



PE Virtual Learning

**3rd Grade Warm Up and
Cool Down**

April 6-10, 2020



3rd Grade Physical Education Lesson: April 6th

Learning Target:

Students will tell why it is important to gradually warm-up before exercise - to prevent injury

Background:

- Students have learned the difference between jogging, and running.
- Students have learned personal space awareness and general space awareness.
- Students have warmed-up before activities each day in P.E.

Let's Get Started:

For Safety

1. Make sure you're wearing safe athletic clothes and shoes.
2. Check your PE space and clear it for safety.

Warming up Helps Prevent Injury

Warming up helps in preventing injuries because the muscles are ready to work when they are warm. You will actually feel your body start to tingle or sweat.

Warm-Up Exercise #1: Arm Circles

Click the link below for an example.

[warm up from monkey see YouTube](#)

The body parts that were moving got a small work out - like your shoulders, hips, abs, and what else?

Warm-up Exercise #2:

Try to do as many FitnessGram tests in 2 minutes as you can

2 minutes of Push ups - Remember to keep your body straight
Lower your body by bending your elbows
Push your body up by extending your arms

2 minutes of Sit-ups- Remember to brace your feet and let your
Stomach muscles do the work - do not pull on neck
Try to raise up so that your elbows can touch your knees

Warm-Up Exercise #3:

Stretch the back of you leg muscles by reaching for the ground-
keep those legs straight and feel a slight burn

Practice on your own:

1. If there is a mirror around the house, practice in front of a mirror to watch yourself

Want more exercise? Try doubling up time for each exercise.

MORE Practice on your own:

Times for quick warm-up/workout:

1. TV commercials
2. Loading screens on games
3. Before any game
4. Check your surroundings to make sure it's safe and make sure you're wearing safe athletic clothes and shoes.

MORE Practice on your own:

Pick your favorite song(s) and see if you can do your warm up activities along with the beats of the song

Self Check:

Go tell someone in your home your answers.



1. Was this warm-up?

Easy

The Perfect Challenge

Too Difficult

2. For more of a challenge, do the exercises for longer or faster.