



What are Warm-Up Structures & Game Sense Activities?

WHAT IS A WARM-UP STRUCTURE?

- Sets up participants in an **easily identifiable format/structure** (eg. a clock, diamond, squares, islands etc).
- **Maximises participation** so every student is in the action at all times.
- Allows students to perform **warm-up exercises** and **stretches**.
- Allows students to **practice skills** relevant to your session.
- Allows students to **get moving** and get ready **physiologically** and **psychologically** for the session ahead.
- Is **super flexible** and can be modified to suit a variety of sports/activities by simply changing the equipment or the skills involved, so you can use it over and over again.

WHAT ARE GAME SENSE ACTIVITIES?

Game sense activities are modified sporting activities that:

- Engage children in minor and **modified game strategies and concepts** where there are **opportunities to develop** both skills and an understanding of the tactics of the game.
- Encourage simple modifications (easier or harder) to **accommodate varying ability levels** and therefore **maximises inclusion** and challenge.
- **Modify game rules**, the playing area or the equipment for the purpose of highlighting aspects of the game such as attackers sending a ball beyond the reach of opponents or 'forcing' a striker to hit a ball with a bat into a defined region.
- Promote the development of **'thinking players'**.