

Max's Super Warm-Up Guide!

Get your body moving and ready to play!

- A warm-up helps to wake up your muscles so you can move safely.
- We start with gentle jogging to get our pulse rate rising slowly.
- Stretching helps our bodies feel bendy and loose for sports.
- A good warm-up lasts for about five to ten minutes.
- Warming up helps to protect your body from getting hurt while playing.

Did you know? Did you know? When you do a warm-up, your heart beats faster to pump oxygen to your muscles. This gives you the energy you need to run, jump, and play your best!

Key vocabulary: pulse · stretching · muscles · energy · heartbeat