follow the Leader

A child is nominated to stand in the middle of the circle as 'the leader'. The other children must copy their classmate's actions, which should be various warm-ups and movements. The leader can be swapped out as needs be.



28. Points and Patches

Children walk around the space and respond to the instructions to do a 'Patch' balance or 'Point' balance accordingly.

A patch balance is: a balance using large areas of your body like bottoms, legs, tummies or arms.

A point balance is: a balance using small areas of your body like hands, feet, knees or elbows.

29. Crabs and Cranes

Lay out a goal line at each end of the space and split the group into two teams and have them line up in front of their goal line. One team are 'crabs' and the other team are 'cranes'. When the teacher shouts 'Cranes' the cranes must try to catch the crabs, who retreat behind the line. Any caught crabs becomes cranes. The crabs do likewise when 'Crabs' is shouted. The game is over when one team becomes extinct.

30. Directions

In this game, children need to move in different ways: walking, tiptoeing, hopping, jogging, giant steps. They also move in different directions: forwards, backwards, sideways. Give them a way of moving, and also a direction, e.g. 'Tiptoe backwards.' Children follow the instruction. Change the direction. Then change the way of moving. Continue to change the direction and way of moving every few seconds.