

40 Warm Up games.

- 40- Video Game- Fast forward/ rewind/ Pause/ Record- silly face/ Slow motion
- 39- 2-4 minute run- Around the outside 1 cone each again count score try to beat 30 second dash.
- 38- Hello My name is _____ OAA warm up to get pupils talking and moving around. Pupils meet someone tell them their name and then swap names with the person they met. They sit down when they get their own name back from somebody else.
- 37- Accelerated learning drill – Left hand right hand up in alphabet good for getting the brain working.
- 36- Pairs warm up- Change/ around/ piggy/ through/ go/ whistle/ left hand right hand
- 35- Shuttle Run- run to line and back/ Acceleration run- start walking as line and get quicker-
- 34- Traffic lights and cars game- red- stop/ yellow jog on spot/ green jogging/ 1st gear walk/ 2nd gear jog/ 3rd gear sprint
- 33- Collect the treasure- 4 teams into middle and back as many items as possible/
- 32- Commando Lines- In lines back player goes to front. First team crosses line wins.
- 31- Chain tick/ 2 headed monster- collect goats/ group of 2 holding hands on they have to tag others who join the chain when there is a group of 4 split up into 2s.
- 30- Human Bingo- For OAA to get pupils talking try this human bingo sheet- pupils have to find someone to fit in each box and they can't use the same pupil twice.
- 29- Clap and Catch- cool down- Pupils in circle have to clap before they catch the ball. If they drop it or clap when not thrown they are out/ Head it catch it- Circle of pupils they have to head it back or catch it when told. If the teacher says change then they do the opposite.
- 28- Football ball warm up- in grids 1 ball each if possible- toe taps/ step overs/ insides/ outsides/ part of body/ change ball- all get chance with the better balls
- 27- Rugby Ball warm up- High/ Try/ Round/ Through/ Dribble/ Change
- 26- Follow the leader class warm up- pupils in the middle have to lead other pupils around the outsides in warm up.
- 25- Mr. Men- Mr. Strong/ Mr. Small/ Mr. Rush/ Mr. Bounce/ Mr. Muddle/
- 24- Crabs and Cranes- Athletics start warm up with partner- first to line others try to tag
- 23- French Cricket- Player with bat in middle of circle try to bowl out or catch legs are stumps.
- 22- Points and patches- gym warm up

21- Bball warm up- fast feet / Bball defence warm up- Hands / Sides / Direction / Jump to touch net

20- Animals pupils given animal to act like. Get with others in group.

19- Pirate Ship- NSEW Climb the rigging/ captains aboard/ Scrub the decks/ man over board/dead man's chest/ Walk the plank

18- All sit down- In circle all attempt to sit on the persons legs behind and balance

17- Through the hoop- Team join hands and get team mate through the hoop

16- Bench order- Have to organise themselves into order on bench

15- Rugby ball tag- Ball each, pass between each other tag on the whistle

14- Cone tag- cone for 2 people on 5 Aussie press ups red cone 5 spotty dogs ups

13- Bball Killer- have to shoot out the player in front of them.

12- Bench/ mat Relay- Benches in circle- all have to run around outside and tag next runner

11- Acid Swamp- mat and bench get across acid swamp without touching down

10- Human Knot- In circle join hands with other person and with someone else/ Break chain in 1 point and untangle

9- Team Hot potato- Pupils to bounce around in restricted area, on command run out and back to outside cones. Introduce balls accordingly.

8- Caveman tag- Get to the cave at the other end after caveman dance- can be used with dribbling

7-Doctor Doctor- Two teams, each have a secret doctor. Tag opposition only secret doctor can release when frozen. Team with players left standing wins.

6- "The shark is coming" pupils shout "how many" Group game game (Way of making teams quickly)- Pupils have to get into groups of the number called out by the teacher. Last group has penalty- spotty dogs/ jumping jacks/I'm a star/ Australian press ups/ Donkey kicks/ Sing song?

5- Sheep Tag- wolf tags/ sheep tagged/ lie on back with legs in air/ farmer frees/ sheep baa

4- Smugglers and goodies- different bean bags in different hoops

3- Bean Game - Has bean/ Runner Bean/ Jumping Bean/ Chile Bean/ Jelly Bean/ String Bean/ Broad Bean/ baked bean/ beans on toast/ baby bean/ butter bean

2- Toilet Tag- Pupils put 1 knee down when tagged. To release sit on knee and flush chain!!

1- Foxes and farmers / Tails Warm up- Tag belts or bibs- Pupils have to collect as many tails as they can in the time limit. Could do in 4 teams.