

Max's Brilliant Warm-Up Word Mat

Learning objective: To learn and understand key vocabulary for preparing the body for physical activity.

Key Vocabulary

Max the monkey wants to get ready for a big game! Use this word mat to learn the words we use when we warm up. Look at the categories to help you understand how the words are used.

Pulse The rhythm you feel when your heart ...	Heart rate How many times your heart beats ...	Stamina The ability to keep going with an act..
Flexibility How easily your body can bend a...	Muscle The parts of your body that help you...	Joint The place where two bones meet, like ...
Stretch To reach out or lengthen your muscl...	Static A stretch where you hold a position stil...	Dynamic A warm-up that involves moving wh...
Agility The ability to move quickly and chan...	Warm-up Light exercise done before a big a...	Cool-down Light exercise done after a big a...
Injury When you hurt a part of your body by...	Breath The air you take in to give your body ...	Energy The power you need from food and ...