

# Preschool Warm Ups

<b>Name of Stretch</b>	<b>What position?</b>	<b>What are we stretching?</b>	<b>Make it fun</b>
Flying Butterflies	Butterfly	Adductors, Inner thighs and hips	Fly somewhere, hide from butterfly catchers or creepy bugs. Say hello to creatures hiding under your toes. Dodge the tree, cloud, airplane. Try to put nose to toes, then try to put chin to toes while still looking forward.
Motor Boats	Butterfly	Adductors, Inner thighs and hips	Rock back and forth in boats and get knocked over by waves. Swim away from the sharks!
Cooking Pizzas	Pike	Hamstrings	Make pizzas, cookies, cake, cupcakes. Ask some children what they want to put in. Open your oven and reach for your toes to cook food! Count backwards slowly. Ding, it's ready! Blow it off because it's hot and now eat it! Om nom nom!
Jungle Walk	Pike	Hamstrings	Start in a tuck and hold on to your toes, speaking softly walk your toes out into the pike position. Say, "Going on a jungle walk, what do we see?" Put binoculars over your eyes with your hands and ask gymnast what they see? When they answer, scream and pull back toes in to tuck quickly! Did it bite you? Did it tickle you?
Sandwich	Pike	Hamstrings	Spread peanut butter on your legs and jelly on your belly and squish it together.
Race cars	Pike	Hamstrings	Race your hands as race cars to feet and hold the stretch.
Karate Chop	Pike to straddle		Be a karate ninja and say "hi ya" and chop your pike into a straddle
Hickory Dickory Dock	Straddle		Sing hickory dickory dock "tick tock" with clap hands then floor. Teeter back and forth while touching fingers to toes or elbows to knees while singing.
Clap 3 Times	Straddle		Reach up tall, clap 3 times really (loud, quiet, squeaky, fast, grumpy... 1 – 2 – 3 Put your nose on your knee! Kiss your knee! Then clap to four and put elbows on the floor!
Spider Fingers	Criss Cross applesauce	Wrists	Wiggle your spiders and have them crawl all over legs and body. Crawl to toes, smell toes, ew! Stinky toes. Clap them together and press side to side, clasp them and wrestle. Dancing spiders, gymnastics spiders.

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Soup	Sit on knees	Wrists	Hold hands in a bowl shape and taste your soup. Make sure it's yucky so you pour it out away from you and press palms on floor with fingers pointing to knees.
Milkshakes	Sit in pike with one leg bent	Ankles	Put ice cream and other things in your milkshake maker (ankle) turn on and roll ankle around in circles. Put a straw in your toes and drink it. Remind them not to put their toes in their mouths.
Fishin	Sit in pike	Ankles	Your foot is your reel on your fishing pole, through your hook out and reel it in when you catch a fish!
Point and Flex	Pike sit	Ankles and brain	Put crayons on your toes and point and flex toes, try pointing and flexing one then the other. Draw circles. Write your name. ADD-ON...put crayon on your nose, do circles, then on your elbows, do circles. Do circles with all three!
Point and flex	Pike sit	Ankles and brain	Squirt water out of toes.
Tables	Table	Pre-bridge	Get in to table position, put one foot on opposite knee as a lamp. Turn it on, turn it off. Put food on and use your hands to eat and drink off the table.
TeePee	Teepee position	Handstand prep	Straight legs in teepee. Put one leg up, switch legs, try to get kids jumping to switch legs.
Donkey Kicks	Standing on floor	Handstand Prep	Hands on floor, jump toes off floor and yell "Heehaw!!"
Bridge	Bridge	Shoulders/Abs	5 years and older and when strong enough. Straight body layout, "Feet by your seat, hands by your hair, push your tummy in the air."