

# TEXAS RANGERS



## KIDS WARMUP WITH MCA AND RANGERS CAPTAIN

The current research on warmup and stretching suggests that muscles should be warmed with light exercise and stretched statically. Functional stretching (incorporating normal body movements) can be even more beneficial than stretching one muscle group at a time.

### THE BENEFITS

While children are quite resilient, they too can benefit from warmup and stretching before physical activity. You can never begin flexibility and injury prevention education too early. Children often must be guided to avoid ballistic stretching and to slow down and hold those stretches.

### ACTIVITY

#### FOUR OF A KIND

#### OBJECTIVE

Warmup, Flexibility, Team Work

#### EQUIPMENT

Deck of Cards (large size preferable)

#### GAME GUIDELINES

Separate students into pairs along one end of the gym and assign each pair a card value. (Ace, 10, 2) Place cards face down at the other end of the court. One student from each pair jogs to the end with the cards and turns over a card. If it matches their assigned value, they keep the card and jog back to their partner. If it is not a match they turn the card over and jog back. Their partner does the same. They continue until they have four of a kind. Once the team has four of a kind they begin stretches they have been taught. Now they are ready for the next activity!



# RANGERS FITNESS