

Max's Mighty Movement Warm-up

Learning objective: To understand the importance of warming up the body before physical activity and to identify key muscle groups used in exercise.

Follow the steps below to create a detailed diagram of a body preparing for action. Use your artistic skills to show how movement helps our muscles and heart prepare for exercise.

Draw: Draw a large, clear illustration of Max the monkey in the centre of the page. He is in the middle of a star jump. Use an active, energetic art style. Around him, draw small 'zoom' or movement lines to show he is moving quickly. Include labels for the muscles he is using and provide space for a 'warm-up checklist' box on the side of the drawing.



Label words: Pulse raiser · Dynamic stretches · Cardiac muscle · Hamstrings · Quadriceps · Flexibility · Joint rotation

Steps:

1. Explain why it is important for Max to increase his heart rate before he starts his main exercise session.
2. Label your drawing to show where the quadriceps and hamstrings are located.
3. Compare and contrast 'dynamic stretches' with 'static stretches'. Why are dynamic stretches better for a warm-up?
4. Justify your answer: What might happen to a person's muscles if they began intense sprinting without

completing a warm-up first?

5. Step 1: Draw Max performing a 'star jump' to represent a pulse-raising activity. Ensure his limbs are extended.

6. Step 2: Draw an arrow pointing to Max's heart and label it as the organ responsible for pumping blood to muscles.