

Warm Up Activities

Get A Cup and GO

This warm-up activity is done with Kindergarten through 2nd grade. I place PFA cups on the baseline of gym. Students begin on the opposite baseline. On the word 'GO' students run to other baseline, grab one cup, run back to opposite baseline and try to cover all the lines on the gym floor.

Partner Sit ups

Students are partnered up and they crisscross their feet and start with one cup. Students both do a sit up and exchange the cup. This warm up activity can also be done with two cups and works on abdominals, hand eye coordination, and cooperative learning.

Plank Cup Slide

Students start facing each other in high plank. While holding high plank, they slide a PFA cup back forth for 'X' number of reps. This warm up activity can also be done with a one armed side oblique plank.

Partner Pyramid

Students are partnered up. Partner 1 does one push up, partner 2 does two pushups, partner 1 does 3 push up, partner 2 does 4 pushups, etc.

This can be done with any exercise (line jumps, sit up, high knees, burpees, one legged squats, etc.).

EXAMPLES OF WORK OUT CARDS

Name: _____

Date: 12-22-2016

Work out

White Sideline to Sideline Push Up Slide - 1 2 3 4 5 6 7 8 9 10

Plank Flies- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

In and Out Abs- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Burpee - 1 2 3 4 5 6 7 8 9 10 11 12

V-Sit Ups - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22
23 24 25 26 27 28 29 30

Name: _____

Date: 1-5-2017

Work out

White Sideline to Sideline squat jumps - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

High Plank Claps - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25

In and Out Abs- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

22 23 24 25 26 27 28 29 30

V-Sit Ups - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22

23 24 25 26 27 28 29 30

Mat High Jumps 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Medicine Ball Cleans with Jump 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

18 19 20 21 22 23 24 25 26 27 28 29 30

Name: _____

Date: 1-19-2017

Work out

White Sideline to Sideling Jog- 1 2 3 4 5 6 7 8 9 10

White Sideline to Sideline Plank Rotations - 1 2 3 4 5 6 7 8 9 10 11
12 13 14 15 16 17 18 19 20

High Plank Chest Claps -1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34
35 36 37 38 39 40

In and Out Abs- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
18 19 20 21 22 23 24 25 26 27 28 29 30

Ski Abs - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26 27 28 29 30

Touch Ground Jump- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
17 18 19 20 21 22 23 24 25 26 27 28 29 30

Calf Raises- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19
20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39
40

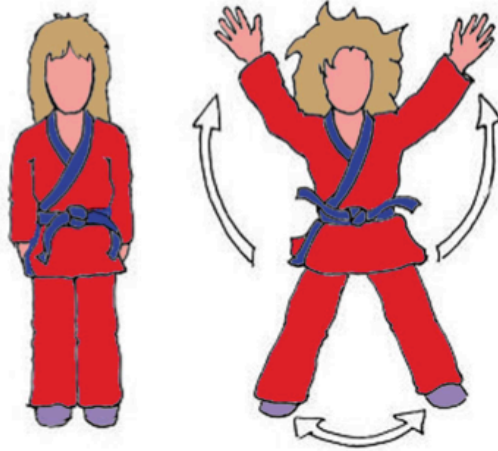
Single Leg Dead Lift (Right)- 1 2 3 4 5 6 7 8 9 10 11 12 13 14
15 16 17 18 19 20 21 22 23 24 25

Single Leg Dead Lift (Left)- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15
16 17 18 19 20 21 22 23 24 25

Jumping Jacks- 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38
39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60

25
50
75
100
125
150
175
200
225
250
275
300
325
350
375
400
425
450
475
500
525
550

November
Jumping Jacks



Name: _____

1500
1475
1450
1425
1400
1375
1350
1325
1300
1275
1250
1225
1200
1175
1150
1125
1000
1075
1050
1025

575 600 625 650 675 700 725 750 775 800 825 850 875 900 925 950 975 1000

15
30
45
60
85
100
115
130
145
160
185
200
215
230
245
260
285
300
315
330
345
360
385

1600
1585
1560
1545
1530
1515
1500
1485
1460
1445
1430
1415
1400
1385
1360
1345
400 415 430 445 460 485 500 515 530 545 560 585 600 615 630 645 660

December
High-Low Plank



Name: _____

Teacher: _____

1015 1000
1030 985
1045 960
1060 945
1085 930
1100 915
1115 900
1130 885
1145 860
1160 845
1185 830
1200 815
1215 800
1230 785
1245 760
1260 745
1285 730
1300 715
1315 700
1330 685