

Content outline

This activity aims to develop basic leadership skills to deliver a competitive warm up

- Communication
- Problem solving
- Principles of a warm up
- Adapting an activity to increase challenge / add competition



This resource and supporting video have been created by:

James Panayi, Sprowston Community Academy

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 running (to make it harder)
- Decrease the distance you are running (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 competing against someone younger – they can use a shorter distance to create an even competition
- Add / remove pieces of equipment to collect to make the task longer or shorter



Equipment

- Use different household items (Eg. cushion, small soft toy, items of clothing) to collect during the relay activity
- 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 markers be used to create a slalom race?



People

- If you have another person in your house, ask them to compete against you
- Challenge a friend to an online competition – How many quickly can you complete a similar task?
- 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
- To add an element of competition to a warm up

Personal:

- Inclusion and Equality

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?