

## **SUGGESTED GAMES**

### **GROUP WARM-UPS 4 - 5 YEARS**

#### **ANIMALS**

The children move in a circle round the floor with Coach calling out different animals for example:

Cheetah – running fast

Giraffe – walking tall up on toes

Elephant – walking on hands and feet with straight legs

Kangaroo – Bouncing with feet together

Coach can call out different animals too, and ask the children to move the way they think the animal would eg snake, frog

To add a little excitement, have a line of spaced out spots around the edge of the floor. These are the cages. The game begins with each child on a spot. When the children are moving, now and then, the Coach can shout ‘ the zoo keeper’s coming’, and the children must run as fast back to an empty spot.

To make it even more exciting, count down from 5, giving them just 5 seconds to reach a cage, and give perhaps a forfeit for those who don’t reach it in time.

**NB Remember to wipe down the apparatus afterwards.**

## **SUGGESTED GAMES**

### **GROUP WARM-UPS 4 Years Upwards**

#### **KNIFE FORK SPOON -**

This is a good one if space is limited due to pre set-up equipment .

Coach calls out the following:

- Knife – standing tall and straight, arms by the ears
- Fork – Standing straight making three prongs using arms bent up at the elbow (and head!).
- Spoon – Hands on head
- Teaspoon – hands on head but in Squat.
- Plate - lie flat and wide on the floor.
- Cup - sit in Tuck
- Dish – lying in Dish!
- Salt - Stand up and shake whole body.
- Pepper - Do a big Sneeze!
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You can also add in movement if you have the space:

- Lay the table – run to a designated edge of the floor.
- Clear the table – run to the other side of the floor
- Dishwasher – run around the floor in a circle.

## **SUGGESTED GAMES**

### **GROUP WARM-UPS 4/5/6 YEARS**

#### **TRAFFIC LIGHTS** –

Coach / Teacher calls out a colour and the children have to do the correct action. Examples:

Green – Running round in a circle

Orange – Bouncing

Red – Stop still

Reverse - going backwards (but in the same direction)

Speed bumps - Children must do a jump every time it is called out.

Zebra crossing - lying flat and straight on the floor.

You can add other colours (perhaps get the children to choose) – Other actions might include getting into different body shapes; Sitting Tuck, Arch, Dish, or actions – hopping, walking backwards, walking on toes etc.

## **SUGGESTED GAMES**

### **GROUP WARM-UPS** **4 Years Upwards**

#### **SAFE CORNERS**

The Coach / Teacher marks out 4 coloured triangles in the four corners of the floor with spaced out spots – eg yellow / blue / red / green etc

Make sure there are enough spots in total for all the children there.

The children are given 4 different body shapes. An example might be:-

Yellow – Tuck sit

Purple – Front Support

Red – Arch

Green – Standing balance

(For older children you can change this to conditioning sets, eg 10 Squat Jumps, 5 press-ups and so on.)

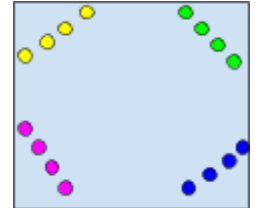
The children run in a circle. The Coach shouts ‘go!’

The children have 5 seconds to get to a corner and show the appropriate shape. If they are heading towards one corner and the spots are all used, they must choose another corner and get to it quickly.

For extra fun, you can have a knockout contest, where the Coach shouts ‘go’ and shuts their eyes, or turns their back for 10 seconds. The children pick and run to a corner as before.

The Coach calls out one of the colours, and anyone in that corner is ‘out’.

Reduce the number of spots accordingly by the number of children out, and repeat it until you are eventually down to 2 children and 2 spots in opposite corners. Then a final run, and a final blind pick of the two remaining colours decides the winner.



## **SUGGESTED GAMES**

### **GROUP WARM-UPS 4 Years Upwards**

#### **BODY PARTS**

Place a variety of hand apparatus such as coloured hoops or spots or bean bags around the area.

Limit the number of children allowed to touch any one hand apparatus item at the same time to 1 or 2.

The aim of the game is for the children to put a body part on a certain colour at the Coach's command. The coach is going to call out a body part and a colour eg:

- Foot on red
- 1 hand on yellow
- bottom on blue

The floor and other things around the room can also be used if it is safe, so if the hall walls are white, use white. If the children's own top is green, shout green and see if they realise they can use this !

The children run around the floor until the Coach shouts a body part and colour.

The children are given 5 seconds to get to the colour and place the correct body part(s) on it.

**NB Remember to wipe down the apparatus afterwards.**

## **SUGGESTED GAMES**

### **GROUP WARM-UPS 4/5/6 YEARS**

#### **PEAS & BEANS** –

Space the children out on the floor.

Coach calls out different types of beans! Each has an action:

- Runner bean – running on the spot.
- Baked bean – Get into a Tuck Sit.
- Jumping bean – bouncing
- Jelly bean – shaking whole body
- Broad Bean - standing in a wide star shape.
- Frozen peas – jump up and down, patting to keep warm.
- (Optional) French beans – Kids shout ‘ooh la la!’

## SUGGESTED GAMES

### GROUP WARM-UPS 4 Upwards

#### MUSICAL STATUES

Have the gymnast move around in different ways, and choose a gymnastic position for when the music stops. The ways of moving, and the 'statue' position can be adjusted to the age and ability of your gymnasts.

Try moving by - Walking in crab, jumping in pencil shape, running with high knees etc.

When the music stops - try Tuck Sit, Pike, Straddle etc, or for more able, Dish, Arch, Front Support with one leg lifted, Unsupported V-Sit etc.

Either:

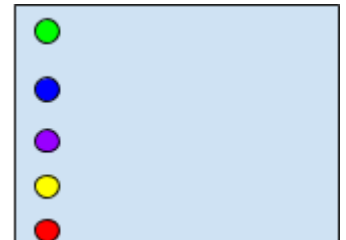
Make it elimination game -

If they move and are 'out', set up some spaced spots at the side for them to either hold a static shape or balance until everyone else is out.

Or: Have the gymnasts do a set of conditioning reps before going back into the game.

**NB Remember to wipe down the apparatus afterwards.**

Forfeit  
Area -  
with  
spots



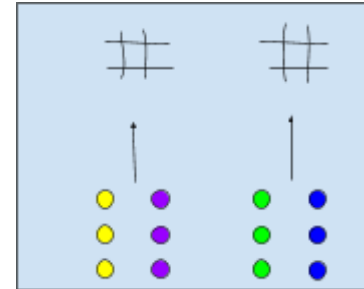
## SUGGESTED GAMES

### GROUP WARM-UPS 7 Upwards

#### NOUGHTS & CROSSES

##### A bit of prep is needed for this one, but it is great fun

The aim of the game is to make a line of 3 of either noughts or crosses. You will need chalk or ropes to make a grid, spots for the children to stand on, and bean bags, spots or similar to be the markers to be placed on the grid.



Lay several grids out to allow all your gymnasts to get a few runs, perhaps 6 to a grid, 3 gymnasts in each team. Set it out with your children positioned on the spots. Here we have 2 grids as an example.

The 2 teams are going to play nought and crosses. One team should have a distinct set of markers, perhaps all the same colour, or perhaps they have the bean bags. These will be noughts. The other team will have a different colour, or different type of marker, perhaps the latex circles, and they will be the crosses. This way you know which team has placed what on the grid.

Now play! The Coach chooses whether noughts or crosses goes first. Let's say you choose noughts. The coach shouts go, the first person in the noughts team runs to the grid and places their marker in one of the squares, and runs back.

Now it's the turn of a gymnast on the crosses team to run and place their marker.

Each gymnast in each team takes a turn to run and place a marker, trying to get a line of 3 for their team.

Have several goes, and remember to alternate who starts.

**NB Remember to wipe down the apparatus afterwards.**



## SUGGESTED GAMES

### GROUP WARM-UPS 6 Years Upwards

#### MONKEY TAG

For this you will need ribbons or scarves for all the children.

The children need to tuck one end of the ribbon or scarf into the back of their shorts or leggings like a tail!

All the participants including the catchers must move around on hands and feet.

The Coach can choose a small number of catchers, and they must try to catch all the other monkeys by pulling their tail off.

Once caught, the monkeys take their tail to a designated spot on the floor (perhaps a line of spaced spots) and do a forfeit. This could be a number of Tuck Jumps, Squat Jumps, press ups etc.

When they have done, they reattach their tail and can join back in the game.

Remember to keep changing the catchers.

**NB Remember to wipe down the apparatus afterwards.**

Forfeit  
Area -  
with  
spots



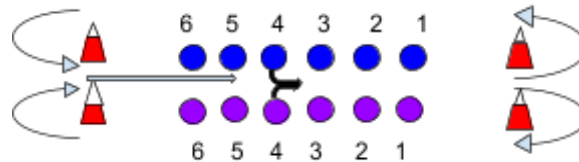
## SUGGESTED GAMES

### GROUP WARM-UPS 8 Years Upwards

#### SAFE VERSION OF LADDERS

Coach divides the children up into 2 teams of equal numbers.

Coach lays out two parallel lines of spaced out spots or markers. A marker like a hoop or cone is also useful, for the children to run to at either end of the lines: -



The children of Team purple sit in a line on the spots facing those of Team Blue.

The children sit opposite each other with legs out straight and together, feet almost touching (allowed distance of 1m or more). The 'pairs' are given the same number, in this case from 1 to 6.

The coach shouts out a number from 1 to 6. The two children, one from each team, with that number, stand up and run down the middle of the two lines to the end. They touch their own (red) marker, and sprint down the outside of their team line. They must touch the second red marker and then run back between the two lines back to their place. The first to sit down wins.

- Variations - Get the line to hold different shapes eg Arch, Front Support, while the pairs are running.

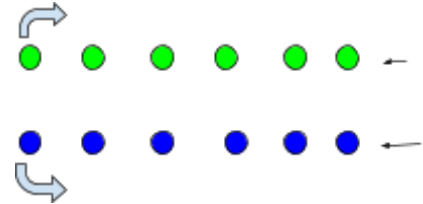
**NB Remember to wipe down the spots and cones afterwards.**

## SUGGESTED GAMES

### GROUP WARM-UPS 7+YEARS

#### ROWS

Divide the class into 2 teams and have them stand on a line of spaced out spots. You will need something for them to pass. This could be a bean bag or a ball, but different pieces of soft play are more fun, definitely add a conditioning element because of their weight and awkward shape!



The gymnasts at the front start the game by turning and throwing the shape to the one behind, who then turns and throws it to the next, and so on to the end of the line.

If the object is dropped, the gymnast who threw it must pick it up, return to their spot, and throw it again.

Once the object has reached the back, the back gymnast runs down to the front, and everyone moves back one spot. Then it starts over, throwing along the row to the back.

The game finishes when the gymnast who was first in the line is back at the front, and everyone has sat down.

**NB You can swap shapes between teams to make sure it's an even race. Remember to wipe down the spots and shapes afterwards.**