

# Sports Week!



## Designing a Warm Up



Today, we would like you to design a warm up for your chosen sport. Warming up prior to any physical activity does a number of beneficial things, but **the main purpose of the warm up is to prepare the body and mind for strenuous activity.**

- One of the ways it achieves this is by **increasing the body's core temperature**, while also increasing the body's muscle temperature. By increasing muscle temperature, you're helping to make the muscles loose, supple and pliable.
- An effective warm up also has the effect of **increasing both your heart rate and your respiratory rate**. This increases blood flow, which in turn increases the delivery of oxygen and nutrients to the working muscles.

**All this helps to prepare the muscles, tendons and joints for more strenuous activity.**

You need to think carefully about the demands of your chosen sport on the body and design a warm up that will reflect this.

Your warm up will need an activity that **increasing the body's core temperature** e.g. running, skipping, jumping. As well as an activity that **stretches the muscles** to avoid injury.

You could draw your warm up with diagrams on paper or you could set it up at home and take photos. **It's completely up to you!**

Whatever you choose to do, **don't forget to share it with us on J2E** as we love seeing all your creations.

