#ThisIsPE
Leadership — Creating a competitive warm up
SECONDARY KEY STAGE 4 PE /// STUDENT LEADERSHIP

Content outline
This activity aims to develop basic leadership skills to deliver a competitive warm up
• Communication
• Problem solving
• Principles of a warm up
• Adapting an activity to increase challenge / add competition

**S**
**Space**
- Increase the distance you are running (to make it harder)
- Decrease the distance you are running (to make the task easier)
- If completing indoors, modify how the young person travels for safety (Eg. Crawl)

**T**
**Task**
- Selecting appropriate distances in relation to the ability of the people taking part
- Distances being used can be different, Eg. If competing against someone younger – they can use a shorter distance to create an even competition
- Add / remove pieces of equipment to collect to make the task longer or shorter

**E**
**Equipment**
- Use different household items (Eg. cushion, small soft toy, items of clothing) to collect during the relay activity
- Change the size of the items – smaller items are harder to collect, heavier items may be used for older participants
- Add some additional obstacles to make the task more creative – could some markers be used to create a slalom race?

**P**
**People**
- If you have another person in your house, ask them to compete against you
- Challenge a friend to an online competition – How many quickly can you complete a similar task?
- How can you adapt this activity for more people to take part?

Learning intention
**Physical:**
- To develop knowledge of the principles of an effective warm up
- To add an element of competition to a warm up

**Personal:**
- Inclusion and Equality

**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