

LET'S WARM UP!



For more free teaching resources
to support your warm up
visit www.active.alberta.ca/warm-up

Choose exercises from each column, start some music and get moving! Focus on quality over speed. Add or modify these exercises based on the needs of your group. Warm ups that include aerobic, agility, strength and balance exercises are proven to prevent injuries. A great warm up gets your body ready for activity, and helps your muscles to have better control when doing different movements.

AEROBIC	AGILITY	STRENGTH	BALANCE
1-2 laps around the space	Start with 30 seconds & progress to 1 minute	Hold for 20-30 seconds & progress to repeating 3 times	Try to balance for 30 seconds on each leg.
FORWARD RUN 	ZIG ZAG RUNNING 	PLANK ON ELBOWS	SINGLE-LEG BALANCE
SKIPPING	DOUBLE/SINGLE LEG SQUAT JUMPS 	ON HANDS	SINGLE-LEG BALANCE <small>NUDDING A PARTNER SLIGHTLY WITH ONE OR TWO FINGERS</small>
KNEE LIFTS	ON THE SPOT	WITH ALTERNATING LEG LIFTS	SINGLE-LEG BALANCE <small>WITH EYES CLOSED</small>
HEEL KICKS	FORWARDS & BACKWARDS 	SIDE PLANK ON ELBOWS	SINGLE-LEG BALANCE <small>WITH BOUNCE PASS</small>
SIDWAYS SHUFFLES	SIDE TO SIDE	ON HANDS	SINGLE-LEG BALANCE <small>WHILE DRIBBLING</small>
FORWARDS RUNNING <small>WITH QUICK START AND STOPS</small>	SKATE JUMPS	NORDIC HAMSTRING <small>Repeat 3 times and progress to 10 repetitions</small>	
SPEED RUNS		LUNGES <small>Static or walking up to one length of the space</small>	<p>Progress to trying these exercises on an uneven surface such as a gym mat, sand, wobble board, or even an old pillow!</p>

REMEMBER TO...

✓ Keep your knees in line with your ankle



✓ Land lightly on the balls of your feet



✓ Not let your knees buckle inwards



✓ Keep your hips facing forwards

