

**Name/Title:** HALLOWEEN Fitness Warm-up

**Purpose of Event:** To improve muscular strength/endurance and flexibility.

**Suggested Grade Level:** 3-5

**Materials Needed:** Nine posters, each with a letter of the word HALLOWEEN and the coinciding exercise, posted on the wall.

### Description of Idea

The teacher will describe each exercise as the students are spread out in the gym, in their personal space. Each letter in the word Halloween represents a different exercise, and students continue performing the exercise until the next letter is called out.

NOTE: Make sure you have the kids warm up their muscles with jogging or walking.

H = High 5 the students near you.

A = Arm circles, forward and back.

L = Leg lifts - lie on your side, do 10 leg lifts, then roll on to your other side and do 10 more. Repeat until the next letter is called.

L = Leg lunges - do lunges in one direction, then change directions to avoid running into another person or a wall. Continue until the next letter is called.

O = On your side quad stretches - lie on your side, bend your top leg, grab your foot so your heel touches your glutes, hold for count of 10, repeat with the opposite side. Continue until the next letter is called.

W = Windmills - stand with feet apart and arms extended at your sides. Touch your left foot with your right hand, right foot with your left hand, and continue until the next letter is called.

E = Elbow to knee - lift knee and touch with the opposite elbow, alternating and continuing until the next letter is called.

E = Elbow circles (Chicken Wings) - put your hands on your shoulders and roll your elbows forward and then backward. Continue until the next letter is called.

N = Neck stretches - Stretch your neck towards your left shoulder, then forward, then to the right shoulder. Continue until the teacher says STOP.

### **Variations:**

Could set up in stations.

### **Assessment Ideas:**

Using a checklist, assess correct form in selected exercises.

### **Adaptations for Students with Disabilities:**

Partner the student with handicapping conditions with an able peer, completing the exercises as a team. For example, the lunges can be done with the able peer lunging while pushing the wheelchair. The exercises on the floor can be done on a mat with hands-on assistance, as appropriate to the handicapping condition.

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Submitted by **Lisa Dess** who teaches at Pagosa Springs Middle School in Pagosa Springs, CO. Thanks for contributing to PE Central! **Posted on PEC: 6/15/2015.**

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