

Max's Mighty Warm-Up Mission

Learning objective: To understand the importance of a warm-up in physical education and identify the physical changes that occur in the body.

Read each question carefully and use your knowledge of exercise and the human body to answer. Max the monkey is ready to get moving—are you?

Word bank: Heart rate · Oxygen · Muscles · Injury · Flexibility · Circulation · Temperature

1. Max says that warming up helps prevent injuries. Explain in your own words why preparing your muscles before a big game or race is safer than starting at full speed. (2 marks)

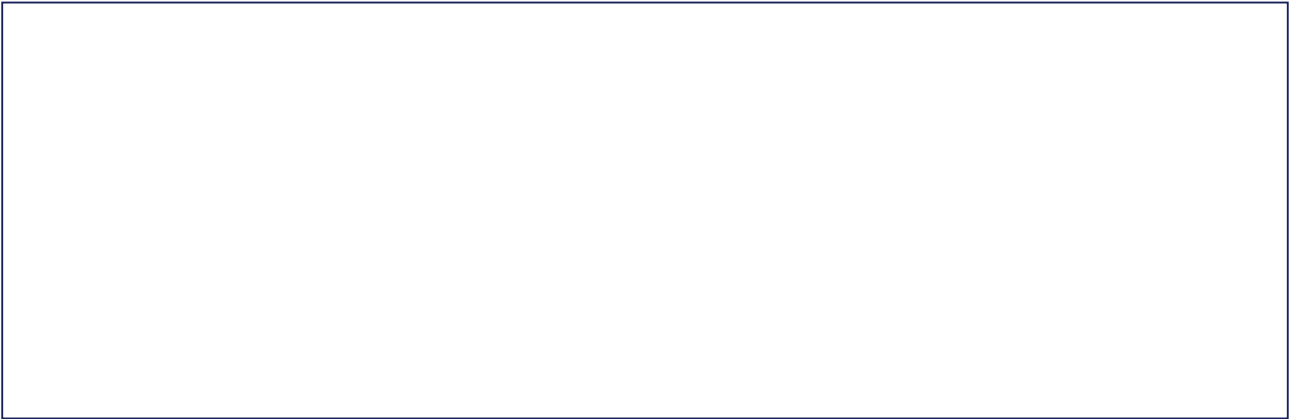
2. During a warm-up, you might notice your heart beating faster. Why does your body need your heart to pump blood more quickly during exercise? (2 marks)

3. List three different types of 'pulse raiser' activities you could do to get your body ready for a football match. (3 marks)

4. Why is it important to perform dynamic stretches (stretches while moving) rather than just standing still when you are warming up? (2 marks)

5. If you are planning a warm-up for a class relay race, why should you include exercises that move your body in different directions, such as side-stepping or twisting? (2 marks)

Draw: Draw a labelled diagram of a person doing a 'pulse raiser' activity. Use arrows to show where they might feel their body getting warmer or their heart beating faster.



Extension challenge: Max has £5.00 to spend on new equipment for the school warm-up kit. If he buys three skipping ropes for £1.20 each, how much change will he have left? Explain how skipping is a good way to warm up the whole body.