

Max's Brilliant Warm-Up Quiz

Learning objective: To understand why we warm up before exercise and how to do it safely.

Max the monkey is getting ready for a big race! Help him answer these questions about warming up. Read each question carefully. Use the word bank to help you.

Answer Key: 1. B, 2. True, 3. False, 4. Jogging, 5. True, 6. A, 7. True, 8. False, 9. Muscles, 10. True.

Word bank: heart · muscles · safe · energy · stretches · jogging

1. 1. Why do we warm up? A) To get tired B) To get our heart ready* C) To go to sleep D) To eat lunch (1 mark)

2. 2. True or False: Warming up helps to keep us safe during exercise. (1 mark)

3. 3. True or False: You should start your hardest exercise immediately. (1 mark)

4. 4. What is a good way to start a warm up? (Hint: Think about moving slowly) (1 mark)

5. 5. True or False: Warming up helps our muscles feel loose. (1 mark)

6. 6. What should you do if you feel pain? A) Stop and tell an adult* B) Run faster C) Do more jumping D) Ignore it (1 mark)

7. 7. True or False: Warming up helps us get more energy for the game. (1 mark)

8. 8. True or False: We only need to warm up when it is cold outside. (1 mark)

9. 9. Warming up helps prepare our _____ for moving fast. (1 mark)

10. 10. True or False: Drinking water is part of staying healthy while exercising. (1 mark)

Draw: Draw Max the monkey doing a gentle stretch or a slow jog to get ready for his race.



Extension challenge: Max wants to create a 3-minute warm-up routine. Can you write down three things you would do? Start with: First, I will... Then, I will... Finally, I will...