

My PE Warm-Up Plan with Max the Monkey

Learning objective: To understand the importance of a warm-up and plan a sequence of physical activities to prepare the body for exercise.

Max the Monkey loves to solve maths and movement puzzles! Before we start our main PE lesson, we need to prepare our bodies. Use this template to design your own warm-up routine. Think about how to get your heart beating faster and how to stretch your muscles safely.

Word bank: pulse raiser · stretching · heart rate · flexibility · joints · muscles · stamina · coordination · safe space · breathing

1. The Purpose: Why is it important to do a warm-up before we start playing sports or running? Think about our muscles and heart. (2 marks)

2. Pulse Raiser: Describe one activity you could do to get your heart rate up (e.g., jogging or jumping). How long should you do it for? (2 marks)

3. Dynamic Stretches: List two movements that help get your joints ready for action. Remember to keep your movements controlled. (2 marks)

4. Safety Check: What three things must you check in the hall or playground to make sure your warm-up is safe? (3 marks)

5. Reflection: How does your body feel after you have completed a good warm-up compared to when you are resting? (2 marks)

Extension challenge: Create a 30-second 'Max-style' warm-up routine using your plan. Can you demonstrate it to a partner while explaining why each move is helpful?