

Warm-up Activity Worksheet

● Instruction.

1. GROUPING. Work as a group. **3-4 people** in a group. 1 person is the leader.

2. MUSIC AND DURATION. You can choose a song or sport music to design a **3-4 minute** warm-up activity. Your design of the warm-up activity can go with the music.

3. EXERCISES.

(1) Each exercise in the warm-up should be in **at least 5 repetitions**.

(2) In the warm-up activity, you need to cover the **general warm-up exercises**: high knees, butt kick, windmill, braiding walks, jumping jack, neck (yes or no), hip circles, arm circles, wrists, and ankle (clockwise or anticlockwise), chest.

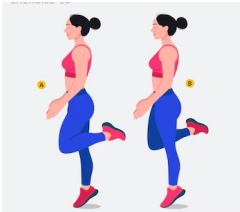
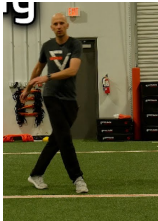
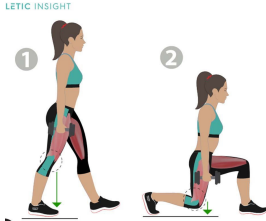
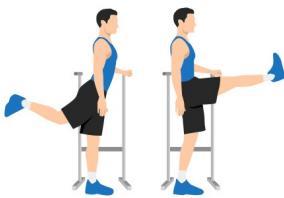
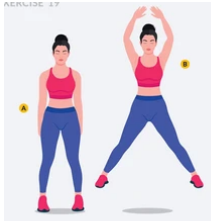
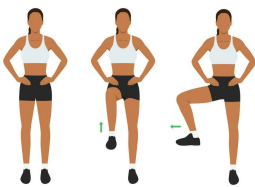
(3) As you already learn how to do **muscle strength workouts**, you can add some of these in the activity.

(4) If you like, you can use **running or even flamenco steps** to connect each small warmup exercise.

(5) You can include at least 2-3 corresponding stretches at the end of the warm-up activities.

4. PRESENTATION. At the beginning of each class, a group will lead the whole class to do the warmup together and you need to say the names of the warmup activities. Each groupmate needs to lead at least 2 exercises within 3-4 minutes.

● General warm-up exercises Vocabulary and Activity References

high knees	butt kicks	braiding walks	lunges	leg swings
				
windmill	jumping jack	hip circles	hip rotation	jog in place
				
neck stretch/head tilt		arm circles	wrist circles	ankle circles
		