

Mastering the Warm-Up: Physical Education Excellence

Learning objective: Understand the physiological and psychological importance of warming up to prepare the body for physical activity, as required for Year 5 PE.

Review these flashcards to understand how to prepare your body for exercise safely. Use the 'Greater Depth' questions to test your understanding of how these concepts apply to different sports.

What is the primary purpose of a warm-up?

A warm-up prepares the body and mind for exercise by increasing heart rate, warming muscles, and improving joint mobility to reduce the risk of injury.

Define a 'pulse raiser' and give an example.

A pulse raiser is an activity that gradually increases your heart rate and circulation. Examples include jogging, skipping, or side-stepping.

What is dynamic stretching?

Dynamic stretching involves moving parts of your body through a full range of motion, such as arm circles or leg swings, to prepare muscles for action.

Why is it important to increase your core temperature before sport?

Increasing core temperature makes muscles more pliable and elastic, which helps to prevent strains and tears during high-intensity movement.

How does warming up affect your joints?

Warming up increases the production of synovial fluid, which acts as a lubricant for your joints, allowing them to move more smoothly and efficiently.

Explain the role of mental preparation during a warm-up.

Mental preparation helps an athlete focus on the task ahead, visualise movements, and build the concentration needed for competitive sports.

Why should static stretching (holding a stretch still) be avoided during a warm-up?

Static stretching can temporarily reduce muscle power and is better suited for the cool-down phase when muscles need to relax and lengthen.

Max the monkey is playing tag. Why should he perform dynamic movements rather than standing still?

Max needs dynamic movements to prepare his muscles for the rapid changes in direction and acceleration required to evade others during tag.

Compare and contrast: Why is a warm-up different from a cool-down?

A warm-up prepares the body for effort by increasing intensity; a cool-down gradually lowers the heart rate and aids recovery after the activity is finished.

Justify your answer: Does a longer warm-up always mean a better performance?

Not necessarily. While a thorough warm-up is essential, it must be balanced so that the athlete does not become fatigued before the main activity begins.

What might happen if a child skips the warm-up and starts sprinting immediately?

They risk muscle strains or joint injuries because the muscles are cold, stiff, and unprepared for sudden, high-intensity demands.

Explain why specific warm-ups (e.g., football drills) are better than general warm-ups alone.

Specific warm-ups activate the exact muscle groups and movement patterns required for that sport, ensuring the body is primed for the specific skills needed.