

### Content outline

This activity aims to develop basic leadership skills to create and deliver a dynamic warm up

- Communication
- Problem solving
- Principles of a warm up
- Knowledge of Health and Safety



This resource and supporting video have been created by:

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This series of resources and videos have been designed to give young people educational content and knowledge linked to the National Curriculum for Physical Education



### Space

- Increase the distance you are moving (to make it harder)
- Decrease the distance you are moving (to make the task easier)
- If completing indoors, modify how the young person travels for safety (Eg. Crawl)



### Task

- Selecting appropriate distances in relation to the ability of the people taking part
- Distances being used can be different, Eg. If leading to someone younger – they can use shorter distances
- Add / remove different physical challenges



### Equipment

- Use different household items (Eg. cushion, small soft toy, items of clothing) to catch / recognise during activities
- Change the size of the items – smaller items are harder to collect, heavier items may be used for older participants
- Add some additional obstacles to make the task more creative – could some items be used to create things to dodge / avoid?



### People

- If you have another person in your house, ask them to be your participant to lead to
- Instruct a friend to complete your task online
- How can you adapt this activity for more people to take part?

### Learning intention

#### Physical:

- To develop knowledge of the principles of an effective warm up
- Deliver a dynamic warm up

#### Personal:

- Creativity
- Leadership

#### Learning questions:

- Identify different dynamic movements which could be used in a warm up
- How could you adapt your idea for being indoors?
- What might you do if someone is not physically able to run at a high speed?
- If outside and the ground is wet, what H&S measures might you include?
- Create your own version of this activity and lead it to everyone in your household - then get their feedback; how would you improve the activity you delivered?