



Game Details

➤ **Equipment Needed:** none needed

➤ **Skills:** Locomotor

➤ **Grades:** K-7

➤ **Game Type:** Warm Up

How to Play

Connect a series of movements together to warm up prior to playing a game or activity. This is a great time to pull out any equipment you may need for other activities. An example energizer could be:

1. Run and touch all four corners
2. Complete 5 jumping jacks
3. Complete 5 squats
4. Balance on one foot while you wait for everyone to finish

Modifications

- ▲ Include more difficult movements, depending on age and ability.
- ▲ Have students work with a partner to complete more complex challenges.
- ▼ Include stretches, or more calm movements.