

Mastering the Warm-Up: Physical Education Prep

Learning objective: To understand the physiological and safety benefits of a warm-up and identify key exercises to prepare the body for physical activity.

Read each flashcard carefully. The front of the card features a key term or a challenge from Max the monkey, while the back provides the essential definition or explanation. Use these to test your knowledge of how to prepare your body for sport.

What is the primary purpose of a warm-up?

To prepare the body and mind for exercise, improve performance, and reduce the risk of injury.

Define a 'Pulse Raiser' and give an example.

A pulse raiser is an activity that increases your heart rate to pump more oxygen to your muscles, such as jogging or hopping.

Why is 'Joint Mobility' important before starting a game?

It lubricates the joints with synovial fluid, allowing them to move through their full range of motion safely.

Explain the difference between static and dynamic stretching.

Static stretching involves holding a position, while dynamic stretching involves moving while stretching to mimic sports actions.

Max the monkey says: 'I need to feel warm!' How does a warm-up affect body temperature?

It increases the temperature of your muscles, making them more pliable and efficient.

List three examples of dynamic stretches suitable for a Year 4 PE lesson.

Arm circles, lunges with a twist, and high-knee skips.

How does a warm-up affect your reaction time?

It stimulates the nervous system, which helps your brain send signals to your muscles faster, improving reaction time.

What might happen if you skip a warm-up before intense sprinting?

You increase the risk of muscle strains or pulls because cold muscles are less elastic and more prone to tearing.

Why should a warm-up be 'sport-specific'?

You should prepare the specific muscles and joints you will use during the activity, such as focusing on arms for throwing or legs for football.

True or False: A warm-up should make you feel exhausted before you start your main activity.

False. A warm-up should prepare you, not fatigue you.

Describe the mental benefit of a warm-up.

It helps you focus your attention on the task ahead and reduces nerves.

Justify why a cool-down is not the same as a warm-up.

A warm-up prepares the body for effort by increasing intensity, whereas a cool-down gradually lowers the heart rate to aid recovery.