



The Ultimate Youth Warm-Up Cheat Sheet

The Ultimate Youth Warm-Up Cheat Sheet can be used to quickly create warm-ups, games, and drills that are not only fun, but also effective for improving strength, coordination, and overall fitness!

Using the Ultimate Warm Up Cheat Sheet

1. Fold along the dotted lines to create a small booklet. Take it along with you wherever you work with kids.
2. Choose a fundamental movement skill from the front cover.
3. Apply one or more variations to that movement from the categories of effort, space, or relationships on the other pages.

For example...

1. Skip: curved, then zigzag
2. Squat: fast, then slow
3. Lateral shuffle: matching a partner, then wide
4. Run: accelerating, then decelerating

Using the Movement Sentence Guide

1. Select of combination of 3-4 direct action words, abstract words, punctuation, and/or emojis.
2. Instruct children to provide an action with each word, punctuation, or emoji, transitioning the movements together.
3. There is no wrong answer, allow for creativity!

For example...

1. Scamper, Explode, Sleepy
2. Roll, Shrink, Dart
3. Pounce, Bright! Escape.

The possibilities are endless. Have fun!

THE ULTIMATE YOUTH WARM-UP CHEAT SHEET

Select one of the fundamental movement skills below and create a fun, challenging warm-up exercise by adding an effort, space, or relationship challenge from the following pages.

FUNDAMENTAL MOVEMENT SKILLS

Stationary Movement Control (SMC)

Locomotion

Forward bend/ Backward bend/	Rotation	Single leg balance	Squat	Alternating lunge	Push Up/plank	Crab hip hold	Superman
Gallop	Crawl	Walk	Run	Skip	March	Bound	
Lateral Shuffle	2 leg Jump	1 leg hop					



EFFORT

Dynamics & qualities of movement

EFFORT SUBCATEGORIES	MOVEMENT VARIABLES	EXPLANATIONS
Force The contrast of muscular tensions	Strong	Firm; heavy
	Weak	Fine; light
	Moderate	Neutral
Speed The contrast of fast & slow actions & the gradations in between; Acceleration & deceleration	Fast	Quick; sudden
	Slow	Sustained
	Medium	
	Accelerating	Speeding up
	Decelerating	Slowing down
Flow The contrast of movement continuity	Continuous	Free; continuous; flowing <i>Examples: running downhill; swinging a bat; leaping</i>
	Stop & Go	Bound; restrained; cautious; slow; jerky <i>Examples: pushing a heavy object; lateral bounding; marching</i>

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RELATIONSHIPS

Interactions with objects, body parts, or other people.

SPACE SUBCATEGORIES	MOVEMENT VARIABLES	EXPLANATIONS
Levels The horizontal positions of the body	High	Above the shoulders
	Low	Below the knees
	Medium	Between the knees & shoulders
Directions & Pathways The various ways in which the body—can move on a surface or in the air	Shape	Any suggested shape, i.e. geometric, letter, number, etc.
	Straight	Forward & backward
	Diagonal	
	Zigzag	
	Curved	
	Lateral	Left to right; side to side
	Circular	Clockwise; counterclockwise
	Vertical	Up & down
	Random	Any guided or creative pathway not following a symmetrical path
	Location Movements in a stationary position or moving throughout a defined space	In place
Moving		Moving throughout a defined or open space in a specified pathway

Objects
Successfully navigate around objects

Body Parts
How body parts can move; the ability to get into various positions and form shapes

People
The ability to effectively interact with other people

RELATIONSHIPS SUBCATEGORIES	MOVEMENT VARIABLES	EXPLANATIONS
Over		
Under		
Alongside		
On to		
Off of		
In front of	Between two objects	
Behind		
Between		
Narrow		
Wide		
Curved		
Twisted		
Symmetrical		
Asymmetrical		
Shaped	Assume any prescribed shape with body parts, i.e. geometric, letter, number, etc.	
Solo	1 moves, others watch	
Independent	Each moves independently	
Partner		
Group	2 or more moving together	
Mirroring	Facing one another, mirroring opposite limb movement.	
Matching	Facing one another, matching same limb movement.	
Leading		
Following		
Meeting		
Parting		

Movement Sentence Vocabulary

Direct Action Words	Abstract Words	Punctuation		Emojis
Roll	Hot	Period (.)	Full stop	 Smiley face
Jump	Sunny	Comma (,)	Slight pause	 Frightened face
Crawl	Lazy	Dash (-)	Longer pause	 Heart
Explode	Smooth	Exclamation point (!)	Excitement	 Praying hands
Sneak	Bumpy	Question mark (?)	Doubt/ uncertainty	 Thumbs up
Pounce	Spicy			 Spider
Creep	Victorious			 Unicorn
Shrink	Rocky			 Moon
Slither	Deliberate			 Sun
Wave	Vulnerable			 Lightning bolt
Erupt	Shy			 Cloud
Shake	Brave			 Star
Wiggle	Spark			 Apple
Scamper	Dark			 Ice cream cone
Rush	Bright			 Birthday cake
Scurry	Cloudy			 Cheese wedge
Soar	Happy			 Coffee cup
Spring	Slimy			 Baby bottle
Stride	Stinky			 Soccer ball
Zip	Proud			 Basketball
Zoom	Perplexed			 Flower
Bounce	Surprised			
Dart	Bold			
Dash	Mysterious			
Fly	Secretive			
Hurry	Dull			
Plummet	Empowered			
Spin	Intelligent			
Trot	Grumpy			
Swerve	Overwhelmed			



BODY AWARENESS:

An understanding of the parts of the body and the various ways they can move

DIRECTIONAL AWARENESS:

The ability to differentiate between the left and right sides of the body; the ability to correctly move in all planes of motion



SPATIAL AWARENESS:

A sense of how much space one's body occupies; the ability to move comfortably around other people and objects

TEMPORAL AWARENESS:

A sense of timing and rhythm



VISUAL AWARENESS:

The ability to visually focus, track objects, and take in the broader field of view; having awareness of what is happening in the immediate vicinity

VESTIBULAR AWARENESS:

An internal sense of the head and body's position in relation to gravity



AUDITORY AWARENESS:

The ability to accurately interpret and respond to sound

TACTILE AWARENESS:

The ability to differentiate objects by size, texture, and shape; the ability to respond to touch in competitive situations to counter a move, as in wrestling; or in cooperative situations to stay with a partner, as in dance



PROPRIOCEPTIVE AWARENESS:

The ability to interpret the internal sense of where the body and specific joints are in space and in relation to each other, and what they are doing.