

Health Opportunities Through Physical Education

Dynamic Warm-Up Sequence

Once you know all the movements you may want to use this list as a reference.

1. Walk
2. High-knees march
3. Jog
4. Skip
5. Grapevine
6. Frankenstein
7. T-toe touches
8. High-knee jog
9. High skips
10. Run

Dynamic Warm-Up Sequence

1. Walk

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Dynamic Warm-Up Sequence

2. High-knees march



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3. Jog

Dynamic Warm-Up Sequence

4. Skip

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5. Grapevine

Move laterally to the right using the following sequence:

1. Start with feet shoulder-width apart. The left leg crosses in front of the right leg, and then the right leg moves to the left so that the feet are shoulder-width apart again.
2. The left leg crosses behind the right leg, then the left leg moves to the left so that the feet are shoulder-width apart. Repeat.

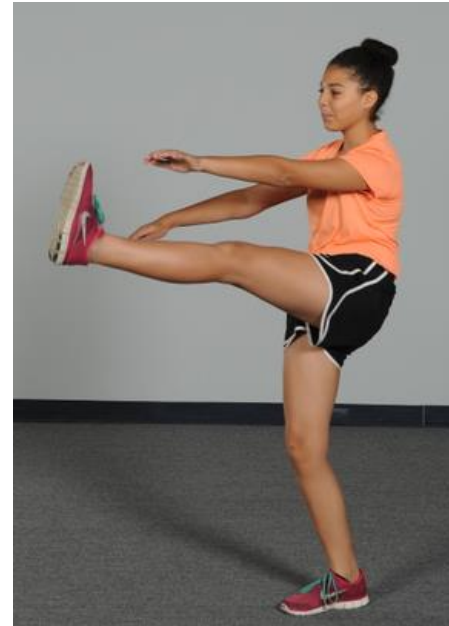


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6. Frankenstein

1. Stand with the feet shoulder-width apart and arms straight at shoulder level.
2. Lift the right leg (nearly straight with slight bend) up toward the hands. Lower the leg.
3. You may use a slight kicking motion to lift the leg. The left leg will bend slightly as you lift the right leg.
4. Repeat with the left leg.
5. Perform this movement every few steps as you cross the activity area.



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7. T-toe touches

1. While keeping your left leg in line with your upper body, reach your left hand to your right foot.
2. While keeping your right leg in line with your upper body, reach your right hand to your left foot.
3. Alternate these movements every few steps as you cross the activity area.



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8. High-knee jog

1. Have forearms bent at 90 degrees and palms facing down.
2. Cross the area in a high-knees jog.
3. Knees should touch palms on every step.

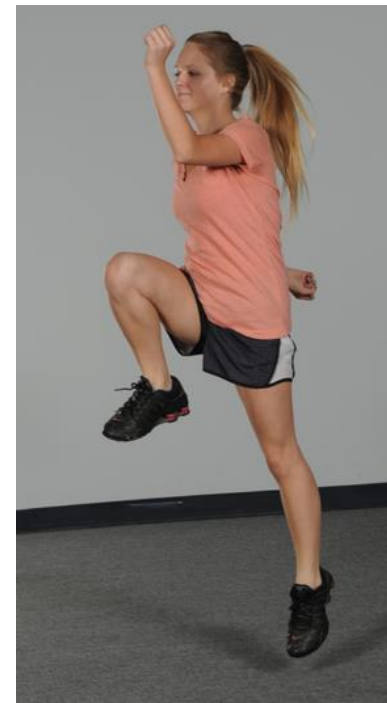


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9. High skips

1. Similar to skipping, but explode into the air with every skip.
2. Think of high knees and throwing your arms into the air.



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10. Run