



# Interactive lessons – Warm-up

## Lesson plan



**Lesson topic:** Warm-up, stretching and recovery



**Duration:** 90 minutes

| Learning objectives:  | Content:   |
|---|--|
| 1. Students know how to prevent sports injuries with good and careful warm-up | <ul style="list-style-type: none"> <li>• Warm-up, stretching and recovery</li> </ul> |

| Compatibility with the national core curriculum (OPS):                                      |   |
|---|---|
| Transversal competencies:<br><b>Taking care of oneself and managing daily life (L3)</b>     | <ul style="list-style-type: none"> <li>• "Students are guided to identify positive and negative factors on personal and collective well-being and to practice habits that promote health, well-being and safety."</li> </ul>    |
| Physical education:<br><b>Physical ability</b>  | <ul style="list-style-type: none"> <li>• T1 The student learns to understand the importance of a sufficient level of physical activity and physical lifestyle for overall well-being.</li> </ul>                                |
| Health education:<br><b>Positive and negative health factors and prevention of diseases</b> | <ul style="list-style-type: none"> <li>• T5 The student learns to evaluate the factors and mechanisms that improve and endanger physical, mental and social health and learns to use related concepts appropriately.</li> </ul> |

| Preparing the teaching space and materials  |
|---|
| <ul style="list-style-type: none"> <li>• Sports field, school gymnasium or similar location.</li> </ul>                         |
| Supplies  |
| <ul style="list-style-type: none"> <li>• Exercise equipment such as cones, footballs, rubber bands and fitness mats.</li> </ul> |



# Interactive lessons – Warm-up

## Lesson plan



**Lesson topic:** Warm-up, stretching and recovery



**Duration:** 90 minutes

### Course of the lesson

#### START

- The lesson starts by going over popular sports practiced in PE classes and what risks of sports injuries they involve. You can also go over all the different sports practiced during the term and the contents of PE classes. Students are asked to think about what they can do to prevent sports injuries. Discuss together what are the most common accidents and injuries that occur during PE classes. Make sure that each student knows where to find first aid supplies, such as bandages and ice packs.

#### 1. SECTION: Teacher explains the importance of warm-up

- Effective warm-up prepares the body for the actual training and performance. A good warm-up will go through all the movements typical of the sport in question.

Warm-up helps prevent injuries and improves performance.

1. Perform functional exercises to warm up the large and small muscles and joints in the body. During the exercises, the teacher explains the purpose of each warm-up exercise
2. Squats and lunges:  
warm up the large muscles of the legs and increase the heart rate
3. Hip flexor and groin warm-up exercises, leg swings:  
warm up the smaller muscles of the legs
4. Different kinds of arm rotations:  
warm up the shoulder rotator cuff muscles and muscles in the neck and shoulder region in particular
5. The lungs and airways also need to be warmed up and ready.  
This is done by getting a little out of breath.
6. Short sprints:  
first ones with a little more caution
7. Different types of jumps

#### SECTION 2: Exercise task for groups

- After the warm-up with the teacher, students form groups of 3 to 5. Groups choose a sport and prepare a 5-minute warm-up routine for that sport: about 3 to 5 exercises, with sets of 10 or so repetitions. When the groups are ready, each group announces the sport they've selected and what things they have taken into consideration in planning the warm-up. The group then performs the warm-up routine for the rest of the class.