**CURRICULUM/TEACHING METHODS COMPETENCY**

**EDU 490 • Warm-up Variety**

(1cgi, 2a, 3kl, 4cgj, 5gjk, 6hj, 7bg, 9cehj) \*

**Description of Assignment**

Warming up is an important part of physical activity, particularly the more strenuous the activity is. You led a prior warm-up competency in which you demonstrated up-to-date procedures with assertiveness by leading your peers. Now you need to repeat ideas from the former competency while teaching actual students, and also demonstrate variety in activities. Using a variety of activities enhances student motivation and increases your repertoire of possible ideas for the future. Participation in the warm-up by students and you, when appropriate, supports their commitment to physical activity.

**Outcomes of Assignment**

The assignment must be completed in each setting while student teaching, meeting the following criteria:

*Incorporate selected interesting elements from the former competency.* Ideas may involve stretching and/or aerobic activities. Examples include, but are not limited to, aerobic dancing, obstacle course, rope jumping, or a basic game.

*Incorporate variety of activities.* In each setting you need to carry out a minimum of three different warm-up activities (overall procedures, not simply three different exercises). A predominant warm-up routine that the school utilizes represents one of the three, but you must break from that routine on at least two other occasions. Consider your ideas simply different, but not better than, the usual routine.

*Deliberately teach one principle of* *movement during each warm-up activity.* In addition to completing the activity, students should learn something new about (a) how the body is made, (b) how the body functions, or (c) how to warm-up safely or effectively. An example of each is given below:

a) The hip is a socket joint, whereas the knee is a hinge joint.

b) Aerobic activity increases blood flow to the periphery so the muscles and joints can respond to the increased demand of exercise.

c) Stretch muscles gradually for about 10 seconds, rather than bouncing vigorously.

*Write one journal entry for each setting in which you compare and contrast the effectiveness of the various warm-up activities/procedures.* Rather than concluding that one warm-up is “better” than another, reflect about why activities were effective or ineffective in particular situations. What might you do differently based on what you know and observe about students?

\* Indicates Board of Teaching MNSEP standards that assignment fulfills.