

Max's Dynamic PE Warm-Up Architect

Learning objective: To design a structured and effective warm-up routine that prepares the body for physical activity by increasing heart rate and muscle temperature.

Max the monkey believes that every movement is a mathematical puzzle! To perform at your best, your body needs a precise sequence of activities. Use this template to design your own PE warm-up. Think about how to safely increase your heart rate, mobilise your joints, and prepare your muscles for the specific sport or activity you have chosen.

Word bank: Cardiovascular · Mobilisation · Dynamic · Pulse-raiser · Flexibility · Stretching · Heart rate · Muscles · Joints · Coordination

1. Goal Setting: Which specific sport or physical activity is this warm-up designed for? Explain why your chosen exercises are relevant to this activity. (2 marks)

2. Pulse-Raiser: Describe a 3-minute activity to increase your heart rate. How will you ensure it safely prepares your cardiovascular system? (3 marks)

3. Joint Mobilisation: List three areas of the body that require mobilisation (e.g., ankles, shoulders). Describe a movement for each and explain why these joints need preparation. (4 marks)

4. Dynamic Stretching: Choose two dynamic stretches. Justify why these are more effective than static (still) stretches before high-intensity exercise. (3 marks)

5. Safety Check: Identify one potential risk during a warm-up and explain the strategy you would use to mitigate this risk. (2 marks)

6. Reflective Analysis: Compare and contrast your warm-up routine with a classmate's. What are the similarities and differences in your approaches to preparation? (4 marks)

Extension challenge: Imagine your warm-up is being presented to a professional athlete. Write a persuasive paragraph justifying the scientific order of your routine. What might happen to the athlete's performance if they skipped the pulse-raising section? How would you adapt your routine if you only had 60 seconds to prepare instead of 5 minutes?