**Idea to Make Your Own Warmups**

**Powerpoint:**

Using a digital camera or your mobile phone, take pictures of students, teachers or other school personnel (including your principal or superintendent!) correctly performing exercises. Using the pictures, create a powerpoint labeling each exercise. Set the timing so the slides change every 30-60 seconds. As each slide appears, students perform that exercise.

**Video:**

Using a video camera or your mobile phone, take movies of students, teachers or other school personnel correctly performing exercises. Using moviemaker or another similar program, splice the separate video clips into one longer video. I add a label for each exercise. Change the exercise in the video every 30-60 seconds. As each exercise appears, students perform that exercise.

**Add Music:**

Don’t forget to add the music! I like to embed it in the powerpoint or movie; however, you could just play music from your regular sound system during the video.

**Suggestions:**

- In additional to labeling the exercise in the powerpoint or video consider including the name of

muscles used during each exercise.

- If you are good with technology, you could embellish/alter pictures or movie frames by using

some of the apps that are available. This makes it more fun for the students.

- Once you have the pictures and video clips, you can combine them in different ways to make

several other warmups.

- Once the powerpoints or videos are made, they are available any time you would like to use

them.



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