

Max's Dynamic Warm-Up Routine

Learning objective: To understand the importance of warming up the body before exercise and identify the correct sequence of pulse-raising and dynamic stretching activities.

Max the monkey has mixed up his pre-sports routine! A good warm-up should move from low intensity to high intensity to prepare your muscles and heart. Look at the steps below and number them from 1 to 6 to show the correct order of a safe and effective warm-up. Then, explain why each stage is important.

Word bank: Pulse raiser · Dynamic stretches · Cool down · High intensity · Heart rate · Flexibility

1. 1. Walking slowly around the sports hall to begin moving the body. (1 mark)

2. 2. Light jogging to gently increase your heart rate. (1 mark)

3. 3. Side-stepping and high-knee skips to prepare specific muscles. (1 mark)

4. 4. Arm circles and leg swings to improve your range of movement. (1 mark)

5. 5. Short bursts of faster running or jumping to reach your peak warm-up state. (1 mark)

6. 6. Why is it important to increase your heart rate gradually rather than starting with a sprint? (2 marks)

Draw: Draw a stick figure performing one 'dynamic stretch' (such as a lunge or an arm circle) and label the muscle group you think it is helping to prepare.



Extension challenge: Max wants to buy some new equipment for his exercise club. He has £25.00. If he buys three skipping ropes for £4.50 each and a pack of sports cones for £8.75, how much change will he have left for a new whistle?