

Don't waste the first five minutes!

Brack Hassell
K-5 Physical Education Teacher
Ethel Kight Magnet School
hassellbs@troup.org

Using the first five minutes of class to properly warm-up our students provides them an opportunity to focus their energy and excitement about being in P.E. that day. It helps the teacher establish a structure that can be used to empower the students to lead the activities. I have seen success in implementing these activities in my own P.E. program and hope that you can take pieces of what I do and apply it to your own classroom. This presentation will provide over twenty activities that can be student-led and performed in five minutes or less with a minimal amount of equipment.

Warm-ups used:

-Kindergarten Dance Party

-Tag

-Jump Rope

-Running

Once warm-up is established how can you use the time effectively?

- Attendance
- Discipline issues
- Checking in with students that need it
- Setting up lesson

Questions, Comments, Concerns?