

Maximising Movement: Year 5 PE Warm-up Vocabulary

Learning objective: To understand the physiological and preparatory importance of a warm-up in physical education.

Key Vocabulary

Use this reference mat to support your understanding of how to prepare the body for exercise. Terms are grouped by their primary function: Physiological Preparation, Movement Patterns, and Safety.

Explain why incr...	Compare and con...	Justify your ans... Why is it important for th...
What might happ...	Describe the role...	How does 'mental...