

P.E 8

Warm Up Leadership Assignment

Group Members:

- 1.
- 2.
- 3.
- 4.
- 5.

Sport or Physical Activity Focus: _____

I. Cardio (5 + minutes)

- a. 3 activities incorporating movement patterns applicable to your Sport of choice
 - i. Elevated heart rate
 - ii. Sweating
 - iii. Range of intensity: 60,70, 80% effort/speed
- b. Technique Cues for each set of movement patterns
- c. Organization – planning for direction of people, space and equipment

II. Dynamic Stretches (5 + minutes)

- a. Dynamic stretches , progressing from toe to head, for each of:
 - i. Ankle (shins – tib. ant., calves, Achilles)
 - ii. Knee (quad, hamstring, calves)
 - iii. Thighs and hips (quad, hamstring, hip flexors, glutes, adductors, abductors)
 - iv. Core (hips to pits - 360)
 - v. Shoulder girdle and arms (chest, shoulders, upper back, upper arms)
 - vi. Neck
- b. Technique Cues for each set of movement patterns
- c. Organization – planning for direction of people, space and equipment

III. Activation of Neuro-muscular Strength (5 + minutes)

- a. Strength exercises activating linked strength between and across body segments
 - i. ankle,
 - ii. legs & hips to core,
 - iii. core to shoulder girdle and arms
- b. Technique Cues for each set of movement patterns
- c. Organization – planning for direction of people, space and equipment

DWU Activities	Technique Cues	Organization	Student Leader	Score
Cardio (NRG systems)				
1.				
2.				
3.				
Dynamic Stretches				
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
Neuro-muscular Activ.				
1.				
2.				
3.				

