

Class 4 PE: Getting Ready to Move

Learning objective: To understand the importance of a warm-up and how it prepares the body for physical activity.

Read each flashcard carefully to learn why warm-ups are a vital part of every PE lesson. Use these to test your knowledge with a partner.

What is the main purpose of a warm-up?

To prepare the body and mind for physical activity and help prevent injury.

What is a 'pulse raiser' and why do we do it?

An activity like jogging that increases your heart rate and gets blood pumping to your muscles.

What is the difference between static stretching and dynamic stretching?

Static is holding a stretch still; dynamic is moving while stretching to prepare muscles.

How does a warm-up help your joints?

It helps lubricate the joints, making them easier and safer to move during exercise.

Max the monkey says: 'If I start sprinting immediately, my muscles might get hurt.' Why is he right?

Because cold muscles are less flexible and more likely to strain than warm ones.

True or False: A warm-up should make you feel tired before the main activity begins.

False. It should prepare you, not exhaust you.

List two examples of a pulse raiser.

Jogging on the spot, jumping jacks, or side-stepping.

Why is it important to focus your mind during a warm-up?

It helps you concentrate on the activity ahead and improves your coordination.

What happens to your body temperature during a good warm-up?

It increases, which helps your muscles work more efficiently.

How long should a typical warm-up last?

Usually 5 to 10 minutes, depending on the intensity of the main activity.