

Max’s Physical Education Warm-Up Word Mat

Learning objective: To understand the vocabulary and purpose of a physical education warm-up to prepare the body for exercise.

Key Vocabulary

Use this word mat to help you understand the language of P.E. The words are grouped into categories: 'Physical Readiness', 'Movement', and 'Safety'.

Why is it importa...	What is the differ...	Max the monkey i...
Why do we need ...	How does drinki...	