

Max's Magnificent Movement Quiz: The Science of Warming Up

Learning objective: To understand the importance of warming up for physical activity, including how it prepares the body and prevents injury.

Max the monkey is getting ready for a big day of sports! Help him solve these puzzles about the importance of warming up your body before exercise. Answer the 10 questions below to earn your 'Fitness Expert' badge.

Answer Key: 1. A; 2. True; 3. Increase; 4. B; 5. False; 6. C; 7. D; 8. True; 9. Flexible; 10. B.

Word bank: Pulse · Stretching · Injury · Circulation · Muscles · Oxygen · Temperature

1. 1. Why do we warm up before PE? A) To prepare our muscles and heart * B) To make us feel tired C) Because the teacher likes it D) To eat our lunch (1 mark)

2. 2. True or False: Warming up helps to reduce the risk of getting an injury. (1 mark)

3. 3. During a warm-up, what happens to your pulse rate? (1 word answer) (1 mark)

4. 4. Which of these is a good way to start a warm-up? A) Sitting still B) Jogging or skipping * C) Sleeping D) Eating a snack (1 mark)

5. 5. True or False: You should always stretch your muscles when they are completely cold and stiff. (1 mark)

6. 6. A warm-up helps send more of this to your working muscles: A) Water B) Sand C) Oxygen * D) Sunlight (1 mark)

7. 7. What happens to your body temperature during a warm-up? A) It drops B) It stays the same C) It becomes freezing D) It increases * (1 mark)

8. 8. True or False: Warming up helps you focus your mind on the game ahead. (1 mark)

9. 9. Dynamic movements help make your joints and muscles more _____. (1 word answer) (1 mark)

10. 10. How long should a good warm-up typically last? A) 30 seconds B) 5 to 10 minutes *
C) 2 hours D) 10 seconds (1 mark)

Draw: Draw Max the monkey performing a safe, dynamic warm-up exercise, like lunges or star jumps, in a sunny school playground.



Extension challenge: Max has £5.00 to spend on new sports equipment for the class. If a skipping rope costs £1.25, how many can he buy for his friends? Show your workings!