

Max’s Ultimate Warm-Up Word Mat

Learning objective: To understand the importance of preparing the body for physical activity and to master vocabulary related to a safe PE warm-up.

Key Vocabulary

Use this word mat to help you describe how to prepare your body for exercise. The terms are grouped by 'Safety and Preparation', 'Physical Actions', and 'Body Systems'.

Explain why a 'pu...	Compare and con...	Justify your ans... Why is it important to inc...
What might happ...	How does oxygen...	If Max the monke...