

Mastering the Warm-Up: Max's Movement Mechanics

Learning objective: To understand the physiological importance of a warm-up in preparing the body for physical activity and to identify key muscle groups involved in dynamic stretching.

Follow the drawing prompt to create your anatomical diagram. Once your scene is complete, use the word bank to label the specific areas Max is targeting during his warm-up routine.

Draw: Draw Max the monkey in a clear, central position on the page performing a dynamic warm-up movement, such as high-knees or controlled leg swings. Use a clean, scientific illustration style. Surround Max with 'movement lines' to show he is active. Ensure his posture is anatomically correct for a monkey, and leave enough white space around the body to draw clear leader lines for your labels from the word bank.



Label words: Quadriceps · Hamstrings · Heart Rate · Dynamic Stretch · Core · Calves

Steps:

1. Explain why increasing your heart rate through a gentle jog is a vital first step before participating in high-intensity sports.
2. Compare and contrast a 'dynamic stretch' (movement-based) with a 'static stretch' (holding a position). Why is dynamic stretching preferred for a warm-up?
3. Label the area of your drawing that represents the 'Core'. Why is engaging the core muscles important for

maintaining balance during movement?

4. Justify your answer: What might happen to a muscle if it is subjected to sudden, intense movement without being properly warmed up?

5. Create a 3-step sequence for a 'Cool Down' routine. How does this differ from the warm-up you have just illustrated?

6. Design a new warm-up exercise for a sprinter. Describe the movement and identify which major muscle group it prepares.