

2.1 WARMING UP AND COOLING DOWN



It is important to understand that we warm up and cool down for a number of reasons but the main reason is to avoid injury. The main cause of injury is thought to be caused by muscle stiffness. In the warm up, the aim is to prepare the body for hard work. In the warm down, the hard work is finished and the aim is to maximise recovery. Therefore in the warm up and the warm down we should do different things.

In the warm up the main aims are:

1. To gradually raise the temperature of the muscles in order to prepare them for hard work.
2. To increase mental awareness. Waking up the brain is especially important in an orienteering session.

In order to achieve this, it is important that the intensity of the exercises is increased gradually. The coaching cards in this section contain lots of fun ideas of how to achieve this.

In the warm down the main aims are:

1. To remove lactate from the system (thereby reducing muscle soreness).
2. To maintain and increase the range of movement of the joints.

This is achieved by a combination of gentle exercise and static stretching. Static stretches are demonstrated on the 'Strength and Conditioning' dvd.

2.2 KNOLLS AND DEPRESSIONS



BRIEF DESCRIPTION:

Two teams compete to turn over cones.

GROUP SIZE:

Any.

EQUIPMENT: Cones.

ACTIVITY:

Place cones on the floor (at least 1 per participant). Place half the cones the normal way up (knolls) and half upside down (depressions).

Divide the group in 2. One team turns knolls into depressions and the other turns depressions into knolls. Start the teams at opposite sides. The team with the most cones turned over in a set time wins.

2.2 KNOLLS AND DEPRESSIONS

NOTES AND SAFETY POINTS:

In order to make the warm up progressive:

1. Increase the length of time.
2. Move cones further apart.
3. Change the way in which people have to travel between cones e.g. Hopping or skipping.

Set the following rules:

1. Cones are not allowed to be moved.
2. Cones are not to be hidden inside each other.
3. No snatching.
4. The activity is non contact.

EXTENSION ACTIVITIES:

Each team goes back to their side.

On go, each team member runs out and collects one cone and takes it back to their side. When all the cones are gone from the middle they steal one cone at a time from the other team. The team with the most wins.

2.3 WAFFLE WARM UP/COOL DOWN



BRIEF DESCRIPTION:

Participants follow a route whilst talking to each other.

GROUP SIZE: Any.

EQUIPMENT:

Cones.

ACTIVITY:

Lay out a number of cones to show a route for participants to follow. Ask the participants to follow a route in pairs. Whilst doing this they must talk or waffle about a designated subject. Call these out or place them on cards around the route. Progress the activity from walking, to jogging to run.

2.3 WAFFLE WARM UP/COOL DOWN

NOTES AND SAFETY POINTS:

The best reason to do this activity is to allow people to chat whilst warming up/cooling down. This is a great time saver. Consider using this activity as an ice breaker.

If using the activity as a cool down then get participants to review the session. Perform static stretches (see stretching section of the 'Strength and Conditioning' dvd) either at intervals or once the waffle is finished.

EXTENSION ACTIVITIES:

Set out more than one route using different coloured cones and designate a topic of conversation for each route.

2.4 PIRATE SHIP



BRIEF DESCRIPTION:

Participants pretend they are on a pirate ship and follow the commands of the coach.

GROUP SIZE: Any (even number).

EQUIPMENT:

None.

ACTIVITY:

Teach the group the commands which the activity involves (see over page). Participants start by forming a line (one behind the other) directly in front of the coach. The coach then shouts a command and the participants have to perform the activity associated with that command.

2.4 PIRATE SHIP

Command	Action
Quarterdeck	Run to a wall / line on the left side of the area.
Main deck	Run back and form the original line in front of the coach.
Man the lifeboats	Run to a wall / line on the right side of the area.
	OR call out a number (e.g. 6) and the participants have to get into groups of six and "row" their lifeboat.
	OR find a partner, sit on the floor facing each other, holding hands and rocking backwards and forwards (as in "row, row, row your boat").
Scrub the decks	Participants crouch down and pretend to clean the floor.
Climb the rigging	Participants pretend to climb a rope ladder.
Man over board	Participants jump in the air and land as if jumping over the side of ship.
Walk the plank	Participants have to walk in a perfect straight line one foot exactly in front of the other with arms outstretched to the sides.
Boom coming over	Coach makes action of boom moving across deck. Participants must duck down to avoid or The participants curl into a ball on the floor.
Submarines	Participants lie on the floor with one leg raised like a periscope.
Shark attack	Crouch with bent arm forming fin of shark or Lie on back with arm in the air.
Hit the deck	Participants lie down on their stomachs as quickly as possible.
Port	Run to the left-hand side of the hall.
Starboard	Run to the right-hand side of the hall.
Bow	Run to the front of the hall.
Stern	Run to the back of the hall.
Sharks	Sit with feet off the floor, hugging knees or get back on to the ship (reform line)
North/South/East/ West	Participants all run in appropriate direction

EXTENSION ACTIVITIES:

Include the rules for 'Coach Says', i.e. if 'Coach Says' the action then it has to be done. If Coach does not say, then the participants have to ignore the command and follow the previous one.

2.5 BEANS



BRIEF DESCRIPTION:

Participants imitate a bean.

GROUP SIZE: Any.

EQUIPMENT:

None.

ACTIVITY:

The group should begin by walking around the room in any direction. On the various commands listed overleaf, they should carry out the appropriate action.

2.5 BEANS

Command	Action
Jumping bean	Jump around the room.
Runner bean	Run around the room (looking out for other people).
	OR Running on the spot .
Broad bean	Stretch your arms and legs out as wide as you can.
	OR Walk around the room taking as large strides as possible.
	OR Jump in a star shape.
Baked bean	Lay on the floor in a star shape until the next command is given.
	OR Lie on the floor and sunbathe.
Jelly Bean	Move around the room slouching and doing silly movements.
	OR Wobble like a jelly.
Chilli bean	Shiver and shake.

NOTES AND SAFETY POINTS:

Participants to watch out for other people.

EXTENSION ACTIVITIES:

At least another 20 ideas on www.teachingideas.co.uk
(Go to PE and then Warm ups).

2.6 TRAFFIC LIGHTS



BRIEF DESCRIPTION:

Participants pretend they are driving and follow the commands of the coach.

GROUP SIZE: Any.

EQUIPMENT:

None.

ACTIVITY:

Coach shouts commands and the participants have to complete the relevant action shown overleaf.

2.6 TRAFFIC LIGHTS

Command	Action
Red	Stop
Yellow	Run on the spot
Green	Run around the area
Roundabout	Turn round once
Motorway	Sprint (leave until a bit later in the warm-up)
Speed bump	Jump and carry on
Carpool	Travel in groups of 2 or more
Foggy weather	Two participants pair up one behind the other. The one in front leads the one at the back who has his/her eyes closed.
Low bridge	Everyone walks around hunched over/low to the ground.
Traffic Jam	Walk or slowly jog
Right or Left	Participants change direction
School Zone	Slow walking, stop and slow walking again
Change Lanes	Change direction
Reverse Parking	Walk backwards
Road works	Run in single file
Breakdown	Lie down until rescued
Rain	Use arms to mimic windscreen wipers
Zebra crossing	Gallop like a zebra

EXTENSION ACTIVITIES:

Use different speeds when moving around:

- 1st gear: Walking speed
- 2nd gear: Jogging
- 3rd gear: Running
- 4th gear: Sprinting

2.7 RUN THROUGH THE JUNGLE



BRIEF DESCRIPTION:

Participants pretend they are jogging through the jungle and do whatever the command suggests.

GROUP SIZE: Any.

EQUIPMENT:

None.

2.7 RUN THROUGH THE JUNGLE

ACTIVITY:

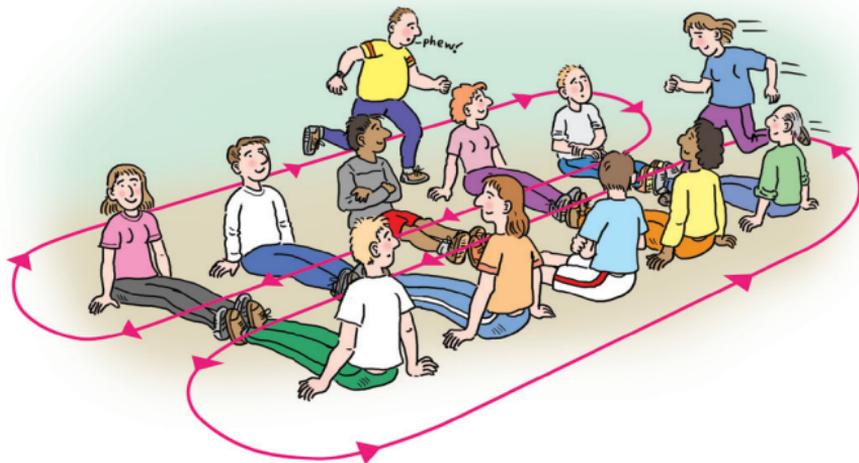
Participants are running through the 'jungle' and run into many animals that they need to get away from. The coach can give appropriate commands and the participants carry out a suitable action:

- Jump over logs
- Duck under branches
- High knees through quicksand
- Run from the tiger
- Tip toe past the snake
- Talk to the monkeys (ooh, ooh, aah, aah)
- Swing through the jungle like Tarzan - participants reach up for the jungle vines and calling 'arrhhh, arh, arh' beating their chests etc.

NOTES AND SAFETY POINTS:

Participants to watch out for other people.

2.8 LADDERS



BRIEF DESCRIPTION:

To run across the ladder.

GROUP SIZE: Any (even number).

EQUIPMENT:

None.

ACTIVITY:

Pair up the participants and sit them down, facing each other with legs flat. Give the pairs numbers 1,2,3 and so on.

You call a number and that pair will jump up and run round the whole of their team ladder and sit down. The first one of the pair to sit back in place is the winner.

2.8 LADDERS

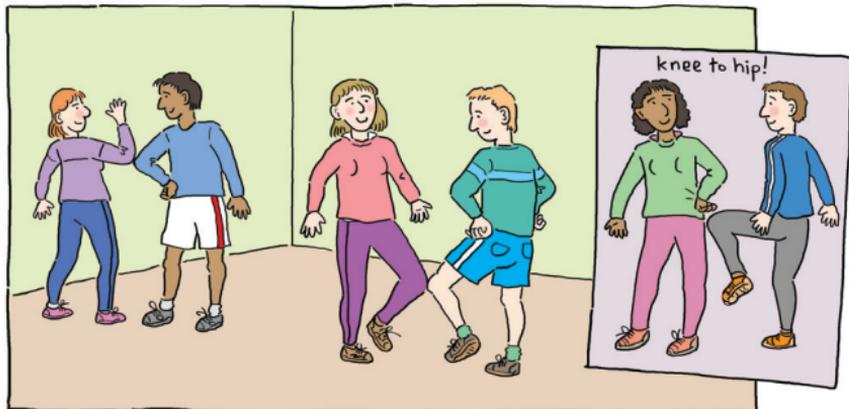
NOTES AND SAFETY POINTS:

Participants to keep legs still when not running.

EXTENSION ACTIVITIES:

As a team, the first pair run round and as soon as they are back in place the next person gets up and runs, until the whole team has run round the whole team. The first team to all sit down is the winning team.

2.9 FRONT TO FRONT



BRIEF DESCRIPTION:

To work with a partner to follow instructions.

GROUP SIZE: Any (even number).

EQUIPMENT:

None.

ACTIVITY:

Participants stand in pairs.

Coach calls out “front to front” and the participants have to get into a pair and stand ‘front to front’, i.e. facing each other.

Other instructions will be: back to back, elbow to elbow, side to side, toe to toe, finger to finger, knee to knee, hand to hand, shoulder to shoulder.

Mix them up. E.g. finger to shoulder, knee to hip, front to back etc.

2.9 FRONT TO FRONT

NOTES AND SAFETY POINTS:

Participants to keep watch out for others.

EXTENSION ACTIVITIES:

After about five different instructions, the coach shouts “change” and the participants have to quickly find a new partner and stand in the manner of the coach’s last instruction.

2.10 COACH SAYS...



BRIEF DESCRIPTION:

Participants do whatever the command says (adapted from "Simon Says").

GROUP SIZE: Any.

EQUIPMENT:

None.

2.10 COACH SAYS...

ACTIVITY:

Encourages: balancing, stretching, cardio vascular exercise and listening skills. It's better to keep the activity fast-paced.

The coach calls out a command e.g. "Steve says do 5 star jumps" (to encourage cardio vascular exercise). The coach can model the move correctly but sometimes perform a different action e.g. Coach says stretch as high as you can on one foot" (to encourage balancing skill) but coach curls up in a ball.

If the game is fast paced, participants will find themselves incorrectly copying the coach's movement instead of the verbal command!

NOTES AND SAFETY POINTS:

Participants to watch out for other people