



Move up a level

PSSI Homepage

Purpose of a Cool Down

Cooling down is an integral and essential part of every PE lesson.

It is a period of exercise, which helps the body to recover effectively and safely from energetic activity.

By gradually decreasing the level of activity a cool down should.

- prepare the body to stop exercising;
- help to prevent muscle stiffness and soreness;
- lower the breathing and pulse rate to normal levels.

In choosing cool down activities, remember all the children should be active participants.

- Slow down activity levels.
- Choose stretches for the main muscle groups used during a lesson particularly the leg muscles.
- Hold stretches for a slow count of five.



EXAMPLES OF THE KIND OF COOL DOWN ACTIVITIES SUITABLE TO CONCLUDE CLASS LESSONS

Cool down 1

- The children jog around the area gradually slowing from a jog to a walk to a slow walk to standing.
- They breath in slowly while stretching the arms out and up and breathe out slowly as the arms are lowered.

Cool down 2

- The children skip gradually decreasing speed and the length of the skip until the child is skipping on the spot.
- They reduce movement to a walk.
- They all stand still.

Cool down 3: Whole body stretches

- The children breathe in while stretching wide, breathe out while lowering arms.
- They repeat while stretching high.
- Remind them to breathe in and out slowly.

Cool down 4

- The children jog around the area gradually slowing from a jog to a walk to a slow walk to standing.
- They make large circles with a variety of body parts while breathing in and out slowly.

Cool down 5

- The children skip for a lap of the hall/yard, then have a brisk walk for a lap.
- They perform whole body stretches, breathing in and out slowly.
- To finish, they shake out the legs and the arms.

Cool down 6: The runaway train

- The children line up to form a train and they begin to run. The train goes up a hill and gets slower and slower until it comes to a stop and everyone sinks to the ground.
- The children sit with legs out in front. They stretch to the right and then back, forward and then back, to the left and then back.
- To finish they shake out the legs and arms.

Cool down 7

- The children are in pairs facing each other.
- Each pair holds hands and side skips for ten steps to the left then the right.
- Then nine, eight, seven, etc. until they stand.
- Claspng wrists they pull against one another and sink down to the ground and then back up again.
- They perform whole body stretches wide, narrow, high, mirroring each others actions.
- Remind the children to breathe in and out slowly

Cool down 8

- Ask the children to power walk, gradually decreasing the speed until they are almost stopped.
- Ask the children to take ten steps on tippy toes then ten steps on heels.
- They stretch to both sides breathing in as they stretch and out as they release.

Cool down 9

- The children are in pairs.
- Ask them to shadow their partner as s/he walks briskly in any direction around the area and on a signal reverse roles immediately.
- They gradually slow the speed to a standstill.
- The partners continue to stand one behind the other and they shadow each others' stretching movements remembering to breathe in and out. (The children take it in turn to stretch.)

Tip to conclude the class

- The children stand or sit with their eyes closed or place a hand over their eyes. The teacher selects one child who tiptoes around the area lightly touching each child in turn. When tipped the child opens the eyes and moves slowly and quietly to the door to line up. If the children are successful in remaining very quiet the last child should not know they are the last one until s/he opens his/her eyes.
- The children sit or lie in a comfortable position breathing in and out slowly with eyes closed. The teacher asks them to:
 - (a) listen to sounds around them;
 - (b) to think about their favourite part of the lesson and to visualise the activity.
 Then conclude as above.