Random warm-ups, activities, and fillers

1. **Hi 5 fitness: Back to back with a partner:** When I say “GO,” meet your partner in the middle and high five right hands and then return to your line. When I say “go,” again, you will add on and high five left hands. You can be as creative as you would like with this warm-up!

2. **Guess the health or skill-related fitness component:** in pairs or groups. One person draws a card and has to perform a movement so the group can guess what component it is associated with. The skill-related ones are more difficult! Once they guess the movement, they perform it!

3. **Create a roller coaster:** In groups, create a roller coaster, using sound effects. Be as creative as you’d like! You’d be surprised what they come up with! It’s remarkable!

4. **Have a swim meet:** Using scooters (two put together), hair tied back (of course), depending on the stroke you will have them lie down on stomach or back. Using poly spots for lane line dividers. They love this!!!

5. **Paper run:** Oh, the silly stuff we can do with little or minimal equipment . . .plus it’s fun and active! Place a piece of scratch paper on your belly and run like the wind to keep it in place. This is great fun relay style!

6. **Match the photo(smartphone):** If you are allowed smartphones. . . . this is a great activity for small groups. Run, at least 400 meters, find a spot and create a photo. Bring it back to your group and show another group. They have to recreate the photo!

7. **Switch sticks:**  Using old laminated rolls, place the the stick upright and switch places with your partner trying to catch their stick. If the stick falls to the ground, repeat. If you both catch it, move back one, giant step!

8. **Noodle tag:** I know, I know. . . your students will go home and tell their parents how they were hitting everyone in class today . . . .Using Water Noodles, and in pairs, one person stands around the border (I use one side of a volleyball court), the other one with the noodle, inside the court tries to swipe as many people as possible with the water noodle, below the waist and using the non-dominant hand. If they get tagged they switch out and give noodle to their partner. This is an amazing warm up game for a block day! ☺

9. **Running the Rails:**  All students lay down on their stomachs in a row. The last person stands up and runs to the front, all the while creating their own path! This is a great warm up activity!

10. **Aerobic Bowling:** Try to roll down the pin! Groups of 6. One player stands behind the pin as the retriever. The others in a line behind a poly spot, as far as you’d like it to be from the pin. Try to roll down the pin then follow the ball and become the retriever. Retriever gets the ball and runs it back to the next person in line.

11. **Group jumprope:** Line up and have two rope turners. I split a class of 35 into two groups. Try to run through the rope without letting it touch you and see how many you can do as a group. Get creative with this. . . run through the rope, run back and touch the wall, then return to the line, etc.

12. **Elbow Tag:** With partners, elbow to elbow. One chaser and one runner. Runner hooks onto another pair and the person on the end runs and now becomes the runner.

13. **Triangle Tag:** Groups of 4, numbered off. The three join hands and the 4th tries to get whichever number you, or they decide. This is difficult!

14. **Star Drill:** This drill is done like you would in basketball, or any other sport. Number off 5 people and pass a ball, or object in order, then reverse order, then two objects, switch positions, three objects, while turning in a circle, while jumping, while jumping and turning in a circle. . . . Could be interesting.