

PE Warm-Up Vocabulary Mat: Getting Ready to Move

Learning objective: To understand the purpose and terminology of a physical education warm-up, including the importance of preparing the body for exercise.

Key Vocabulary

Use this vocabulary mat to help you understand how to prepare your body for physical activity. The terms are grouped into 'The Purpose', 'Types of Movement', and 'Body Awareness'.

Why is a 'pulse ra...	Explain the differ...	Max the monkey ...
Why do our musc...	List two joints in ...	