

Max the Monkey's Warm-Up Sequence

Learning objective: To understand the importance of warming up and to sequence a safe physical exercise routine.

Max the Monkey is getting ready for a big game of tag! He needs to warm up his muscles to stay safe and quick. Look at the steps below. Put them in the correct order by writing the numbers 1 to 5 in the boxes. Number 1 is the first thing we do, and number 5 is the last.

Word bank: heart · muscles · stretch · jog · safe

1. [] Jog slowly on the spot for two minutes to get your heart beating faster. (1 mark)

2. [] Do gentle arm circles to help your shoulder muscles feel loose. (1 mark)

3. [] Stand still and take three deep breaths to get ready. (1 mark)

4. [] Slowly stretch your legs so you can run fast and stay safe. (1 mark)

5. [] Do ten jumping jacks to finish your warm-up. (1 mark)

Draw: Draw a picture of Max the Monkey stretching his arms before he starts to run.



Extension challenge: Why is it important to warm up before we play games? Use one of the words from the word bank to help you answer.