

1.Explain what type of warm up procedures will you use?

I will use a variety of warmups and physical education. I will use instant activities, jogging warmups, stretching warmups, and sometimes competition warmups. I will explain in the first couple of days of class during my classroom policy that the procedures of the warmup are usually beneficial to what activity we are going to be doing throughout the day. I will also explain that everything we do in this class has a purpose and explain what the purpose is.

2.How will students know what is expected when entering the gym?

I can't reiterate the importance of establishing new classroom policies and rules in the first couple days, I expect my students to be fully aware of what to do when they come into the classroom by looking at the whiteboard and seeing the standard that we would be covering the warm up and then the activity which we will do.

3.How often will you switch warm ups? Every unit/quarter/daily?

I think every day is a chance to have a new warm up, some of your warmups can stay the same but the type of warmup I think should vary almost every day.

4.Explain (give instructions or create handouts) for 5 different warm ups you could use with students.

Jog Two Songs (students come into the gym immediately see the warm up on the whiteboard and start the day by jogging 2 songs so about 6 minutes which gets the blood flowing. Also sets the mood with upbeat music playing)

Relay Races (students participate in a quick relay race in a competitive mode but it gets the blood flowing and the students warmed up again)

Dynamic Warmup (another basic one but going through a dynamic warmup gets the body stretch and also gets the students moving before the lesson)

static stretch or yoga (depending on the activity for the day this could be one that is used before a sit and reach test or another type of lesson or activity that involves a lot of flexibility)

Foam Roll (this may sound like an interesting warm up idea but this could be used on a day where we know it is a game day or an activity day and as reward or could we lacrosse ball rolling tennis ball rolling or even foam rolling, I have a feeling this would get the students extremely excited and would also put them in a more relaxed mindset)