

Max's Warm-Up Moves

Learning objective: To understand the importance of warming up the body before physical exercise.

Follow the steps below to draw Max the monkey getting ready for his sports day. Use the word bank to label the parts of his body that he is stretching.

Draw: Draw Max the monkey in a clear, open space. Use simple shapes for his body. Include him doing a 'star jump' or a 'toe touch' stretch. Keep the drawing clean so there is space to add the labels from the word bank.



Label words: Arm · Leg · Neck · Heart · Muscle

Steps:

1. Step 1: Draw Max the monkey standing tall. Draw him reaching his arms up high to stretch. Write the word 'Arm' next to his reaching arms.
2. Step 2: Draw Max lifting one knee up towards his chest to stretch his muscles. Label the 'Leg' he is lifting.
3. Step 3: Draw a small smiley face on Max. Why do we warm up? (Hint: It helps our heart beat faster). Draw a small heart on his chest.
4. Step 4: Draw Max gently tilting his head to the side. Label his 'Neck'.