

Tree Workout!

The ultimate green warm up using trees for exercise

9 - 12

Physical
Education &
Wellbeing



This creative warm up for a PE lesson can help promote a positive attitude towards participation in **physical activity** beyond the lessons and into playtimes. It's also a handy idea for keeping groups warm on colder days.

The children could even become involved in setting up a more permanent tree trim trail.

The children take photographs of themselves doing each activity. They then use the images to illustrate instructional text and create information cards for each exercise.

Laminate these and hang them from the trees around the grounds. If trees are in short supply then they can always be substituted with suitable exercises for benches, fences or walls.

Equipment

- Trees! Ideally enough sturdy trees for one to every group of 4-6 pupils.
- Laminated instruction cards might be useful for each exercise.

Preparation

Locate your trees and plan exercises. You could have different trees for different exercises, with children rotating around a trail or allocate a tree per group.

You could introduce an element of competition, e.g. speed for the running task or height for the jumping task.

Activity

Here are some suggested activities but with time the children may wish to devise their own.

1. Warm up with some arm swinging and brisk walking
2. Find 2 trees - run between them, touching each one, 10 times.
3. Find a big tree and put your hands on it at about shoulder level. Do 10 press ups against the trunk, keeping your legs straight.
4. Face a tree, leaning your hands on it. Curl up one foot behind you while keeping the other leg straight. Repeat 10 times with each leg.
5. Now lift one leg in front of you, bending your knee. 10 times on each leg.
6. Jump as high as you can and touch the trunk - how high can you reach? Repeat 10 times.