

WARM UP FLAG STRETCH



1. Start with your arms by your sides, pretending you are holding the corner of a flag in each hand.
2. Slowly raise your arms up above your head, stretching your flag out behind you.
3. Lower your arms and repeat.



Matt Glaetzer (Cycling) shows us how it's done after winning gold in the men's 1000m time trial at the Birmingham 2022 Commonwealth Games.

WARM UP ARCHER POSE



1. Start with your arms raised to shoulder height.
2. Extend one arm and pull back the other one in line with your chest.
3. Hold the stretch and then repeat with the opposite arms.



Deonne Bridger (Archery) shows us how it's done. She represented Australia in the individual and team events at the Delhi 2010 Commonwealth Games.



WARM UP PUNCH IT OUT



1. Start with your feet shoulder-width apart, with one foot slightly forward (left foot for right-handers, right foot for left-handers).
2. Keep your knees lightly bent and hold your fists near your chin.
3. Punch straight ahead 10 times, alternating left and right.



Caitlin Parker (Boxing) at the Birmingham 2022 Commonwealth Games where she took home bronze.

WARM UP JUMP SHOT



1. Stand with feet shoulder-width apart, knees bent, and hands holding an imaginary ball.
2. Lift your hands to your chest, focus above, then jump, extending your arm and flicking your wrist.
3. Lower your arms then repeat 5 times.



Marena Whittle (3x3 Basketball) shows us how it's done with a jump shot at the Birmingham 2022 Commonwealth Games.



WARM UP DIVE OVER



1. Sit on the floor with your legs straight out, ankles together.
2. Keep your back tall as you reach both arms up, then slowly bend forward, reaching toward your toes.
3. Hold the stretch while keeping your legs straight, toes pointed and breathing deeply.
4. Relax, come back up and repeat.

Sitting on the ground this stretch can be tough, but Maddison Keeney (Diving) shows us how to do it in mid air at the Birmingham 2022 Commonwealth Games.



WARM UP VOLLEYBALL SQUAT



1. Stand with your feet wider than shoulder-width apart, toes pointing slightly outward.
2. Keep your chest up as you bend your knees and lower your hips down.
3. Press your elbows gently against your inner thighs to deepen the stretch.
4. Hold for a moment, then push through your heels to stand back up.

Christopher McHugh (Beach Volleyball), gold medalist at the Birmingham 2022 Commonwealth Games showing us how it's done.



WARM UP REACH OUT



1. Lie flat on the floor and stretch your arms and legs as long as you can.
2. Hold for a moment, then relax.
3. Roll over onto your back and repeat this stretch whilst looking up to the roof, hold for a moment, then relax.



Mariafe Artacho del Solar (Beach Volleyball), stretches to make the save at the Birmingham 2022 Commonwealth Games.

WARM UP FIELDER STANCE



1. Stand with your feet wide apart and shift your weight to one side, bending one knee while keeping the other leg straight.
2. Keep your chest up and feel the stretch in your inner thigh.
3. Hold for a moment, then switch sides.



Grace Harris (Cricket) and her team took the first ever Women's Cricket gold medal at the Birmingham 2022 Commonwealth Games.



WARM UP BICYCLE TWISTS



1. Lie on your back with your hands behind your head and legs lifted.
2. Bring one knee toward your chest while twisting your opposite elbow toward it.
3. Switch sides in a pedaling motion, keeping your core engaged.
4. Aim for 10 twists.

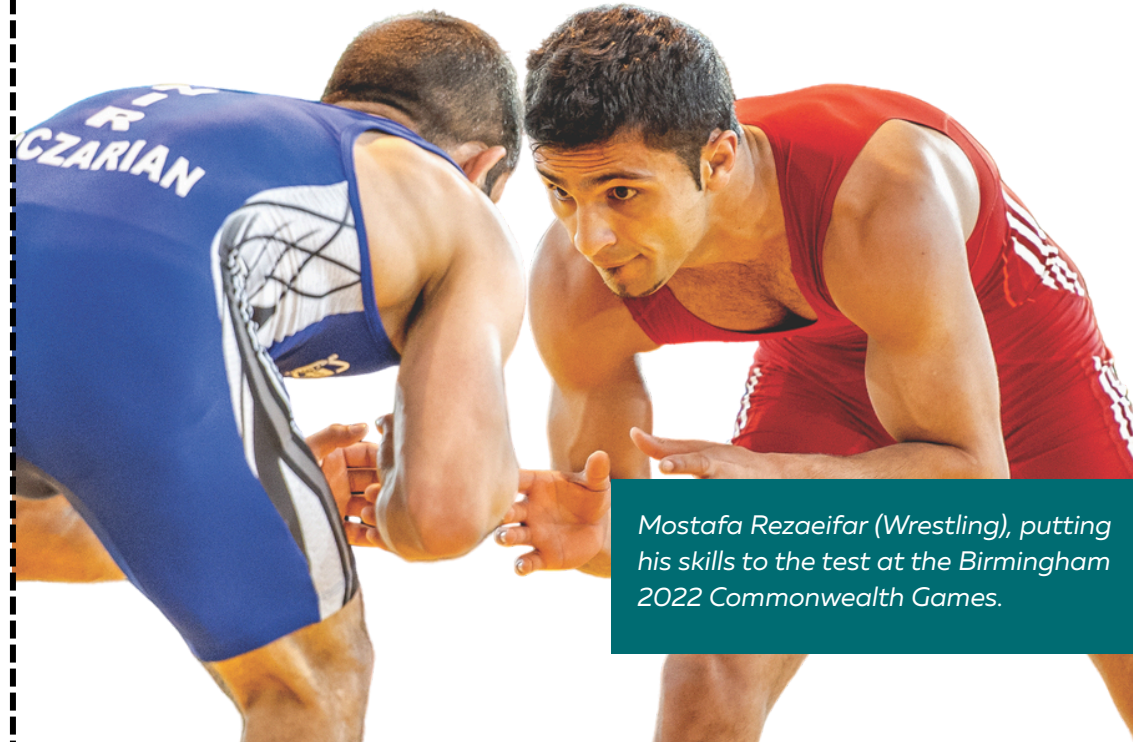


Grace Brown (Cycling) taking gold in Road Cycling at the Birmingham 2022 Commonwealth Games.

WARM UP KNEE TAPS



1. Face your partner with your knees slightly bent and hands ready.
2. Try to tap your partners knees while moving to avoid being tapped yourself.
3. Stay light on your feet and react quickly!
4. Count the number of successful taps in 30 seconds.



Mostafa Rezaeifar (Wrestling), putting his skills to the test at the Birmingham 2022 Commonwealth Games.



WARM UP BOWLING ARMS



1. Stand tall with one arm extended above your head and the other by your side.
2. Circle them in large, windmill-like circles, lifting one arm up and over while the other swings down.
3. Continue for 10 seconds, then reverse the motion, keeping the movement smooth.



Jess Jonassen (Cricket) demonstrated her bowling technique at the Birmingham 2022 Commonwealth Games, to bring home the gold with her team.

WARM UP BUTTERFLY ARMS



1. Stand tall with your arms extended straight out to the sides.
2. Slowly circle them forward in small motions, gradually making the circles bigger.
3. After 10 seconds, reverse the direction and circle backward.
4. Keep your movements controlled.



(Emma McKeon AM (Swimming) is a butterfly champ and brought home 8 swimming medals from the Birmingham 2022 Commonwealth Games.



WARM UP NETBALL JUMPS



1. Start with feet together and arms by your side. Step 1 foot out as you lift your arms, then step back. Complete 30 slow jumping jacks swapping feet each time.
2. Now jump both feet out together as your arms lift, then jump back to starting position. Complete 30 fast jumping jacks.



Gretel Bueta (Netball) showing her jumping form at the Birmingham 2022 Commonwealth Games.

WARM UP TRIATHLON JOGS



1. Jog on the spot at a relaxed pace staying light on your feet for 30 seconds.
2. This time, lift your knees up toward your chest while jogging on the spot. Pump your arms. Perform these high knee jogs for 30 seconds.



Sophie Linn (Triathlon) in action at the Birmingham 2022 Commonwealth Games, proudly representing Australia in the ultimate test of endurance.



WARM UP HIGH FIVE CHALLENGE



1. Move around the space giving your classmates high fives.
2. Count how many high fives you can receive in 1 minute.
3. Repeat the challenge, aiming to increase your score.



Jackaroos, Ellen Ryan and Kristina Krstic (Bowls) celebrate their lawn bowls success at the Birmingham 2022 Commonwealth Games.

WARM UP KEEPER CATCHING



1. Stand 1 meter away from your partner and gently throw the ball underarm to one another. Focus on soft hands completing 10 accurate catches.
2. Repeat the task, this time reacting quickly while staying balanced. Aim to complete 10 fast catches in a row.



Alyssa Healy (Cricket) showcased champion catching skills at the Birmingham 2022 Commonwealth Games.



WARM UP BACK PAT STRETCH



1. Raise one arm lifting it overhead, then bend your elbow to reach down your back.
2. Place your other hand on the bent elbow and gently push it back for a deeper stretch.
3. Hold for 10–15 seconds, then switch arms.



Nathan Tang (Badminton) shows us how it's done in badminton at the Birmingham 2022 Commonwealth Games.

WARM UP RUGBY HIP STRETCH



1. Place one knee on the ground with the other foot in front at 90 degrees.
2. Gently shift your weight forward until you feel a stretch in the front of your hip.
3. Keep your chest up, hold for 10–15 seconds, then switch sides.



Dietrich Roach (Rugby 7s) shows us the position for this stretch at the Birmingham 2022 Commonwealth Games.



WARM UP SPRINTERS WARM UP



1. Start jogging around the space at a steady pace, staying light on your feet. Swing your arms naturally to keep momentum.
2. After 15 seconds, begin running backwards, looking over your shoulder, staying aware of others.
3. Repeat.



Naa Anang (Athletics) running the 100m at the Birmingham 2022 Commonwealth Games.

WARM UP HOCKEY TWISTS



1. Stand tall with your feet shoulder-width apart.
2. Reach one hand across your body toward the opposite foot while keeping your legs straight.
3. Stand back up, then reach to the other foot. Keep a steady rhythm and engage your core as you move.
4. Continue alternating sides.



Hockeyroos Captain, Jane Claxton (Hockey) showing her skills on the field at the Birmingham 2022 Commonwealth Games.

