

Max's PE Warm-Up Planner

Learning objective: To understand the importance of a warm-up and plan a sequence of activities to prepare the body for physical exercise.

Max the monkey knows that maths and movement go hand-in-hand! To get your body ready for sport, you need a balanced warm-up. Use this template to design your own routine. Think about how to gradually increase your heart rate and prepare your muscles for action.

Word bank: pulse raiser · dynamic stretches · heart rate · flexibility · stamina · coordination · muscles · joints · active · preparation

1. Pulse Raiser: Describe a movement you could do for 2 minutes to increase your heart rate. Why is it important to start slowly? (3 marks)

2. Dynamic Stretches: List two movements that help prepare your joints (e.g., ankles, knees, or shoulders). Explain which part of the body each movement targets. (4 marks)

3. Skill-Specific Practice: If you were playing a game of netball or football, what specific movement would you need to practise during your warm-up? (2 marks)

4. Safety Check: Why is it important to listen to your body during a warm-up? What should you do if you feel a sharp pain? (3 marks)

5. Reflection: Max says a good warm-up is like a puzzle. How does completing a warm-up help you perform better in the main part of your PE lesson? (2 marks)

Extension challenge: Design a 'Cool Down' routine to follow your PE lesson. How does a cool down differ from a warm-up in terms of intensity and the type of stretches used?