

GET ACTIVE WITH

Get Ready, Get Set...



For Grades 3–8

Name: _____

Date: _____

Is it almost time to play a favorite game, like soccer? Be sure to warm up first. Why? Warmed-up muscles usually work better. They're also less likely to get hurt when you play.

Try this fun warm up, and don't be afraid to get silly with it! It's called "Hopposites."*

Hopposites

1. Choose a leader. This person will call out a few commands and then tag the next leader. The next leader will call out a few commands and then tag the next leader, and so on....
2. The leader will decide what YOU do. Here are the commands the leader can use:

"GO!" When the leader calls this out, you must STOP in place.

"STOP!" When you hear this command, start moving! You might:

- Jog in place
- Do jumping jacks
- Touch right elbow to left knee, then left elbow to right knee
- Hop!

"UP!" When the leader calls this out, drop down...but keep moving! Maybe:

- Crab-walk
- Do somersaults
- Do push-ups
- Do sit-ups

"DOWN!" When you hear this command, jump up and reach for the sky! Try balancing on your tiptoes with your hands stretched above your head.

3. Try this warm-up for 10-15 minutes before you start to practice or play a game like soccer.

Do You Have a Favorite Warm-Up Activity?

Write down the rules for your favorite warm-up here. Then, teach your warm-up activity to a partner!

* Perform all warm-up activities with the supervision or permission of a parent/guardian or teacher.