



Subject: PE Autumn 1 Year 7
Topic: Warm up, cool down



Phases of a Warm Up (1)			
	Term	Phase	Description
1	Pulse Raiser	First	Light continuous activity such as slow jogging, is used to increase heart rate and blood flow . Muscles, ligaments and synovial fluid in the joints are warmed, increasing flexibility
2	Stretching	Second	Stretching the main muscle groups and joints increases their elasticity and mobility so that they are less likely to be strained.
3	Skills Specific	Third	Sport specific drill performed to focus on muscle groups that come under particular stress in the planned activity.

Principles of a Warm Up (2)		
	Principle	Description
1	Prepare the Body	To gradually prepare the body and mind for physical activity.
2	Increases Body Temperature	Makes muscles, tendons and ligaments more elastic increasing range of movement and reducing the risk of injury at a joint or in a muscle .
3	Increase Blood Flow	By increasing the heart rate, blood flow increases resulting in an increase in the oxygen being supplied to muscles .
4	Injury Prevention	To ensure that muscles are stretched and prepared for physical activity to avoid injuries such as strains.

Principles of a Cool Down (3)		
	Principle	Description
1	Prevent Muscle Soreness	To gradually allow the body and mind for recover from physical activity .
2	Reduce Body Temperature	Allows muscles to cool down slowly reducing the chance of tightness and muscle ache to set in after activity.
3	Reduce Heart Rate	Allows the body to slowly return to its resting state .

Pulse raiser 3-5minutes of gentle activity to gradually increase internal body temperature.

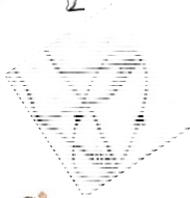
Example- Slow walking in different directions and to varying tempos, slow jogging on the spot, changing direction, dodging imaginary obstacles
Short, simple combinations of the above.

Warm up ideas

1. Jogging



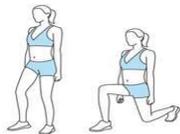
2. Ankle Twirls



3. High Knee Skipping



4. Lunges on the spot



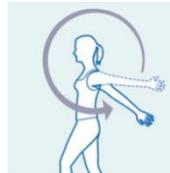
5. Star jumps



6. High Kicks



7. Arm Circles



8. Heel Flicks on the spot



9. Hopping



10. Hip Circles



ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:
Multiply choice test on the phases and principles of a warm up and cool down.

Stretching examples. Hold for 8-10 seconds (max)

