

Activity sheet

The Premier League warm-up challenge

Inspired by Premier League players, here is your chance to create a fun warm-up and goal celebration.

Your chosen Premier League player:

What to do:

1. Make a warm-up routine for your group.
2. Choose 6 movements from the list
(you can use your own ideas too)
3. Write your routine in the box below.
4. Think of a fun goal celebration to finish off the routine
5. Practise and perform!



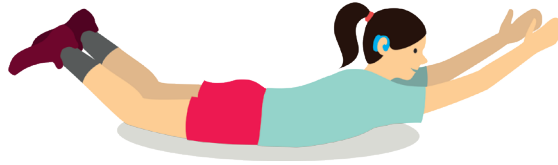
Walk on hands and feet

Movement		
Whole Body	Arms	Legs
• Stretch tall	• Stretch each arm across body	• Rotate hips
• Stretch wide	• Rotate arms as if swimming	• Hop on each foot in turn
• Drop to floor slowly and touch toes	• Link arms and stretch behind back	• Side-step
• Touch floor with legs apart	• Gently punch air upwards	• Giant steps
• Lie on front lifting limbs off floor	• Touch L foot with R hand then R>L	• Walk on tip-toe
• Walk on hands and feet	• Pull each knee up towards chin	• Jog on spot
• Jumping jacks	• Rotate stretched arms in circles	• Jump for distance
• Skip	• Swing arms forward	• Jump for height

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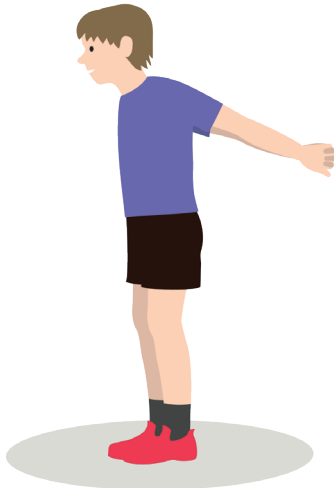
Touch floor with legs apart



Lie on front lifting limbs off floor



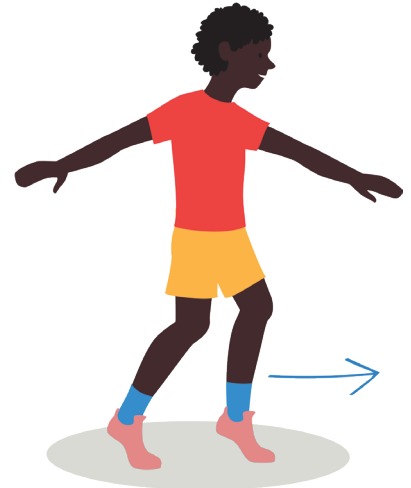
Stretch each arm across body



Link arms and stretch behind back



Rotate hips



Walk on tiptoe

Your routine:

1.
2.
3.
4.
5.
6.

Your own movement ideas:

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