

# Middle School PE Warm-ups

## 1st Semester

### Middle School P.E.

1. Students have 5 minutes to get changed in the locker room and come to the gym and go directly to their assigned spots in the gym. If they are late they lose their punctuality points for the day.
2. At 5 minutes after the bell rings, students begin their warm-ups. (Teacher leads them through the warm-ups)
  - 1 - Seated toe touches (20 seconds)
  - 2 - Left leg over right back stretch (20 seconds)
  - 3 - Right leg over left back stretch (20 seconds)
  - 4 - Flutter Kicks (20 seconds)
  - 5 - Planks (20 seconds)
  - 6 - Push-ups (20 seconds) **\*Teacher timed**
  - 7 - Sit-ups (20 seconds) **\*Teacher timed**
  - 8 - Lunges 20; 10 each leg
  - 9 - 20 Jumping Jacks
  - 10 - Run/Jog around the volleyball court for 3:45 minutes/seconds.  
**\*Teacher timed**  
**\*\* If outside activity - run 1 lap around the track \*\***
3. Students are dismissed to get a drink of water( Water bottles).
4. When all students have gotten a drink and return to their spots, begin the instruction/activity/game for the day.

## Middle School PE Warm-ups

### 2nd Semester

#### Middle School P.E.

5. Students have 5 minutes to get changed in the locker room and come to the gym and go directly to their assigned spots in the gym. If they are late they lose their punctuality points for the day.
6. At 5 minutes after the bell rings, students begin their warm-ups. (Teacher leads them through the warm-ups)
  - 1 - Left leg - hurdlers stretch (20 seconds)
  - 2 - Right leg - hurdlers stretch (20 seconds)
  - 3 - Butterfly (20 seconds)
  - 4 - Left arm plank (20 seconds)
  - 5 - Right arm plank (20 seconds)
  - 6 - Good morning stretch (20 seconds)
  - 6 - Sit-ups (20 seconds) **\*Teacher timed**
  - 7 - Push-ups (20 seconds) **\*Teacher timed**
  - 8 - Superman (20 seconds)
  - 9 - 20 Jumping Jacks
  - 10 - Run/Jog around the volleyball court for 4:00 minutes/seconds.  
**\*Teacher timed**
    - \*\* If outside activity - run 1 lap around the track \*\***
    - Fridays - instead of jogging, students can do another, teacher selected exercise during the jog time. Ex; planks, jj, burpees, etc.
7. Students are dismissed to get a drink of water( Water bottles).
8. When all students have gotten a drink and return to their spots, begin the instruction/activity/game for the day.