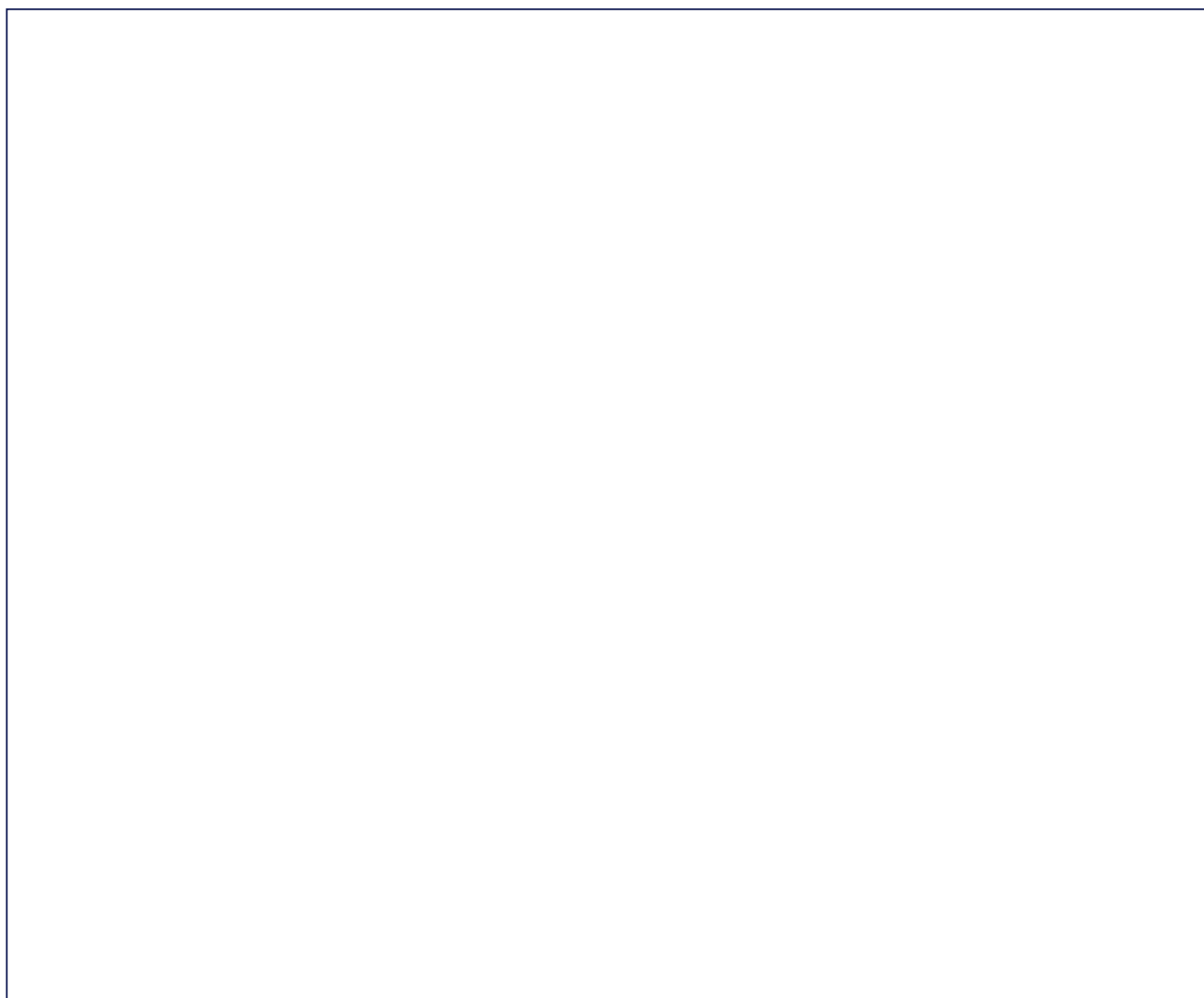


## Max's Active Warm-Up Guide

*Learning objective: To understand the importance of warming up the body before physical activity and to identify key muscle groups used in exercise.*

Max the monkey is getting ready for a big day of sports! Follow the drawing steps to create your own active scene, then label the body parts that need to be warmed up to stay safe and healthy.

**Draw:** Create a clear, colourful scene of a person performing a safe warm-up stretch. The style should be clean and easy to label. Include the person in the middle of a gentle lunge or arm-swing. Use neat lines for your labels and ensure the labels point clearly to the specific body parts mentioned in the word bank.



*Label words: Hamstrings · Quadriceps · Calves · Shoulders · Heart rate · Pulse*

### Steps:

1. Step 1: Draw a person standing in the centre of your page. Make sure they are wearing comfortable sports clothes and trainers.
2. Step 2: Draw an arrow pointing to the top of the person's leg and label it 'Quadriceps'. Why is it important to warm up this muscle?
3. Step 3: Draw a small sun or a 'speed' symbol near the person to show that their 'Heart rate' is increasing.
4. Step 4: Label the 'Shoulders'. Why do we need to warm up our upper body before throwing a ball?

5. Step 5: List two reasons why a warm-up is safer than starting exercise immediately.