

Max's Dynamic Warm-Up Planner

Learning objective: To understand the purpose of a warm-up in physical education and design a sequence that prepares the body for exercise.

Max the monkey believes that every movement is a mathematical puzzle! To perform your best in PE, your body needs to be prepared. Use this template to design a structured warm-up. Think about how to gradually increase your heart rate and prepare your muscles for activity. Remember to include sections for pulse raising and dynamic stretching.

Word bank: Pulse raiser · Dynamic stretching · Flexibility · Heart rate · Joint mobility · Oxygen · Circulation · Warm-up · Stamina

1. Pulse Raising: Describe a movement activity that increases your heart rate and explain why this is a vital first step for your body. (2 marks)

2. Joint Mobilisation: List three specific joint movements (e.g., shoulder rolls) and justify why these are necessary before intense physical activity. (3 marks)

3. Dynamic Stretching: Choose two stretches that involve movement. Compare these to static stretches. Why might dynamic stretches be more beneficial before a game of football or netball? (4 marks)

4. Safety Check: Explain why it is important to warm up even if you are only playing a game with friends in the playground. (2 marks)

5. Predictive Analysis: What might happen to a person's performance and physical wellbeing if they decide to skip the warm-up entirely? Justify your answer. (3 marks)

6. Creative Design: If you were teaching a younger child, how would you make a warm-up fun while still ensuring it is effective? Describe your routine. (4 marks)

Extension challenge: Design a 'Warm-Up Circuit' for your class. Create a table showing four different exercises, the duration for each, and the specific muscle group that each exercise targets. Explain how you would ensure the intensity remains appropriate for all fitness levels.