

Seasonal Changes Warm Up



Objective

Observe changes across the four seasons.



Equipment

- 4 cones different colours
- 4 hoops different colours



Preparation

Mark out a large square in the playground / hall with each corner marked with different coloured hoops, each representing a different season.



Instructions

- Demonstrate the action for each season. Discuss how each action relates to typical weather for that season:
- **Winter** – Crouch down and wrap your arms around yourself and act as if you are chilly/cold.
- **Spring** – Crouch down low and spring up with arm and legs out.
- **Summer** – Wipe your forehead and put your arms behind your head.
- **Autumn** – Begin by being stretched out, then start to shake your arms and move down to a crouch, wrapping your arms around yourself.
- Have the group move round the square and when you count down from ten they must run to a corner. When it is their corner's turn, they perform the action that goes with the season that is represented by the coloured hoop at their corner.
- When all corners have performed their action, hold 4 cones behind your back and randomly pick a colour. The team that are in the corner with the same coloured hoop are eliminated. The remaining pupils move back in the square and play again. Repeat until all children are eliminated.



Other information

- Make the session more competitive, give points for best actions and quickest to listen to instructions and perform actions.

