

Week 1

**RECAP**  
**Benefits of a Warm Up**

There are many benefits of warming up before exercise. The first set of benefits are known as physiological benefits.

**Physiological** - these are benefits to your body. These are physical benefits so you will see or feel them.

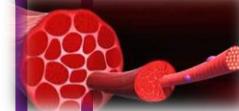


Week 2

**Physiological Benefit**

**Increase in speed of muscle contraction**

As your muscles become warmer, the ability to work improves. The muscle contractions you can make become quicker. This is where your nerve impulses tell your muscles to contract.



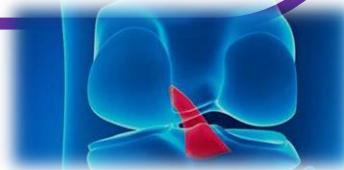
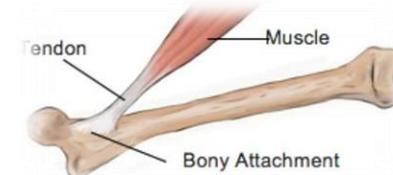
Week 3

**Physiological Benefit**

**Increase in pliability of ligaments and tendons**

The pliability of ligaments and tendons increases as you warm up. As you become hotter your ligaments and tendons can move more freely. This helps your body move more easily and you have less chance of becoming injured.

PE : Topic 2 continued  
Title: Physiological benefits of a warm up



Week 4

**The stages of a warm up helps which body part ?**

Stage 1 – Pulse raiser – This prepares your **heart** for exercise

Stage 2 – Mobility – This prepares your **joints** for exercise by helping the range of movement.



Week 5

**The stages of a warm up helps which body part ?**

Stage 3 – Dynamic Stretching– This helps your **muscles** become more flexible and reduces the chance of becoming injured.

Stage 4 – Skill Rehearsal – This prepares the body part which is linked to your sport, for example if it was football you practice passing the ball.



Key words:

**Muscle Contraction** – the tightening, shortening or lengthening of a muscle.

**Pliability** – bend or move freely without breaking.

**Ligaments** – join bone to another bone.

**Tendons** – attach muscles to bone.

## Week 1

Questions	Answers
What are physiological benefits?	Benefits to your body
How do you know they are physiological benefits ?	You will see them or you will feel them.

## Week 2

Questions	Answers
What is a physiological benefit of a warm up?	Increase in the speed of muscles contraction.
As your muscles become hotter. Does their ability to work improve or decrease?	Improves.
What is a muscle contraction?	The tightening, shortening or lengthening of a muscle.
What happens to your muscles contractions when you warm up?	They become quicker.

## Week 3

Questions	Answers
What is a physiological benefit of a warm up?	Increase in pliability of ligaments and tendons.
What is a tendon?	Join muscle to a bone.
What is a ligament?	Join bone to another bone.
What happens to your ligaments and tendons as you warm up?	They can move more freely.
What are the benefits of being able to move more freely?	Less chance of getting injured and being able to move more.

## PE : Topic 2 continued Title: Physiological benefits of a warm up

## Week 4

Questions	Answers
What is the first stage of a warm up?	Pulse Raiser.
What part of your body does a pulse raiser prepare for exercise?	The heart.
What is the second stage of a warm up?	Mobility
What part of your body do mobility exercises - prepare for exercise?	The joints

## Week 5

Questions	Answers
What is the third stage of a warm up?	Dynamic Stretching
What part of your body does dynamic stretching prepare for exercise?	The muscles.
What is the fourth stage of a warm up?	Skill Rehearsal
What part of your body does skill rehearsal prepare for exercise?	The body parts you will use in the sport you are going to play.

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