



ENERGIZERS

Warm Up Apples (Gr.1-6)

Instructions:

Go through the actions of each apple. Once students know the actions the leader calls out the type of apple and the students do the actions. Start slow and then call out the type of apples faster and faster to get students thinking and moving.

Crab apple – finger wagging

Green apple – nausea (pretend to throw up)

Chilean apple – shiver

Apple jelly – jiggle and wiggle

Apple crisp – straight rigid bodies

Apple juice – stomp the apples

Apple pear – pair up with a neighbor

Pink lady apple – curtsy and ‘oo lala!’

Apple turnover – ‘the wave’