

## Warm-ups and icebreakers

### Warm-Up Exercises

Some children may feel self-conscious and find it difficult to ‘suspend disbelief’ at the beginning of a session. The transition from playtime or a previous academic lesson to the demands made on them by a drama lesson needs to be aided. A certain amount of straight forward task work will help - (see drama games for other ideas for vocal and physical warm-up games). Some useful warm-up exercises are:

#### *Inner and outer circle*

The outer circle stands looking inward, the inner circle looks outwards. Each child stands opposite someone and at a given signal they start a conversation (you may wish to offer some clues here, e.g. what they did at the weekend, had for dinner, favourite TV programmes). At another signal they stop talking, the outer circle stays still, the inner circle moves one person to the left. Depending on the number in the class this can be a long or short warm-up exercise.

#### *Voice warm-ups*

This is a variation on the above. Instead of standing in a circle, the children stand in two parallel lines each facing a partner about two feet apart. At a signal from you they start a conversation. At the next signal they each take a step backwards and continue to talk to each other. This continues until they are at either side of the room shouting at each other. It is an effective, if noisy, way to make the children understand the high vocal level necessary for speaking on stage, as well as being a fun warm-up exercise.

#### *Mirror images*

This is excellent for encouraging concentration and sensitivity. Divide the group into pairs, facing one another, call one A, the other B. Each pair stands, sits or kneels in identical positions. A starts moving one hand slowly, then their arm – B copies so closely that it should not be noticeable who is leading. Gradually other parts of the body are introduced into the exercise, then B takes over as leader. The leadership can swap backwards and forwards more quickly as confidence increases, each tracing the actions of the other precisely. Each participant is equal in the exercise, no child should be allowed to become the dominant partner.

#### *Brainstorming*

This can either be played as a game sitting in a circle (see drama games) or can be written for drama ideas. In the latter it is useful to have a long roll of paper – the back of unused wallpaper perhaps – or if this is not possible several sheets of sugar paper. The children are given a felt-tipped pen each and asked to write or draw as many ideas as they can think of connected with a given idea. They are given a time limit – two or three minutes - then they are given a chance to walk around and see each other’s (anonymous) ideas.

This can be a warm-up exercise on its own, developing concentration and cooperation, or it can lead into an improvisation.

Welcome to the Physical Education pages. Look at the 'Warm-up' and 'Cool-down' P.E. ideas and resources listed below, or browse around the other P.E. sections using the bar above.

- [Beans Activity](#) - A very useful (and fun!) warm-up activity.
  - [Pirate Ship](#) - A fun warm-up game in which children pretend to be on board a pirate ship.
  - [Smugglers](#) - A competitive warm-up game, which encourages children to steal from one another!
  - [Sheep Tig](#) - A fun warm-up game which involves pretending to be sheep!
  - [The Video Game](#) - An enjoyable warm up activity involving video recorder controls!
  - [The Washing Game](#) - A fun warm-up game, based on washing!
  - [Run Through the Jungle](#) - A fast-paced activity which asks children to perform different jungle-based actions!
  - [Ladders](#) - A fun competitive, and team-based, game.
  - [Up, Down, Stop, Go!](#) - An exciting warm-up activity.
  - [Commando](#) - A lively game which is great for team-building.
  - [Human Bop-It!](#) - Children love the Bop-It games, so why not play in your PE lessons!
  - [Dancing Transitions](#) - A fun way of occupying children during breaks, or as warm-up and cool-down activities.
  - [Mission Impossible](#) - A clever warm-up activity which children really enjoy!
  - [Stuck in the Mud](#) - A classic game which is a great warm up activity, or simply play it for fun!
  - [Team Seating](#) - Encourage your children to work in teams using this co-operative activity.
  - [Cat and Mouse](#) - A competitive warm-up game where children have to catch tails!
  - [Pasta PE](#) - An enjoyable warm-up activity, linked to pasta!
  - [Jelly Fishing](#) - A fun game which involves pretending to be characters from Spongebob Squarepants!
  - [Hoop!](#) - An exciting warm-up game for younger children.
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- [The Mr. Man Game](#) - Use the Mr. Men to get your children moving!
  - [Bumper Cars](#) - A fun game which aims to develop spatial awareness and travelling skills.
  - [Sharks](#) - An exciting warm-up game which involves trying to escape from imaginary sharks!
  - [The Sharks are Coming!](#) - An active warm-up game which requires children to get into groups.
  - [Chains](#) - A fun catching game, in which children form chains to catch the others!
  - [Late for School!](#) - A fun warm up activity which involves pretending to get ready for school! Includes a related cool-down activity too.
  - [Three Blind Mice](#) - An exciting warm-up game based on the popular nursery rhyme.
  - [Guess the Corner](#) - A fun, active game which could be used as a warm up activity.
  - [Cups and Saucers](#) - A very enjoyable game which can be used as a warm-up activity.
  - [Clocks](#) - A fast-paced warm-up game which encourages use of different muscles.
  - [Adoration](#) - An enjoyable warm up game which can be played as fast or as slow as you like!
  - [Quick Warm Ups](#)  - A long list of different warm up activities (in PDF), none of which involve equipment so they can be carried out quickly and easily. Contributed by Mr Chong Meng Lieng.
  - [Heads, Shoulders...](#) - Use a well-known song in your PE lessons to develop understanding of body parts.

W: <http://www.teachingideas.co.uk/pe/contents.htm>