

Max's Dynamic Warm-Up Guide

Learning objective: To understand the importance of warming up the body before exercise and identify key movements for physical preparation.

Max the monkey is getting ready for a sports session! Use your drawing skills to create a diagram showing how to prepare our bodies for movement. Follow the labels in the word bank to complete your illustration.

Draw: Draw a full-page scene featuring Max the monkey in a clear, open space like a school playing field. Max should be in the middle of a dynamic warm-up movement, such as a controlled high-knee march or a gentle side-step. Use a clean, educational illustration style. Surround Max with small 'action lines' to show movement. Include space around the drawing for labels from the word bank to be connected to specific parts of Max's body or the environment.



Label words: Pulse raiser · Dynamic stretch · Muscle groups · Heart rate · Joint mobility · Oxygen flow

Steps:

1. Why is it important to perform a 'pulse raiser' at the start of a warm-up? Give one reason.
2. Name two different muscle groups that should be stretched during a dynamic warm-up.
3. What happens to your breathing rate when you start to warm up, and why is this helpful?
4. Step 1: Draw Max the monkey performing a controlled 'lunge' or 'high knee' movement.

5. Step 2: Draw arrows pointing to Max's legs and arms, then label them with the muscle groups being used.