

Max's Magnificent Movement Quiz

Learning objective: Understand the importance and purpose of a warm-up in physical education.

Max the monkey is getting ready for a big day of jumping and climbing! Help him figure out why warming up is so important. Answer the 10 questions below.

Answer Key: 1. B, 2. True, 3. True, 4. To get blood flowing/prepare muscles, 5. C, 6. False, 7. A, 8. True, 9. To prevent injury, 10. True

Word bank: heart rate · muscles · injury · oxygen · flexible · joints · active · prepare

1. 1. Why do we perform a warm-up before exercise? A) To get tired B) To prepare our muscles and heart* C) To finish the lesson early D) To practice sitting still (1 mark)

2. 2. True or False: Warming up helps to increase your heart rate. (1 mark)

3. 3. True or False: A warm-up helps send more oxygen to your muscles. (1 mark)

4. 4. What is one benefit of doing dynamic stretches during a warm-up? (1 mark)

5. 5. Which activity is a good example of a pulse-raiser? A) Reading a book B) Standing very still C) Jogging on the spot* D) Sleeping (1 mark)

6. 6. True or False: You should always sprint at full speed the second you start your warm-up. (1 mark)

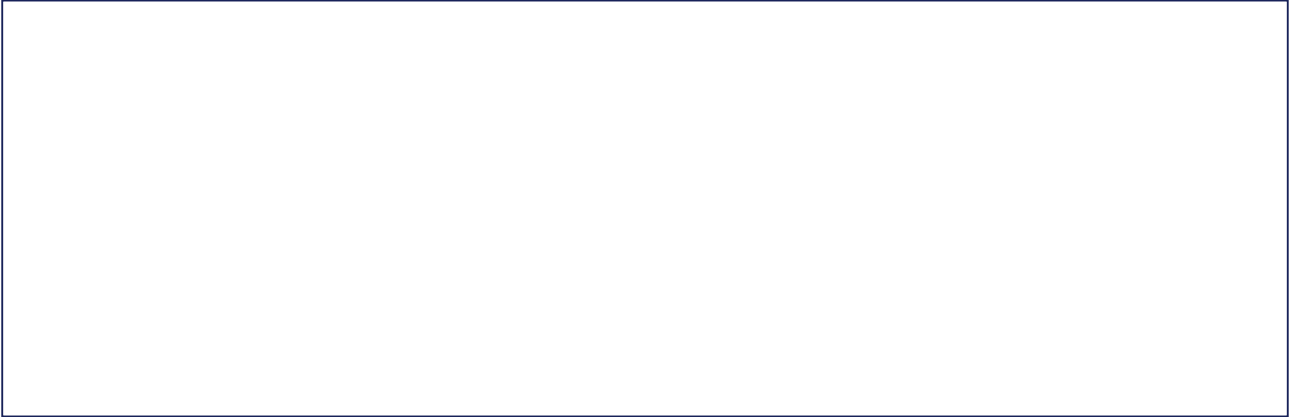
7. 7. What does a warm-up help to prevent? A) Injury* B) Thinking C) Drinking water D) Smiling (1 mark)

8. 8. True or False: Warming up helps make your joints more flexible. (1 mark)

9. 9. Why is it important to warm up your muscles before playing a game of tag? (1 mark)

10. 10. True or False: You should feel warmer after finishing a good warm-up. (1 mark)

Draw: Draw Max the monkey performing a safe and effective warm-up stretch in the school playground.



Extension challenge: Max wants to create a 3-minute warm-up routine for the class. List three different movements he could include to get everyone ready for a game of football.