

Max's Guide to a Winning Warm-Up

Get Ready to Move! Follow Max's plan to prepare your body for PE success.

- A pulse raiser, like jogging or jumping, helps to gradually increase your heart rate and get oxygen flowing to your muscles.
- Dynamic stretches involve moving while you stretch, which helps your joints get ready for the specific patterns of your PE lesson.
- Warming up helps to prepare your brain and body for physical activity, helping you to focus and react more quickly.
- By slowly raising your body temperature, you reduce the risk of pulling or straining your muscles during intense movement.
- A good warm-up should last between 5 and 10 minutes to ensure your body is fully prepared for the main activity.

Did you know? Did you know? Warming up is like preparing a sponge; when it is dry, it is stiff and might snap, but when it is damp and warm, it becomes soft, flexible, and ready to soak up all the action!

Key vocabulary: Pulse raiser · Dynamic stretching · Muscles · Flexibility · Heart rate · Stamina · Joints