

# READY? STEADY?



## CLIL PHYSICAL EDUCATION 1st ESO

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editorial



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# UNIT 0: THE WARM UP

## INDEX

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## 0. LEARNING OBJECTIVES

- The meaning of warm up and its components
- What is warm up for?
- How to prepare a warm up depending on the next activity

## 1. KEY VOCABULARY

- Warm up / warm down / main part / injuries
- Joint mobility
- Flexibility
- Stretching

### DID YOU KNOW THAT...?

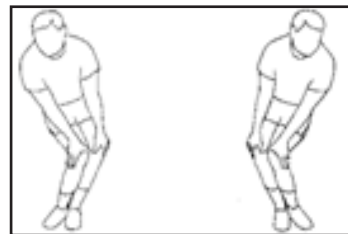
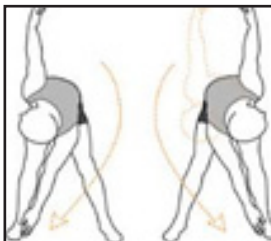
When with the warm up we start to sweat, 3 million glands put into action under our skin. The only body parts that don't sweat are the lips, the eardrum and nails.

## 2. CONCEPT OF WARM UP

A warm up generally consists of a gradual increase in intensity in physical activity (a “pulse raiser”), joint mobility exercise, and stretching, followed by the main activity.

## 3. PARTS OF A WARM UP

- RUNNINGS:** in order to increase the temperature of your body, you will start running softly.
- JOINT MOVILITY AND FLEXIBILITY.**
- SPEED AND STRENGTH.**
- SPECIFIC PART:** depending on the activity you will do after the warm up.



## 4. AIMS, EFFECTS AND PRINCIPLES OF A WARM UP

### AIMS

1. To avoid injuries. This is achieved increasing muscle temperature and number of pulsations of your heart.
2. To prepare physically, physiologically and psychologically; that increases concentration and motivation.

### EFFECTS (WHAT HAPPENS WITH YOUR BODY WHILE WE ARE WARMING UP...)

1. It increases the temperature because the muscular system is activated.
2. It increases the heart rate (pulse): the cardiovascular system is activated.
3. The breathing frequency increases: the respiratory system is activated.
4. There is more coordination in the gestures we make because the nervous system is activated.
5. It allows us to be more focused on the activity that we will do after.
6. It Decreases viscosity of blood.

### PRINCIPLES (THE WARM UP MUST BE...)

Progressive. From the minimum to the maximum intensity.

Prolonged. If our next activity (the main part) is going to last 1 hour, the warm up should last, at least, 10 minutes.

General. All muscles groups.

Adapted to the next activity.

Right number of beats. The pulse rate should be between 90 and 130 depending on your age, gender, level of training,,,





## 5. Activities

Try to design a warm up using these four parts we have seen before. You can use pictures and explanations:

### a) Runnings

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### b) Joint mobility

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### c) Speed and strength

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### d) Specific part (think about the sport or activity you are going to do after the warm up):

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## 6. DON'T FORGET

1. Physical education is about more than just participating in sports and activities. Beyond the physical outlet provided by PE classes, the role of educators is also to support and encourage *healthy lifestyle habits* that continue into the future.
2. The most immediate goal of any warm-up is to prevent *injury* during physical activity.
3. During a warm-up, the muscles are prepared for stretching and a greater range of motion.
4. Increase *blood flow and temperature of muscles* so they will react quicker.
5. Allow a greater range of movement of *joints*.
6. It's so important the warm up at the beginning of the session than the *warm down* at the end of it.
7. *After an injury*, pay special attention to the warm up.
8. When days are cold, the warm up must be so important or more than in a normal day.

## 7. WEBSITES

- [www.teachingideas.co.uk](http://www.teachingideas.co.uk)
- [www.pegames.org](http://www.pegames.org)
- <http://www.primaryresources.co.uk/pe/pe.htm>



## 8. DEEPENING ACTIVITIES

*The warm down (or cool down, cooldown, or cool-down) is an easy exercise that will allow the body to gradually transition to a resting or near-resting state. Depending on the intensity of the exercise, warm down can involve a slow jog or walk, or with lower intensities, stretching can be used. Warm down allows the heart rate to return to its resting rate. Studies are currently inconclusive as to whether this process actually reduces delayed-onset muscle soreness and muscle soreness is not caused by lactate production during intense exercise. Anecdotally cooling down may reduce dizziness for professional or serious athletes and vocal performers after strenuous workouts. One study has shown that some certain athletes who perform an extensive cool-down are less likely to become injured. It is always done after an activity.*

After this reading, answer this question: what kind of warm down is necessary after a basketball match?