



The Purpose of a Warm Up

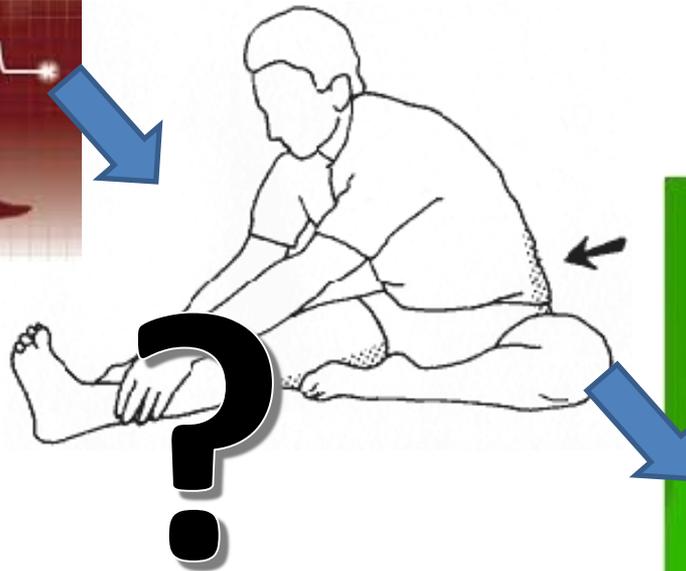
What should a warm up include?

2:00



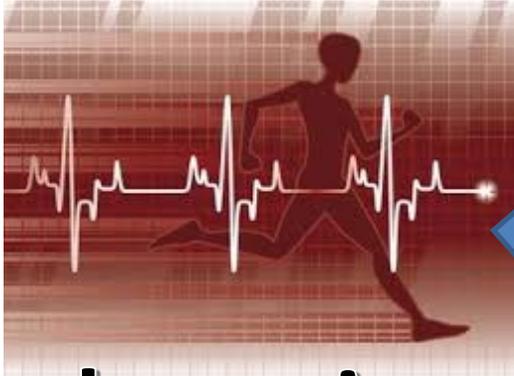
What Should a Warm Up Include?

Split into three parts:

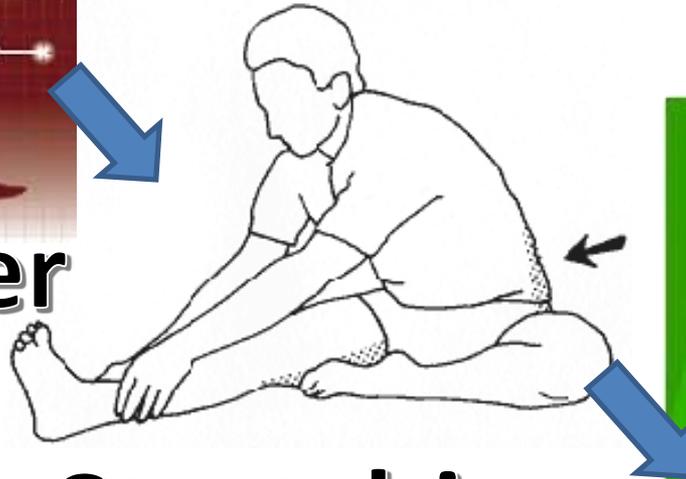


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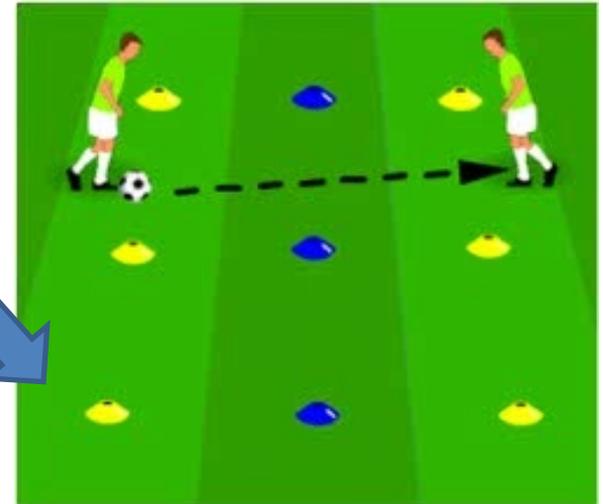
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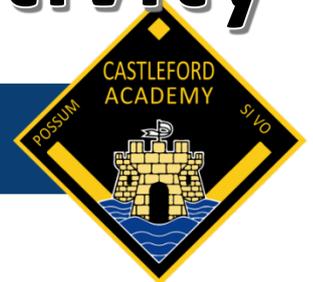
Pulse raiser



Stretching



Skills activity



1. Pulse Raiser



Any activity which raises the heart rate, for example jogging.

Extension: Can you think of your own example of a pulse raiser exercise?

What do you think the benefit of a pulse raiser is?

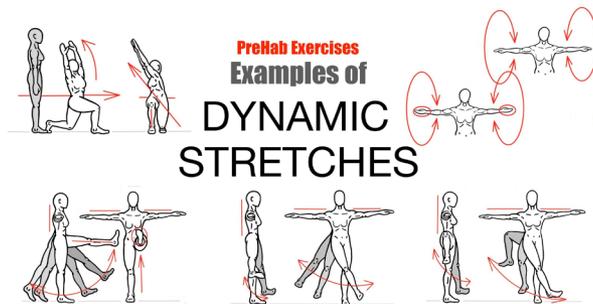
2. Stretching

Extension: What component of fitness does stretching improve?



What muscles would a footballer stretch prior to a game?

There are two types of stretching, dynamic and static.



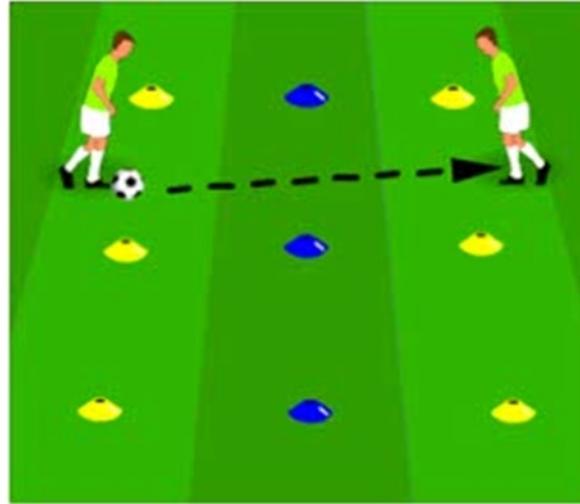
Stretches which are active and where the muscle goes through it's full range of movement.

Examples of Static Stretching



Where the muscles are extended and held in the same position for at least 10 seconds.

3. Skills activity



This allows the performer to practice movements which they will perform in a game.

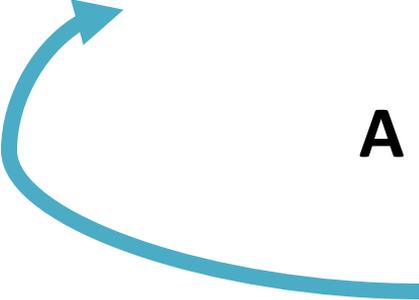
Extension: For a sport of your choice identify a skills activity a performer may complete in the final stage of their warm up.

Why is this important?

Why do we warm up?

A warm up **gradually** raises the **body temperature** and **heart rate** and **improves** the **delivery** of **oxygen** to the **working muscles**.

A warm is essential to?



2:00

Why do we warm up?

- Prevent Injury
- Improve performance
- Practice skills before an event
- Prepare psychologically for the event



Warm up – State at which stage of the warm up that the benefits will come from?

Develop the statements.

- **Blood flow increases to deliver oxygen**

to working muscles for increased energy production

- **Blood flow increases temperature of**

muscles – become more elastic

- **Increases flexibility**

prevents injury

- **Prepares you mentally and physically**

for the activity to allow you to fully focus on the task in hand

