

Get Moving with Max: The Warm-Up Challenge

Learning objective: To understand the importance of a warm-up and identify the correct sequence of activities to prepare the body for physical exercise.

Max the monkey has been busy calculating the best way to get our bodies ready for sport! A good warm-up needs to be done in the right order to keep us safe and energised. Read the steps below and sort them into the correct sequence by numbering them 1 to 6. Then, explain why each step is important using the word bank provided.

Word bank: pulse raiser · flexibility · stretching · blood flow · joints · muscles

1. 1. Jogging slowly around the playground to increase your heart rate. (Number: ____) (1 mark)

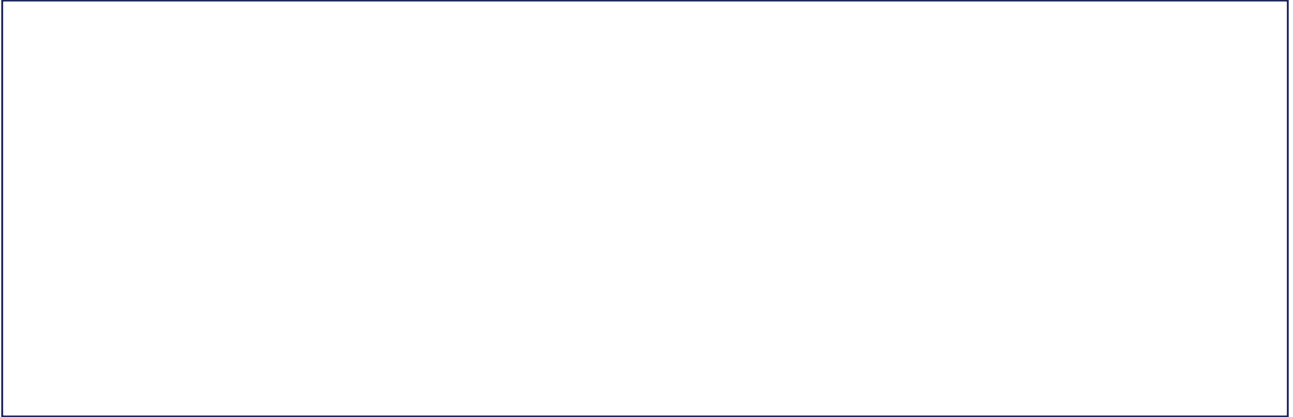
2. 2. Doing side-steps and high knees to warm up the muscles. (Number: ____) (1 mark)

3. 3. Gentle dynamic stretches for your arms and legs. (Number: ____) (1 mark)

4. 4. Why do we need a 'pulse raiser' at the start of our warm-up? Use your own words. (2 marks)

5. 5. Max says: 'Stretching helps our flexibility.' What happens to your body if you skip stretching before a race? (2 marks)

Draw: Draw a picture of Max the monkey performing a safe, dynamic stretch (like a lunge or an arm circle) in a park.



Extension challenge: Design your own 3-minute warm-up routine! Choose three activities: one for your heart rate, one for your legs, and one for your arms. Write them down and explain to a partner why each one is important.