

# **UNIT 1: BEFORE WE START... LET'S WARM UP!**



*A good warm- up is basic before any physical activity. In this unit we will learn why, when and how we should do it.*

***AT THE END OF THE UNIT YOU NEED TO KNOW:***

- WHAT IS A WARM-UP AND WHY IT IS USEFUL.***
- WHAT DOES IT CONSIST OF.***
- SOME EXERCISES AND WARM-UP GAMES.***

## ***WHAT IS "WARM-UP"?***

The warm-up is the set of activities or exercises that we do before any physical activity that requires some effort, in order to start-up every system in our body. It's the best way to start for preparing to do a high intensity exercise.



## ***WHY IS IT USEFUL? WHAT ARE ITS GOALS?***

The warm-up has two principal goals or objectives:

**1. To avoid injuries:** Our muscles will be prepared for work, so there will be no "bad surprises", because we are introducing ourselves to the activity step by step.



**2. To prepare ourselves for a better performance:**

- Preparing our body: our muscles and joints are now properly prepared for work, heart and lungs also start pumping more blood and oxygen to our muscles. This way, they will have a

better performance.



- Preparing our mind: motivation and focus is important for a higher performance.



\*REMEMBER: Warming-up is not a teacher's thing, it is NECESSARY if you want to practice sports correctly. If you don't warm-up properly, maybe you will not be able to participate in games or matches because you've gotten injured.

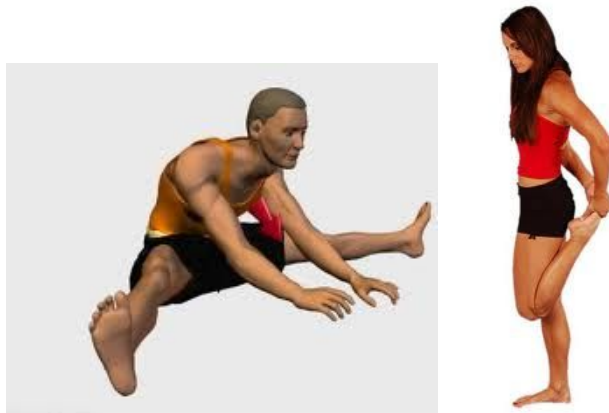
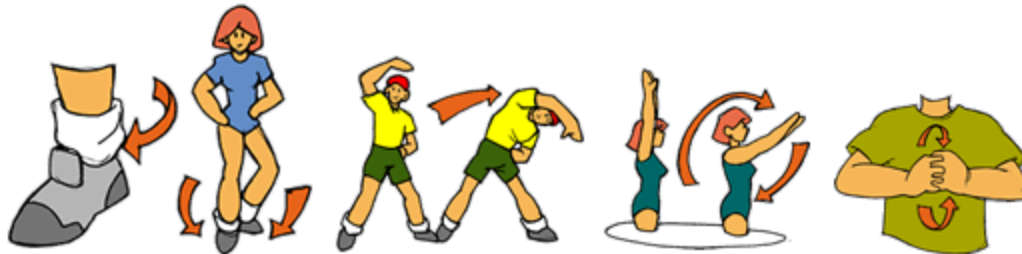
## ***WHAT DOES IT CONSIST OF?***

The normal warm-up is about three parts, and they should be progressive in intensity:

**1. ACTIVATION - Running and General moves or exercises:** light jogging, jumping or coordination exercises (high knees, shuffle, butt-kicks, running while you cross and extend both arms...). The goal of this part is to increase the heart rate and body temperature. Obviously the breathing will be increased as well.



**2. Joint mobility and stretching:** You move every joint (ankles, knees, shoulders...) and stretch the main muscles (hamstrings, calves, quadriceps, deltoids...). You better go from feet to head, so you don't forget anything!



**3. Specific exercises or games:** with this in-game exercises, now we will imitate some moves

of the sport we are practicing later, such as: speed games (the scarf, the wall, the tag...), bouncing the ball, throwing or kicking to the goal... So, the warm-up volleyball players do is different from the one footballers do.



If you want, you can do joints mobility part before activation and the stretching after the specific exercises part. The important thing is that you don't leave anything undone and that the warm-up is progressive.

### ***FOR HOW LONG?***

A real sportsman's warm-up can go for 30 or 40 minutes (even more in a real competition), but normally it takes 10-15 minutes. But in our classes we don't have much time, so in our P.E. class, it will take about 6-8 minutes, so...use it well!!

### ***COOLING DOWN***

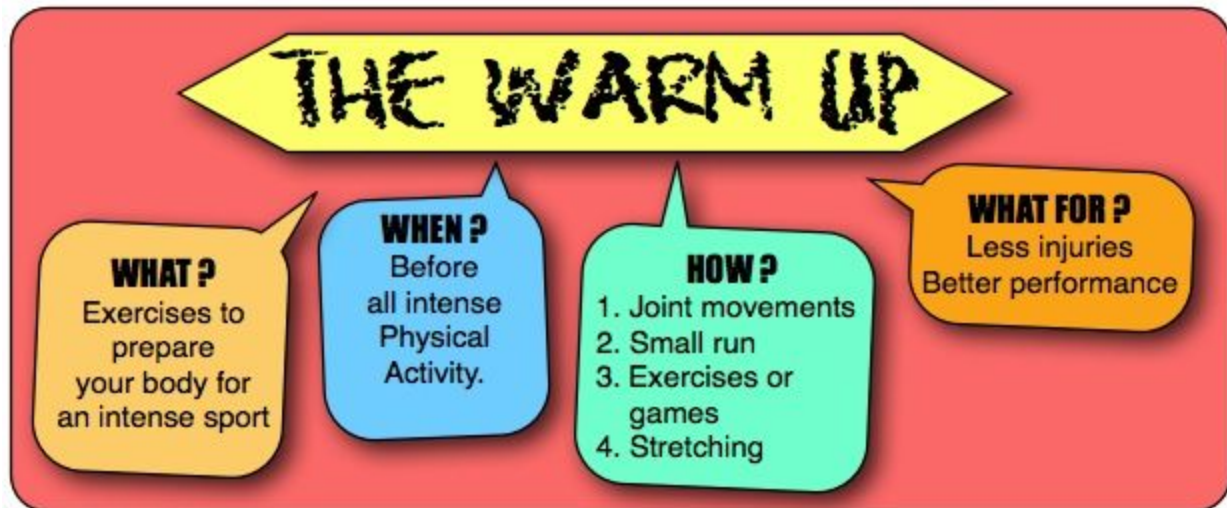
This is also important. At the end of class, or a match, we should do some exercises to come back as we were before.

- Relax our muscles and avoid the stiffness.
- Slow down the breathing and heart rate (pulse).
- Put the equipment away and chat about what we've done today in the session with the teacher/coach and what can we do to improve.



If you can, try to practice some stretching, so you improve your flexibility everyday.

# UNIT REVIEW AND EXERCISES:



## 1. Complete the following sentences:

A Warm up is a series of \_\_\_\_\_ you do before Physical \_\_\_\_\_

Warm ups are specific to the \_\_\_\_\_ you practice.

For example, before playing an sport you can see people \_\_\_\_\_ to warm \_\_\_\_\_ and \_\_\_\_\_ their heart rate.

## 2. Say if these benefits of the warm up are TRUE (T) or FALSE (F):

( ) Protection against bacteria

( ) Protection against injuries

( ) I can sing better

( ) I can run faster

( ) I can have more power

### 3. Complete the parts of the warm up:

- ❖ **Movements of your** \_\_\_\_\_. This is the first part, and it must have a low \_\_\_\_\_. We move our arms in circles forwards and backwards, we draw circles with our hips... Also, **stretching of the main** \_\_\_\_\_. This improves the \_\_\_\_\_ of the muscles, prevents injuries but also helps the muscles to develop more \_\_\_\_\_.
- ❖ **A small** \_\_\_\_\_, **and general** \_\_\_\_\_. This is to \_\_\_\_\_ your heart and lungs, and also the muscles. For example, \_\_\_\_\_...
- ❖ **Exercises similar to the** \_\_\_\_\_ **you are going to play and/or a game.** With it, you warm up the muscles you are going to use. This part must be progressive in intensity

### 4. Find 8 different words related to the warm up:

P	R	O	T	E	C	T	I	O	N	A	E
M	E	J	K	L	Ñ	L	K	T	M	T	X
H	A	C	T	I	V	I	T	Y	U	Y	E
J	K	L	T	E	W	V	A	E	S	T	R
P	E	R	F	O	R	M	A	N	C	E	C
O	X	N	S	C	V	P	Y	P	L	W	I
W	I	N	J	U	R	I	E	S	E	O	S
E	C	D	O	F	G	Y	U	M	N	I	E
R	B	H	I	N	T	E	N	S	I	T	Y
F	X	B	N	Z	X	A	Q	P	L	K	M
G	I	S	T	R	E	T	C	H	I	N	G

☺ **TELL ME ABOUT IT** ☺

... (here you can write any thing you want about this unit)