

Getting Ready to Move with Max

Learning objective: To understand why we do a warm-up before exercise and how to prepare our bodies safely.

Max the monkey loves to solve maths puzzles, but he knows his body needs to be ready to move too! Read each question carefully. Use the word bank to help you complete your sentences.

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

1. Max says: 'Why do we need to warm up before we run?' Complete the sentence: A warm-up makes our _____ feel ready and loose. (2 marks)

2. When we warm up, what happens to our heart rate? (Tick the correct box: It gets faster / It stays the same). (1 mark)

3. Name one activity you can do to get warm. (Example: Jogging on the spot). (1 mark)

4. Why is it important to warm up before playing a game of tag? Use the word 'safe' in your answer. (2 marks)

Draw: Draw a picture of Max the monkey doing a gentle stretch to warm up his legs before he starts jumping.



Extension challenge: Max has £5.00. He wants to buy a skipping rope for £3.50 to help him warm up. How much change will Max get back?