



EduTrend Contents

W4C · FITNESS AND CONDITIONING · MIDDLE SCHOOL

Warm-Up Designers

Plan and lead a RAMP warm-up and a cool-down

Ages 12–14

Level: Intermediate

60 minutes

Groups of 4 · up to 30

Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Warm-Up Designers

Students learn how warming up prepares the body, compare static and dynamic stretches, and use the RAMP structure: raise, activate, mobilise and potentiate. Groups design a sport-specific warm-up and cool-down, lead it for the class and receive feedback.

Learning outcomes

By the end of the session students can:

- explain the effects of a warm-up and cool-down;
- distinguish static and dynamic stretching;
- design a sport-specific RAMP warm-up;
- lead a group safely and clearly.

KEY WORDS

warm-up · cool-down · RAMP ·
raise · activate · mobilise ·
potentiate · dynamic stretch ·
static stretch

CURRICULUM LINKS

PE: health, safety and leadership.
Science: muscles and circulation.
English: giving clear instructions.

1**WARM UP**

Raise and mobilise

2**LEARN**

Fitness idea

3**WORK**

Exercise or test

4**MEASURE**

Heart rate, score,
effort

5**REFLECT**

What did we learn?

6**COOL DOWN**

Recover and
stretch

Equipment

- Cones, balls and sport-specific equipment
- RAMP planning cards
- Music (optional)
- Worksheets 1, 2 and 3

Before the session

- Prepare RAMP planning cards.
- Choose sports for each group.
- Plan a demonstration warm-up.
- Set out equipment.

SAFETY

Stretch gently without bouncing. Progress intensity gradually. Leaders check the space and watch the group.

ACTIVITY 04 · SESSION PLAN

Step by step

The potentiate phase is often forgotten: it should include short, sport-specific efforts at near-game intensity.

Time	What happens	Say or ask
0–10 min Demonstrate	Lead a RAMP warm-up and ask students to spot the phases.	<i>"What changed as the warm-up went on?"</i>
10–20 min Learn	Explain effects of warm-ups and compare static and dynamic stretches.	<i>"When is static stretching most useful?"</i>
20–35 min Design	Groups plan a RAMP warm-up and a cool-down for a chosen sport.	<i>"Is it specific to the sport?"</i>
35–55 min Lead	Groups lead their warm-ups for five minutes each.	<i>"Were instructions clear?"</i>
55–60 min Feedback	Peer feedback using a checklist.	<i>"What made the best warm-up?"</i>

CHALLENGE CARD (print or copy onto the board)

Design and lead a five-minute sport-specific RAMP warm-up and a short cool-down, with clear instructions and safe progression.

ACTIVITY 04 · FACILITATOR NOTES

The exercise science in brief

A warm-up raises heart rate and body temperature, increases blood flow to muscles, improves joint mobility and prepares the nervous system. The RAMP structure, described by Ian Jeffreys, has four phases: raise, activate, mobilise and potentiate.

Dynamic stretches move joints through their range and suit warm-ups before sport; long static stretches can slightly reduce power if done immediately before explosive activity. A cool-down with light activity and stretching helps the body return gradually towards resting state and aids recovery.

Common ideas to listen for

- “A warm-up is just stretching.” It should raise, activate, mobilise and potentiate.
- “Longer static stretches before sprinting are best.” Dynamic movement is better before explosive activity.
- “Cool-downs are optional.” They help recovery and flexibility.

Adapting the activity

Support

Use a template with example exercises for each phase.

Stretch

Adapt your warm-up for two different sports and explain the changes.

WORKSHEET 1

RAMP plan

Name: _____

Class: _____ Date: _____

Plan each phase.

Warm-up

Phase	Exercises	Time
Raise		
Activate		
Mobilise		
Potentiate		

WORKSHEET 2

Cool-down plan

Plan your cool-down.

Cool-down exercises

Why each is included

WORKSHEET 3

Leadership feedback

Reflect on leading.

Feedback I received

What I will improve as a leader

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Explains effects	Designs a RAMP warm-up	Leads clearly and safely

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Warm-Up Designers is a sample activity from the EduTrend Contents W4C Fitness and Conditioning programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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