



### Organisation and demonstration of warm-up

When organising a warm-up you need to consider the following:

- Space – areas used
- Equipment
- Organisation of participants
- Timing
- Demonstrations
- Positioning

### Organisation of participants

- Why do you want to make sure that everyone is included and active?
- Less waiting time = Less opportunity to be off task.
- More physical activity.
- More time to learn and practice their skills
- Ensure that your groups are even and fair – think about numbers and ability levels.

### Demonstrations

Why do you think that it is always better to show participants what they have to do?

- Help understand the activity more
- Explains the task in a different way
- Helps students not be confused over what they have to do.

### Space/Equipment

- Think of the space that you have and try and ensure that it is suitable for your activity.
- Is that area too big? Is that area too small?
- Do you need bibs to identify who is the catcher?
- Do you need loads of cones on the floor or could you use one cone or a line?

### Timing

- Why do you need to ensure that you stay to the time you have?
- If the activity takes too long what might happen?
  - Get bored?
- If the activity is too quick what might happen?
  - Will they learn the skills they need to?

### Positioning

Why do you need to think about where you are standing?

- Can you see everyone?
- Do you need to bring everyone in so that they can hear the instructions?
- Why do you not want to turn your back to any students?

### Supporting participants

When we are leading an activity we need to ensure that individuals are supported appropriately. To do this you could:

- Observing participants
- Providing instructions
- Providing teaching points
- Providing feedback to participants

### Why do we need to support individuals?

- Help build confidence.
- Help someone to improve their technique.
- Become a better performer.
- In order for the team to be successful and win.
- So everyone feels welcomed and like they belong.