

Line Leader Warm-ups

Summary

This activity gives each student an opportunity to be the leader of their squad.

Life Skills

Thinking & Reasoning, Communication, Social & Civic Responsibility

Materials

CD Player and upbeat music

Background for Teachers

Knowledge of warm-up ideas.

Student Prior Knowledge

Squad lines and warm-up ideas.

Intended Learning Outcomes

Students will learn to make a decision on what they will lead. They will choose a safe and acceptable activity.

Instructional Procedures

Each line leader turns and faces their squad line.

When the music starts, they will lead their line in a specific warm-up activity, such as a hamstring stretch.

Each group leader will have from 20-40 seconds to lead their line.

When you say switch, the line leader jogs to the rear of the line and the next person in line comes forward and faces their line ready to lead a new warm-up exercise.

This continues until the song is over or everybody has had a turn leading.

Strategies for Diverse Learners

Ask the class beforehand to name all of the warm-up exercises they can think of. (Ex: stretching, jumping, calf raises, shadow boxing, tae-bo's, deep breaths, push-ups etc.)

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