

# Energiser Activity - Morning Routine

Level: All

Equipment: None

Purpose: To start the day by incorporating physical activity to get us ready to learn. This is especially helpful on a wet day.

Formation: Students stand somewhere in the classroom.

Directions:

1. Teacher calls out a different physical activity that children do for 30 seconds or more:
  - Bouncing (feet together)
  - Jogging (on the spot)
  - Star jumps
  - Hopping
  - Knee lifts
  - Scissors (feet apart then cross in front, feet apart then cross in back)
  - Hop Scotch (jump feet apart, then hop one foot)
2. Follow each activity with a basic stretching movement:
  - Reach for the sky
  - Toe touches (knees as straight as possible)
  - Frog stretch (sit with bottom of feet together)
  - Circle and Roll (roll shoulders slowly backwards and forwards)
  - Sleeping Cats (start in a kneeling position, sit on knees and lean forward)
3. Hold stretches for 10 – 30 seconds.
4. Repeat a different activity followed by a new basic stretch as many times as desired.

Variations:

- Ask children to suggest warm ups and possible stretches
- Add music for the students to move to

For Under-fives:

- Focus on the key fundamental movement skills you want the children to learn, e.g. bouncing, hopping, crossing the midline, balancing on one leg etc

### Cross Curricular Links:

- Te Reo - Use Maori words for activities
- As they complete the activity they could discuss with a partner what they want to learn, or a goal for the day, based on the daily timetable
- Numeracy- estimate how many of the different actions they can do within the time period
- Literacy- use as a starter activity to write a persuasive argument around exercise/importance of physical activity, or how exercise helps to get our brains ready for learning.

### Links to fundamental movement skills:

This activity will help to develop-

- Locomotor skills- choose from a range of locomotor skills
- Balance- Stretching activities

