

Quick Warm-ups without equipment

- 1 Jumping lines
 - Find a line and jump to and fro sideways.
 - Feet must be together and cannot touch the lines.
- 2 Follow the leader
 - Pair up and number yourselves 1 and 2
 - 1 will follow 2 wherever 2 goes.
 - Tell pupils to stay away from hard objects to prevent accidents.
 - Blow whistle and stop activity.
 - Change the pupil's roles. 2 will follow 1 wherever 1 goes.
 - Variation for different levels-Say "move" for lower primary pupils and "jog slowly" for upper primary pupils. Lower primary pupils may run or jog even if you tell them to "move" so avoid telling lower primary pupils to "run as fast as you can"
- 3 Follow the leader (for classes who have been trained to form up in groups of 4, 5 or more pupils in a group).
 - First boy of every group will be the leader.
 - The rest will follow the leader wherever the leader goes.
 - At the command "change", the leader will move to the back of the row. The second boy will now become the leader.
 - This activity can go on for as long as the teacher desires (can be used as a main activity by prolonging the duration)
 - The area which the pupils run about will depend on the size of available facilities in the school.
 - Remind boys to stay away from hard objects. E.g pillars, walls, fences
- 4 Touch and come back.
 - Locate distinctive and safe targets e.g lines on the ground, shapes and colours on the floor, fence.
 - Say "watch out for one another when you move around"
 - Say "touch the blue rectangle/ white line and come back here"
 - Begin with targets that are nearer to the teacher first. Then, progressively go on to targets further away.
 - Please vary the distance and intensity(walk or slow jog for lower primary)
- 5 Category game.
 - Select category for calling out to the pupils.
 - Examples of categories – those who are boys, those who are 9/10/11 years old, those who are wearing watches.
 - Do not use racist categories.
 - Those pupils who belong to the category will walk/jog/hop/run to a specified target and come back quickly.
- 6 Jumping jacks, Jog on the spot ("kick" your own buttocks or bring your knees higher in front of you)

- Do 10 jumping jacks.
 - Jog on the spot as fast as you can.
- 7 Running along lines
- Preferably done in a place with lots of court markings.
 - Say “ walk along any line” or “jog along any line”
- 8 Wizards and rocks
- Select two pupils to be the “wizards”
 - State boundary clearly e.g you can only move around the badminton courts/ rectangle.
 - Say “If you are touched by the wizards, you will turn into a rock immediately.
 - To become a pupil again, someone must run around you two times.
- 9 Fish and net
- Select at least 4 pupils to form 2 pairs of nets by holding hand and standing side by side.
 - State the boundary clearly.
 - Both must hold hands all the time.
 - At the command “go”, nets will try to catch the fishes by touching them.
 - Once there are 4 boys forming a net, the net will split up into 2 pairs again and continue to catch fishes.
 - The game stops when most or all of the fishes are caught.
- 10 One-legged tag
- Select 2 or more pupils , depending on the size of the boundary .
 - The selected pupils will be the catcher, trying to touch the rest of the class while hopping on one leg (the catcher may change leg if he/she feels tired)