

Max's Active Warm-Up Guide

Learning objective: To understand the importance of warming up the body before physical activity and to identify key muscle groups used in exercise.

Max the monkey is getting ready for a big day of sports! Follow the drawing steps to create your own active scene, then label the body parts that need to be warmed up to stay safe and healthy.

Draw: Create a clear, colorful scene of a person performing a safe warm-up stretch. The style should be clean and easy to label. Include the person in the middle of a gentle lunge or arm-swing. Use neat lines for your labels and ensure the labels point clearly to the specific body parts mentioned in the word bank.



Label words: Hamstrings · Quadriceps · Calves · Shoulders · Heart rate · Pulse

Steps:

1. Step 1: Draw a person standing in the center of your page. Make sure they are wearing comfortable sports clothes and trainers.
2. Step 2: Draw an arrow pointing to the top of the person's leg and label it 'Quadriceps'. Why is it important to warm up this muscle?
3. Step 3: Draw a small sun or a 'speed' symbol near the person to show that their 'Heart rate' is increasing.
4. Step 4: Label the 'Shoulders'. Why do we need to warm up our upper body before throwing a ball?

5. Step 5: List two reasons why a warm-up is safer than starting exercise immediately.