

Max's Warm-Up Flashcards

Learning objective: To understand why we warm up and how to prepare our bodies for exercise.

Read the front of the card to guess the answer. Turn it over (or check the answer below the line) to see if you are correct! Use the word bank to help you.

Why do we warm up?	What happens to your heart rate when you warm up?
To get our muscles warm and stay safe from injury.	It goes up (increases).
What does a warm-up do to your muscles?	Give an example of a pulse raiser.
It makes them flexible and ready to move.	Jogging on the spot.
What are dynamic stretches?	How should your body feel after a warm-up?
Stretches done while moving.	Warm and ready for exercise.
What is a 'pulse'?	Why is it important to move slowly at the start?
The beat of your heart.	To help your body prepare safely.
Should you hold your breath during a stretch?	What does a warm-up help prevent?
No, you should breathe normally.	Getting hurt or injured.