PE WARM-UP GAMES

Quick Movement Activities for Active & Safe Physical Education

GRADES: K–8

TIME: 5–10 MINUTES

WHY WARM-UP ACTIVITIES MATTER

Beginning every physical education class with a structured warm-up helps students prepare both physically and mentally for movement. Warm-ups increase blood flow, improve flexibility, activate major muscle groups, and help students transition into active learning.

A consistent routine also supports classroom management by giving students a predictable start to every lesson.

WARM-UP GOALS

- Increase heart rate gradually
- Improve balance and coordination
- Activate major muscle groups
- Practice listening and following directions
- Build teamwork and communication
- Reduce the risk of injury
- Prepare mentally for physical activity

Most warm-ups should last between 5 and 10 minutes.

1 FOLLOW THE LEADER

One student or teacher performs simple movements while everyone follows.

Try:

- High knees
- Side shuffles
- Arm circles
- Skipping
- Walking lunges
- Bear crawls
- Toe touches

Rotate leaders every 30–60 seconds.



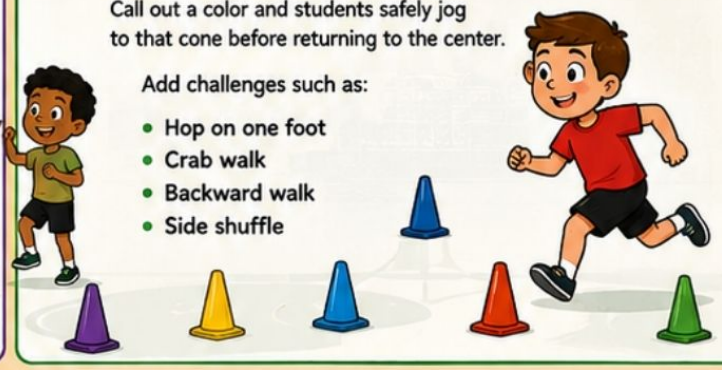
2 COLOR CONE DASH

Place colored cones around the gym.

Call out a color and students safely jog to that cone before returning to the center.

Add challenges such as:

- Hop on one foot
- Crab walk
- Backward walk
- Side shuffle



3 ANIMAL WALK CHALLENGE

Students travel across the gym using different animal movements.

Examples include:

- Frog jumps
- Bear crawls
- Penguin waddles
- Kangaroo hops
- Flamingo balance
- Duck walks

These movements improve strength, balance, and coordination while keeping students engaged.



4 FREEZE FITNESS

Students move freely while music plays.

When the music stops:

- Freeze
- Balance on one foot
- Hold a plank
- Stretch toward the ceiling
- Complete five jumping jacks



HAVE FUN, STAY SAFE, AND GET READY TO MOVE!

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SAFETY TIPS

Always remind students to:

- Stay in their own personal space.
- Watch where they are moving.
- Wear appropriate footwear.
- Stop immediately when the whistle blows.
- Encourage classmates with positive sportsmanship.
- Begin slowly before increasing intensity.





TEACHER TIPS

- Demonstrate each activity before students begin.
- Keep instructions short and easy to follow.
- Rotate activities throughout the year.
- Include cooperative games that encourage teamwork.
- Adjust movements for different age groups and abilities.
- Celebrate participation rather than competition.

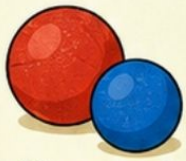




RECOMMENDED EQUIPMENT

These activities pair well with:


Cones & Markers


Playground Balls


Jump Ropes


Rainbow Bean Bags


Scooters



Timers & Stopwatches


Whistles

LEARNING BENEFITS

Regular warm-up routines help students develop healthy exercise habits while improving coordination, confidence, communication, and readiness for physical activity.

A positive start to class helps create an engaging learning environment where every student is prepared to participate safely.

