#ThisIsPE

Leadership — Dynamic Warm up

SECONDARY KEY STAGE 3 PE // STUDENT LEADERSHIP

Content outline
This activity aims to develop basic leadership skills to create and deliver a dynamic warm up
- Communication
- Problem solving
- Principles of a warm up
- Knowledge of Health and Safety

Learning intention

Physical:
- To develop knowledge of the principles of an effective warm up
- Deliver a dynamic warm up

Personal:
- Creativity
- Leadership

Learning questions:
- Identify different dynamic movements which could be used in a warm up
- How could you adapt your idea for being indoors?
- What might you do if someone is not physically able to run at a high speed?
- If outside and the ground is wet, what H&S measures might you include?
- Create your own version of this activity and lead it to everyone in your household - then get their feedback; how would you improve the activity you delivered?

More resources
www.youthsporttrust.org/free-home-learning-resources-secondary