



<b>COOL DOWN</b>
<b>Equipment</b>
Pylons, jump ropes, hula hoops, up to 6 mats, bean bags, 6 index cards, a marker, checklist, pen/pencil
<b>Safety Issues</b>
To prevent injury, warn the kids to be aware of other kids running or stretching around them. Stretching should be controlled, with slow gradual movements.
<b>Objectives</b>
At the end of the lesson plan, kids will: <ol style="list-style-type: none"> <li>1. Understand what cool downs are</li> <li>2. Understand why cool downs are important</li> <li>3. Demonstrate different types of cool down activities</li> </ol>
<b>Standards</b>
To view the physical education standards that may apply to this lesson plan, you can directly access the state board of education websites by clicking on each of the following states: <a href="#">California</a> , <a href="#">Florida</a> , <a href="#">Georgia</a> , <a href="#">Illinois</a> , <a href="#">Michigan</a> , <a href="#">North Carolina</a> , <a href="#">New Jersey</a> , <a href="#">New York</a> , <a href="#">Pennsylvania</a> , <a href="#">Texas</a> , and <a href="#">Virginia</a> .
<b>Introduction</b>
Q: What types of activities have you seen athletes do at the end of a competition? A: Jogging, running, stretching, running in place, etc.
Q: What are all of these activities called? Here's a hint: it's the opposite of a warm up. A: Cool down!
In today's lesson, we are going to learn: <ol style="list-style-type: none"> <li>1. What cool downs are</li> <li>2. Why cool downs are important</li> <li>3. What activities you can do to cool down</li> </ol>
<b>Warm Up</b>
Traffic Light Warm Up <ol style="list-style-type: none"> <li>1. Instruct all kids to line up on the start line.</li> <li>2. The instructor randomly calls out "red", "yellow", or "green".</li> <li>3. The kids must do the correct movement associated with each color: <ul style="list-style-type: none"> <li>• Red = everyone stops</li> <li>• Yellow = everyone jogs on the spot</li> <li>• Green = everyone jogs toward the finish line</li> </ul> </li> <li>4. If a kid does the incorrect movement, he or she must go back to the start line.</li> <li>5. The first person to cross the finish line wins.</li> </ol>
<b>Skills</b>

1. Cool down activities should be the last step in any athletic performance or sporting event.
2. Cool downs are important because they prevent injury.
3. Cool downs should include aerobic exercises at a slow pace and stretching exercises.
  - a. Aerobic – increases the body's need for oxygen (i.e., running, jogging, skipping).
  - b. Stretching – lengthening of the muscles (i.e., stretch arms, legs, neck, back, abs).

### **Drill**

#### **Cool Down Drill**

1. Kids should jog slowly around the circumference of the playing area.
2. Kids should walk slowly around the circumference of the playing area.
3. As they are moving, they should stop frequently to perform stretches to target specific muscle groups (legs, arms, neck, and core).

### **FUNdamental**

#### **The Coach Says "Cool Down!"**

1. Divide the kids into two teams.
2. Instruct a kid on Team A to be the coach and call out a cool down exercise for Team B to perform.
3. Instruct a kid on Team B to be the coach and call out a different cool down exercise for Team A to perform.
4. The coach should alternate between the two teams, calling out the name of a different kid to pick a cool down exercise.
5. Cool down exercises can only be used once, and if a kid can't remember an exercise, his or her team forfeits their turn.
6. The team that can remember the most cool down exercises wins.

### **Cool Down**

#### **The Training Circuit**

1. Divide the kids into small teams.
2. Each team should start the circuit at a different activity station (e.g., 2 leg stretching stations, 2 arm stretching stations, 1 back stretching station, and 1 abdominal stretching station).
3. Every 15 – 30 seconds, the kids should rotate clockwise through the activity stations.
4. The team with the best form wins.

### **Conclusion**

Q: How is cooling down different from warming up?

A: Cool downs are done at the end of physical activity, and warm ups are done before. Cool downs only consist of aerobic exercise and stretching, while warm ups also have mental preparation. Cool downs should have a slower pace compared to warm ups.

Q: What other sports do you play that you can use these cool downs?

A: All sports – soccer, football, baseball, field hockey, tennis, basketball.



**Assessment**

Checklist

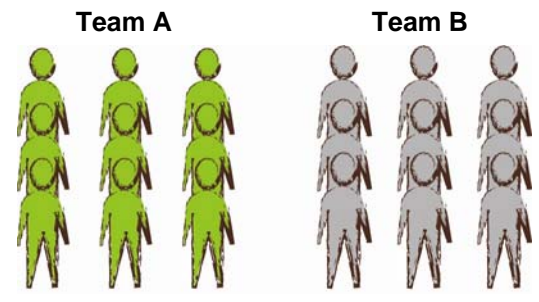
1. Light Stretching
2. Relaxation Techniques
3. Locomotion
4. Calisthenics



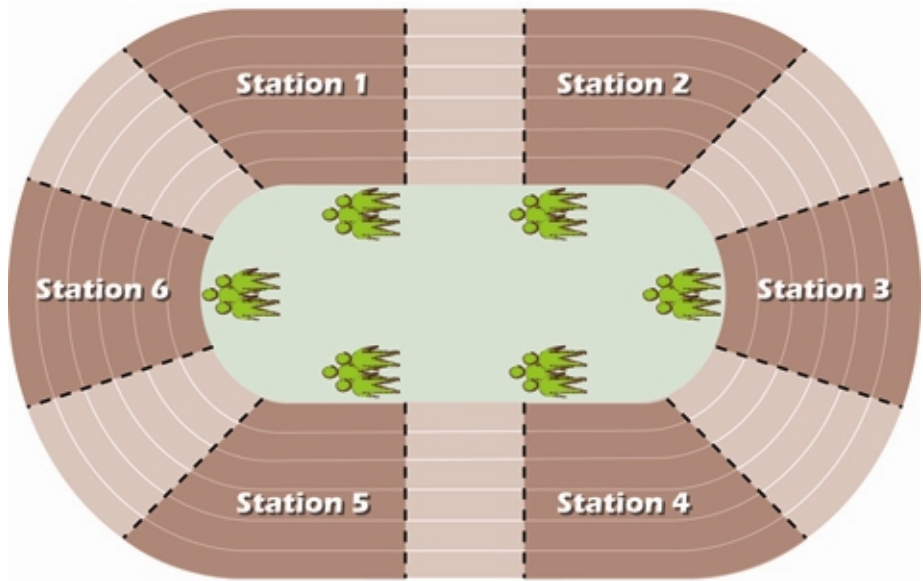
**Set Up Diagrams**  
**Traffic Light Warm Up**



**The Coach Says "Cool Down" FUNdamental**



**The Training Circuit Cool Down**





Cool Down Lesson Plan					
Group _____			Date _____		
Name	Light Stretching	Relaxation Techniques	Locomotion	Calisthenics	Total
1.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
2.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
3.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
4.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
5.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
6.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
7.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
8.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
9.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
10.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
11.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
12.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
13.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
14.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
15.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
16.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
17.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
18.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
19.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
20.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
21.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
22.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
23.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
24.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
25.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
26.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
27.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
28.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
29.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
30.	3 2 1 0	3 2 1 0	3 2 1 0	3 2 1 0	
<b>Group Average</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	<b>3 2 1 0</b>	

Score	Behavioral Measure	Group Areas of Improvement
3	Performs cue correctly all of the time	
2	Performs cue correctly most of the time	
1	Performs cue incorrectly most of the time	
0	Performs cue incorrectly all of the time	