

Fit for Life: Intro to Dynamic Warm-Ups

(Ron Jones, MS, ACSM Health/Fitness Instructor)

- To follow your anticipatory set and nutrition mini-lesson. Keep group lined up in the same order as your opening activities.
- This is a **DYNAMIC** warm-up which means they need to be moving! Don't perform static "holding" stretches or the old fashioned "bouncing" stretches; these are outdated and inefficient for warm ups. Keep them moving which is better and more fun too.

1. Arm Circles (10x forward, 10x backward)

- Make big circles without bending the elbows.

2. Alternate Arm Raise (10x for each side)

- Raise arm straight over shoulder without bending elbow.

3. Squat & Reach (10x)

- Shoulder width feet pointed straight forward, make sure they use LEGS to squat down instead of just rounding their backs, touch ground, stand back up making a big 'X' with bodies as they extend and stretch out, hold one second, repeat.

4. Leg Swings (front to back, front diagonal, left to right, back diagonal)

- Give them directions about which way to swing their legs. Do a few seconds for each plane of motion then switch. Do all angles on one leg before going to the other leg.

5. Single Leg Balance (10 seconds each leg)

- Just standing on one leg without movement will not be challenging enough. Add extra challenges for fun like turning head left to right, looking up and down, reaching out with arms and one leg, or even closing eyes.

6. Walk/Jog/Hop/Skip

- DO NOT just tell the kids to run a lap! This will immediately put the overweight children at a disadvantage! Pick a landmark that is not far away then have them walk, job, hop, or skip, etc. back and forth for a couple of minutes. This will allow them to work at their own pace. Some will be going one way and some the other way which will remove the "racing" or competition that frustrates the non-athletic children.

7. Begin Scheduled Daily Activities

- **Do this warm-up as directed without changes until you get your program under control. Once you have established discipline and your routine, then you can effectively start adding more warm up exercises or changing the routine a little each day.**