

## DEFINITION

A warm-up is a group of progressive exercises performed before any physical activity.

It is the first part of any physical education session and prepares the body for subsequent efforts.

# WARM UP

## OBJECTIVES

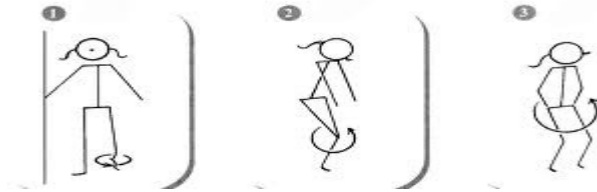
- To avoid the risk of injuries during the activity.
- To prepare the person for the following activity.



## PHASES

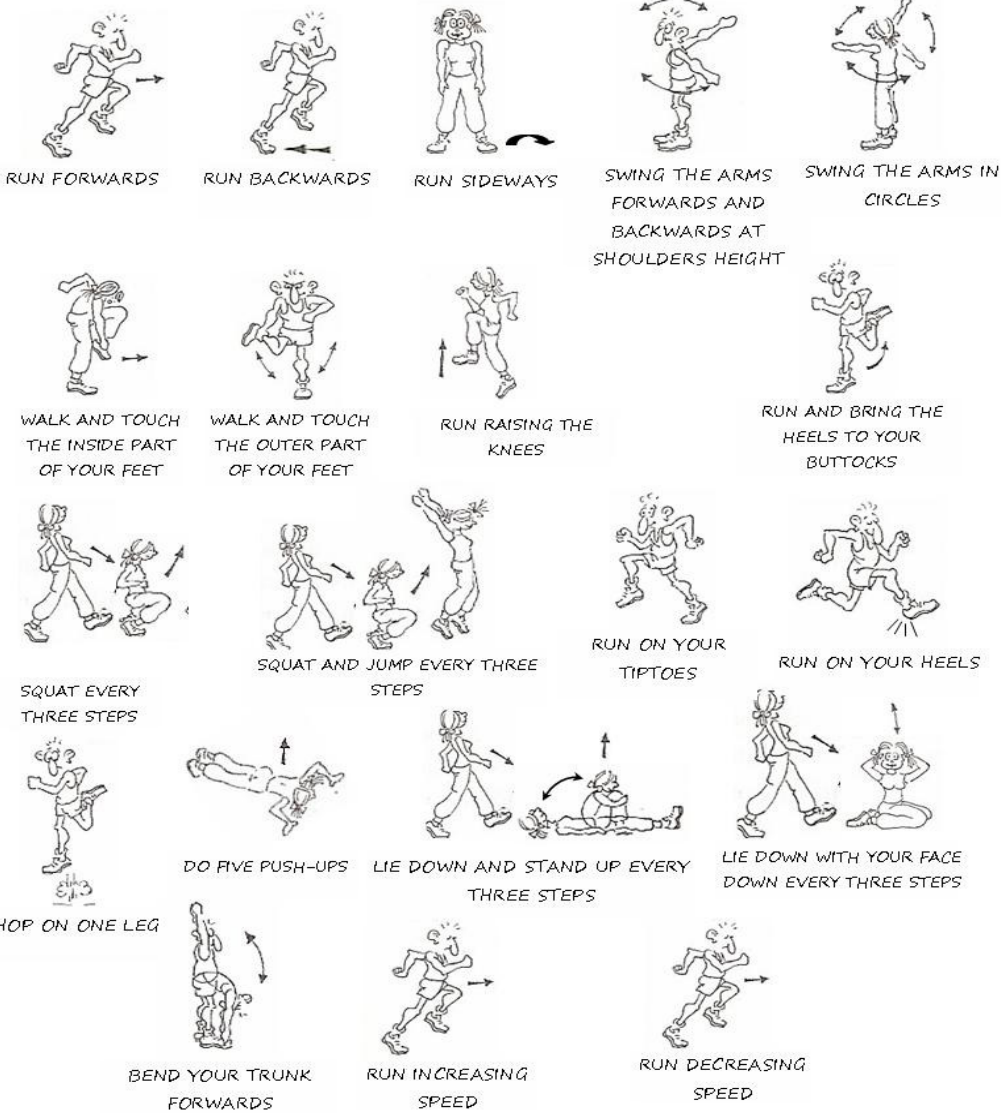
- **Moving joints** (ANKLES, KNEES, HIPS, WRISTS, ELBOWS, SHOULDERS AND NECK)
- **Pulse-Raising activities:** jogging, skipping (increase heart rate and body temperature)
- **Stretching** (CALVES, HAMSTRINGS, QUADRICEPS, TRICEPS, PECTORALS)
- **Game**

**MOVING JOINTS**



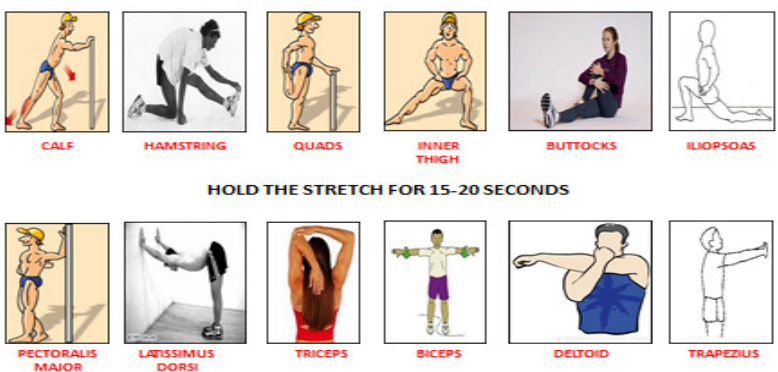
**PULSE RAISING ACTIVITIES**

**THE GENERAL WARM UP**



**NOW DO THE STRETCHES FOR THE MUSCLES. NO MORE THAN 20" EACH**

**STRETCHING**



**HOLD THE STRETCH FOR 15-20 SECONDS**