

CIRCLE-PARTNER-GROUP WARM-UP

This starts as a copy-the-teacher activity and develops into phrases that can be repeated in different spaces and in 2s, 3s or 4s.

Ages

Key stage 2.

Accompaniment

Use music with a steady beat and tempo suitable for marching and jogging.

Formation

Children stand in a circle.

Description

1. Children will copy you, the teacher. Walk on the spot, changing the size of the step to gain the children's attention; then march on the spot, swinging the arms.
2. With feet apart and knees bent, shift weight from side to side on the balls of the feet (as if dodging); keep centre of gravity low.
3. Develop a phrase of 8 marches and 8 dodges (do not count out loud; see how quickly the children pick it up).
4. Demonstrate the next part (ask children to watch once and then copy): Walk in a small circle away from the spot and return to the same place, taking 8 steps for 8 counts; if space is limited, walk forwards for 4 counts and backwards for 4.
5. Add to the phrase (i.e., march 8 counts, dodge 8 counts, walk in a circle 8 counts; develop walking in a circle to jogging).
6. Reach to the floor, touch knees, touch shoulders, reach high slow to begin with and then speed up to take 8 counts; try reversing the order!
7. Add to the phrase (i.e., march 8 counts, dodge 8 counts, jog in a circle 8 counts, do reaches (one set takes 8 counts)).
8. Once that is mastered, ask children to walk on the beat away from the circle and into a good space and then perform the phrases facing any direction.
9. Repeat by travelling to a new space walking backwards or sideways or jogging, skipping or galloping. Children can stop to face the nearest person to perform the phrases, adjusting the circular jogging pathway to relate to a partner.
10. Develop to meet up with different partners or meet up in 3s and 4s.
11. Face final partner and hold imaginary football club scarves in both hands. With feet apart, wave these scarves from side to side, keeping arms stretched. Legs should bend and stretch, and partners should mirror movements. This serves to steady the pulse and introduce dynamic stretches.