



PHYSICAL ACTIVITY AND EXERCISE

Lesson 3: Warming up the Right Way

Engaging warm-ups are important to get athletes focused and set the tone for the practice. This lesson will be an opportunity to establish a warm-up routine and remind athletes about the proper way to warm up.

LEARNING OUTCOMES

- Athletes learn and perform the warm-up activities specific for their sport.
- Coaches reinforce proper technique and consistency in completing dynamic warm-ups.
- Coaches and athletes explore creative ways to keep the warm-ups engaging.

EQUIPMENT NEEDED

- Optional: cones (1 per athlete)

LESSON OUTLINE

20 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
11 minutes	Let's Warm-up
3 minutes	Athlete Question of the Day
3 minutes	Closing



WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes to walk with a partner until everyone arrives.

To begin the lesson, call everyone in with your designated signal.

Once athletes are gathered, introduce the Fitness through Sport lesson of the day. *Today's lesson is called 'Warming up the Right Way!' We will focus on dynamic warm-ups. Ask athletes if they know why it is important to warm-up. There are many benefits of a proper warm-up, such as:*

- Prepare the body and mind
- Prevent injuries
- Increase heart rate
- Increase breathing rate
- Shift focus from life to sport

Note to Coaches: Dynamic warm-ups should be completed before every practice, competition, or workout (even at home!). A good warm-up is important for any activity plan. It keeps things fun and helps prevent injuries. Keep your warm-ups enjoyable and effective by mixing in a variety of fun and challenging activities. If you plan with purpose, it can be an excellent opportunity to warm-up the muscles that will be used during your practice while challenging your athletes with a variety of movement skills, including agility, balance, and coordination.



LET'S WARM-UP (11 minutes)

Purpose: Review and practice warm-up activities that have been shown to reduce injury and improve athlete performance when done regularly and with proper technique. See the [Appendix](#) for a simple warm-up routine.

Directions:

- *We are going to do a warm-up where the goal is to perform the movements as best you can. This means slowing down and focusing on doing the movements well. As we warm-up we are going to focus on moving through a full range of motion for each exercise.*
- *Our warm-up will include three components: aerobic activity, dynamic stretching, and sport-specific movements.*

1. Aerobic Activity (4 minutes)

- Have athletes do aerobic exercises to raise their heart rate, such as walking, jogging, skipping, butt kicks, sprinter skips, karaoke (Side crossovers, grapevine) around or across the playing area.

Choose an option:

- **Social Warm-Up:** Build in a social component by having athletes talk to a teammate while they are jogging laps, or high five a teammate as they pass each other. Plan a cue and transition time for athletes to know when 'social time' is over and it's time to focus on the next activity.
- **Play a Game:** Play a game that incorporates different endurance activities such as Captain's Coming (call out different commands and the athletes follow — skip to the port (far wall), jog to midship, walk the plank (Take 5 steps and jump!), row your boat (sit on the floor and row), etc.
- **Dance Freeze:** Play music and have athletes do different moves to the music. When the music stops they have to 'freeze' or hold the last pose they were doing.

2. Dynamic Stretching (3 minutes)

- Dynamic stretches are active, controlled movements that bring the body-parts through a full range of motion. Examples include high knees, arm swings, hip circles, leg swings, etc.
- Refer to the sport-specific warm-up guides for your sport and select a few dynamic stretches that activate the different muscles used in your sport.
- Athletes should complete 15-20 repetitions of each exercise. Many of these stretches can be done in place or across the playing area.

- **Option:**
Follow the Leader: The coach, Fitness Captain, or other team members take turns choosing a favorite dynamic stretch for the team to do, then passes it off to another team member. This can also be done in partners, where partners take turns leading each other through a dynamic stretch.

3. Sport-Specific Movements (4 minutes)

- **Option 1:** Choose 1-2 skills from your sport and have athletes 'rehearse' them in a slow and controlled manner. Emphasize areas to focus on such as follow through, body position, acceleration.

Examples of sport-specific movements:

- Controlled dribbling in basketball
- Squats for alpine skiing
- Throwing and catching for baseball
- Stickhandling around cones for floor hockey

- **Option 2:** If you prefer, you can use this cone activity that will develop agility, balance, coordination skills which will help develop overall athleticism.

Set up cones evenly throughout the space. Ask each athlete to stand behind one of the cones, facing you. *We are going to do some exercises to work on our speed and coordination. Stay facing forward and watch me. I will time each movement for 15 seconds.*

Call out and demonstrate various movements such as:

- Side-side leaps over the cone (or behind the cone)
- Jump over and back (or beside the cone)
- Move in a square around the cone, facing forward
- Twisties (180-degree jump) – stand behind the cone, jump and twist so you're facing the right, back to centre, then to the left. *Side, centre, side centre.*



ATHLETE QUESTION OF THE DAY (3 minutes)

What other warm-up activities have you done before?

Ask the athletes if they have done different warm-ups at school or in other sports.

How were your other warm-ups like the warm-ups we did today? How were they different?

- Remind athletes that warm-ups should be specific to the activity or sport that they're doing.
- Consider some of the ideas to build into your warm-ups going forward. Consider a team challenge to come up with different warm-up ideas.
- Remind athletes to add any new goals to their Weekly Habit Tracker.



CLOSING (3 minutes)

Thank the athletes for their participation and effort. **Share the positive things you observed during the warm-up activities.** Here are a couple of suggestions:

- *I really liked how you slowed down and worked on your technique.*
- *I really liked how you supported each other.*
- Other areas to consider: effort, focus, technique, cooperation, smiles, and creativity

Reminders:

- [Homeplay: Workout Readiness Checklist](#) — *In this week's Homeplay, you will use the Workout Readiness Checklist to help you be fully prepared for your sport practices and competitions.*
- Share feedback and praise for effort and healthy habits you observed.

Coach Reflection:

- What went well today?
- What did not go well today? What can be done differently?

SUPPORTING RESOURCES

- [Homeplay: Workout Readiness Checklist](#)
- [Lesson 3: Warming up the Right Way | Simple Warm-Up Routine](#)
- [Sport Specific Warm-Up and Cool-Down Guides](#)
- [Dynamic Warm-Up and Cool-Down Videos](#)
- [Overview of Dynamic Warm-Ups and Cool-Downs](#)