

Max's Warm-Up Planner

Learning objective: To identify and describe the importance of warming up the body before physical activity.

Max the monkey wants to keep his muscles safe before he starts jumping! Fill in this plan to show how you will get your body ready for PE. Use the word bank to help you write your sentences.

Word bank: pulse · muscles · stretch · heart · safe · energy

1. Why do we need to warm up before we exercise? (Hint: Think about your muscles) (2 marks)

2. Describe one activity you can do to get your heart beating faster: (2 marks)

3. List two stretches you can do to get your body ready: (2 marks)

4. How does your body feel after a good warm-up? (2 marks)

Extension challenge: Draw a picture of yourself doing your favourite warm-up stretch in the space below.