



30 PE Warm-Ups



1 Video Games

30 PE Warm-Ups

Fast Forward: run

Rewind: walk backwards

Pause: stop

Record: pull a silly face

Slow motion: walk at half speed



2 Hello! My Name is...

30 PE Warm-Ups

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.



3 Shuttle Run

30 PE Warm-Ups

The children run in a single file line. They take turns running from the back to the front of the line, keeping a consistent pace.



4 Traffic Lights

30 PE Warm-Ups

Red: stop

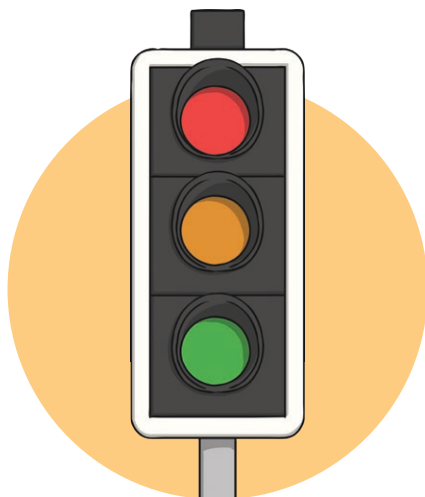
Yellow: jog on the spot

Green: jogging

1st Gear: walk

2nd Gear: jog

3rd Gear: sprint



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5 Collect the Treasure

30 PE Warm-Ups

Split the children into four groups. Place balls or beanbags in the centre of the hall or playing area. This is the 'treasure'. Each team sends one child at a time to the middle to collect some treasure. When all the treasure is gone, the team with the most treasure wins.



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6 Commando Lines

30 PE Warm-Ups

Split the class into teams of 6 to 8, with each team standing in a line at the end of the hall or playing area.

In this warm-up, children race across the hall in their teams, with each child at the back of a line running to the front, continuing like this until they reach the finish line.



The first team to cross the finish line wins.

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7 French Cricket

30 PE Warm-Ups

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

Remind children to keep a safe distance away from the batter to avoid being within the batter's strike zone.

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8 Pirate Ship

30 PE Warm-Ups

Follow these instructions to stretch out your muscles as you climb aboard the pirate ship.

Climb the Rigging: mime climbing

Captain's Aboard: stand straight and salute

Scrub the Decks: mime scrubbing the floor

Man Overboard: mime swimming

Dead Man's Chest: mime digging

Walk the Plank: walk heel to toe



9 Clap and Catch

30 PE Warm-Ups

- Split children into two equal groups, with a small ball in each group.
- Each group stands in a circle.
- The ball is thrown around the circle at random.
- Each child must clap before they catch the thrown ball.



If a ball is dropped or a child doesn't clap before the ball reaches them, they are out.

10 Human Knot

30 PE Warm-Ups

- Tell the children to stand in a large circle, and to join hands with two other children across the circle.
- Ask two children to let go of each other.
- Children try to untangle themselves whilst keeping a hold of each other.



To complete this warm-up successfully, children should end up with one long line of people.

11 Swamp Crossing

30 PE Warm-Ups

- Set out a bench at each end of the playing area, with two mats on the ground.
- The ground is the 'swamp'.
- Explain to the children that they must get from one bench to the other using only the mats on the ground.
- Have a race, with the first team to reach the other bench being the winners.



12 Animal Characters

30 PE Warm-Ups

Listen out for the names of different characters. For each character, there is an instruction to follow and help you warm up your muscles.

Mr Sloth: move slowly

Mr Cheetah: move quickly

Ms Frog: bounce around

Mrs Ant: crouch down low and move

Master Gorilla: move while pounding your chest



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13 Shape It Up

30 PE Warm-Ups

For today's warm-up, the children are going to move around the space in different ways, e.g. walking, jogging, skipping.

Tell the children to listen out for different shapes being called out. When you hear a shape name, children need to use their body to make the shape.

Ask the children to continue moving around, calling out different shapes for them to attempt with a partner.

star **circle** **square** **triangle** **rectangle**

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14 Foxes and Chickens

30 PE Warm-Ups

All of the chickens will need a bib or band.

Choose three children to be the foxes. The rest of the class are the chickens.

The chickens each have a band or bib tucked into the back of their shorts.

The game ends when all of the chickens have had their bands or bibs removed by the foxes.

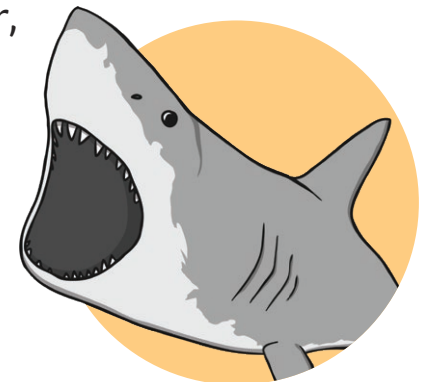


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15 Shark!

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Choose one child to be the shark, with the rest of the children pretending to swim around the playing area. When children hear the word 'shark' followed by a number, they must immediately get into groups of that size, before the designated shark can catch them.



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16 Bean Game

30 PE Warm-Ups

Magic Bean: skip around, waving an imaginary wand

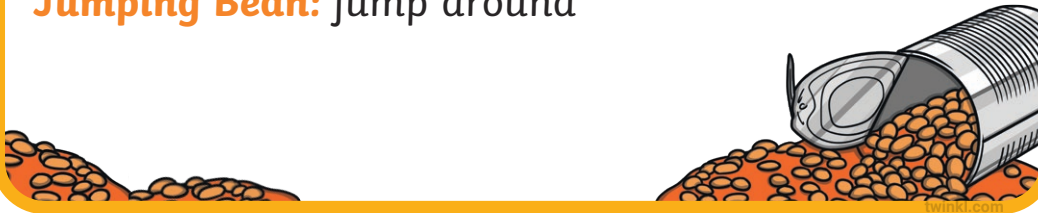
Baked Bean: curl up very small on the floor

Frozen Bean: stand very still

Runner Bean: jog on the spot

Broad Bean: puff up and stride about

Jumping Bean: jump around



17 Island Dash

30 PE Warm-Ups

Create a central area in your hall which is designated 'the island'. All the children do island and sea dance actions to the music. When the music stops, children must rush to the island. The last child to reach the island is out.

Restart the music and continue playing the game until there is only one child left on the island.



18 Doctor, Doctor

30 PE Warm-Ups

Split the class into two teams. Each team has a secret doctor. The teams try to tag each other, with any tagged children remaining still. The only person who can free their teammates are the secret doctors.

A team wins the activity when they tag the other team's secret doctor.



19 Through the Hoop

30 PE Warm-Ups

Split the children into teams. Players in each team must join hands and step through a hoop without letting go of each other's hands. The first team to complete this challenge are the winners.



20 Bench Game

30 PE Warm-Ups

Split the children into teams.

Each child must run around their bench, followed by the next team member, until everyone has had a go. Each team is racing against the other teams.



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21 Treasure Hunters

30 PE Warm-Ups

In this game, you need hoops and beanbags of the same colour. Place the hoops around the playing area and split the children into 'smugglers' and 'pirates'. The pirates must put beanbags in the hoop of the same colour, while smugglers put them in the wrong colour hoop.



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22 Sheep and Wolves

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When a wolf tags a sheep, they must immediately lie down on their back with their legs in the air.

Choose one or two children to be shepherds, who can free the sheep by tapping one of their legs.

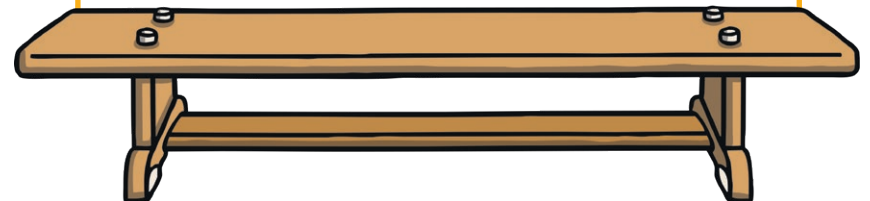


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23 Bench Order

30 PE Warm-Ups

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



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24 Animals

30 PE Warm-Ups

Whisper an animal to each child, making sure that there are several children for each animal. In this activity, the children move around the space whilst acting out their designated animal and looking for other children who are the same animal as them.

The game ends when all children are successfully in their animal groups.



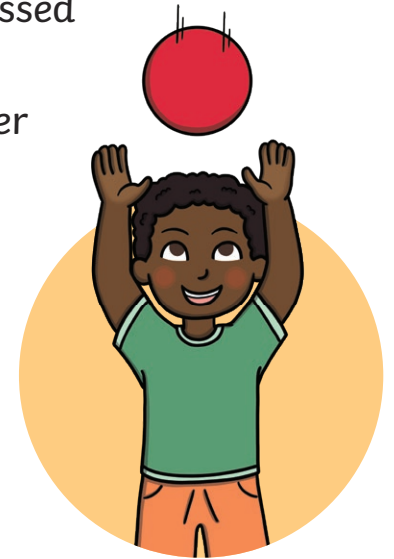
This is a great activity to get children into teams.

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25 Head It, Catch It

30 PE Warm-Ups

Stand in a circle. The ball is passed around by either catching it or 'header'-ing it. When the teacher shouts 'Change!', the children swap to the opposite of what they were doing. Children keep swapping between catching and 'header'-ing the ball each time 'Change!' is called out by the teacher.

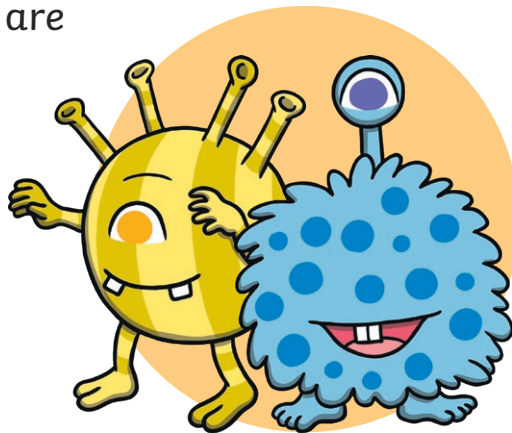


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26 Two-Headed Monster

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A group of two must tig other children. The child they tig 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!



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27 Follow the Leader

30 PE Warm-Ups

One child stands in the middle of the circle as 'the leader'. The other children must copy their classmate's actions, such as warm-ups, movements or stretches. The role of the leader can be swapped out as needed.



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28 Points and Patches

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Children walk around the space and listen out for instructions on whether to carry out a 'patch' balance or 'point' balance.

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.



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29 Crabs and Cranes

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Lay out a goal line at each end of the playing area. Split the children into two teams, with each team lining up in front of their goal line. One team are the 'crabs' and the other team are the 'cranes'.

When the teacher shouts 'cranes', the cranes must try to catch the crabs, who retreat behind their line. Any caught crabs become cranes. The crabs do the same when 'crabs' is shouted, with the game continuing until one team becomes extinct.



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30 Directions

30 PE Warm-Ups

In this game, children move in different ways: **walking, tiptoeing, hopping, jogging, giant steps.**

They also move in different directions: **forwards, backwards, sideways.**

Give children a way of moving and a direction, e.g. 'tiptoe backwards'. Continue to change the direction and way of moving every few seconds.



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