

## Week 1

### What is a Warm up?

A warm up is a routine you carry out before exercise or playing in a sport.

The purpose of a warm up is to prepare your body (physically and mentally).

A warm up has 4 stages.

## Week 2

### Warm Up - Stage 1

#### Pulse raiser

The first stage of a warm up is called a pulse raiser. This is where the performer will carry out activities to **increase** their **heart rate**.

Activities you could do as a pulse raiser include **jogging** or **skipping**.

## Week 3

### Warm Up - Stage 2

#### Mobility

The second stage of a warm up is called mobility. This is where the performer will carry out activities to **increase** their **range of movement at their joints**.

Activities for mobility exercises include **ankle rotations** or **hip circles**.

Year 7 PE : Topic 1  
Title: Warm Up Stages

## Week 4

### Warm Up - Stage 3

#### Dynamic stretching

The third stage of a warm up is called dynamic stretching. This is where the performer will carry out activities to **stretch their muscles before exercise**. **The stretches should be carried out whilst moving**.

Activities you could include for dynamic stretching are **lunges, high knees or heel flicks**.

## Week 5

### Warm Up - Stage 4

#### Skill rehearsal

The fourth stage of a warm up is called skill rehearsal. This is where the performer will carry out activities to **practice the skills they will use in the sport they are about to play**.

**A football player could practice passing.**  
**A tennis player could practice serving.**  
**A basketball player could practice dribbling.**

## Key words:

**Pulse Raiser** – increase the heart rate.

**Mobility** - Increase movement at your joints.

**Dynamic Stretching** – Stretch your muscles whilst moving.

**Skill Rehearsal** – practice the skills needed for the sport.

### Week 1

Questions	Answers
How many stages does a warm up have?	4
What is the purpose of a warm up?	The purpose of a warm up is to prepare your body (physically and mentally).
When do you do a warm up?	Before exercise or sport.

### Week 2

Questions	Answers
What is the first stage of a warm up called?	Pulse Raiser
Why do you do a pulse raiser?	To increase your heart rate.
What activities could you carry out as a pulse raiser?	Jogging, skipping

### Week 3

Questions	Answers
What is the second stage of a warm up called?	Mobility
Why do you do Mobility exercises?	Increase the range of movement at your joints.
What activities could you carry out as a pulse raiser?	Ankle rotations, hip circles.

## Year 7 PE : Topic 1 Title: Warm Up Stages

### Week 4

Questions	Answers
What is the third stage of a warm up called?	Dynamic Stretching
Why do you do dynamic stretching?	To stretch your muscles
What activities could you carry out as dynamic stretches?	Lunges, high knees, heel flicks
How should you carry out dynamic stretches?	Whilst moving.

### Week 5

Questions	Answers
What is the fourth stage of a warm up called?	Skill Rehearsal
Why do you do skill rehearsal?	Practice the skills you will use in the sport you are going to play.
What activities could you carry out for skill rehearsal?	Any skills you will use in your sport – for example passing in football or shooting in basketball.
What skill rehearsal could you do before a tennis match?	Serving the ball – so they are ready to play against their opponent.

### Key words:

**Pulse Raiser** – increase the heart rate.

**Mobility** - Increase movement at your joints.

**Dynamic Stretching** – Stretch your muscles whilst moving.

**Skill Rehearsal** – practice the skills needed for the sport.