

SCHOOL NAME

LOGO

YOUR NAME

 WARM-UP ROUTINE (10–15 MINUTES)

Purpose: Prepare the body for physical activity- prevent injuries- improve performance.

1 General Body Warm-up (3–4 minutes)

- ☐ Slow jogging – 1 round
- ☐ Heel walk – 30 seconds
- ☐ Toe walk – 30 seconds
- ☐ Spot skipping – 30 seconds
- ☐ Jumping jacks – 20–30 counts

2 Joint Mobility Exercises (4 minutes)

(Top to bottom order)

- ☐ Neck rotation – 5 counts (left & right)
- ☐ Shoulder rotation – 10 counts
- ☐ Elbow rotation – 10 counts
- ☐ Wrist rotation – 10 counts
- ☐ Waist rotation – 10 counts
- ☐ Knee rotation – 10 counts
- ☐ Ankle rotation – 10 counts

3 Dynamic Stretching (4–5 minutes)

(Movement-based stretching)

- ☐ Arm swings (forward & backward) – 15 counts

- ☐ Overhead arm stretch – 10 counts
- ☐ Side bending – 10 counts
- ☐ Walking lunges – 10 steps
- ☐ High knees – 20 counts
- ☐ Butt kicks – 20 counts

Event-Specific Warm-up (3–5 minutes)

Track Events

- ☐ Straight run – 2 × 30 meters
- ☐ Acceleration run – 2 rounds

Field Events

- ☐ Light jumps – 5–6 counts
- ☐ Extra arm & shoulder mobility

Important Instructions

- ✓ Start slow and increase speed gradually
- ✓ Allow water breaks
- ✗ Avoid static stretching before events
- ⚠ Stop immediately if pain occurs

Quick Warm-up (5 Minutes – Assembly / Sports Day)

- ☐ Jogging – 1 minute
- ☐ Jumping jacks – 30 counts
- ☐ Joint rotations – 2 minutes
- ☐ High knees & butt kicks – 1 minute

Prepared by: _____

Date: _____