

Warm up

- The aim of an effective warm up is to gradually get the whole body prepared for work.



Warm up

Why warm up?

1. To raise the body temperature and increase blood supply to working muscles (increase in heart rate).
2. To stretch the muscles to prevent injury and improve flexibility across joints.
3. To 'groove' your skills
- get ready for activity.



Warm up

- There are 4 stages involved in an effective warm-up.



Warm up

Stage 1: Involves light running for 3-5 minutes.

Reasons: This will increase heart rate, breathing, body temperature, which will warm the muscles up.



Warm up

- Stage 2: Involves gradual stretching of all relevant muscles for 10 seconds.

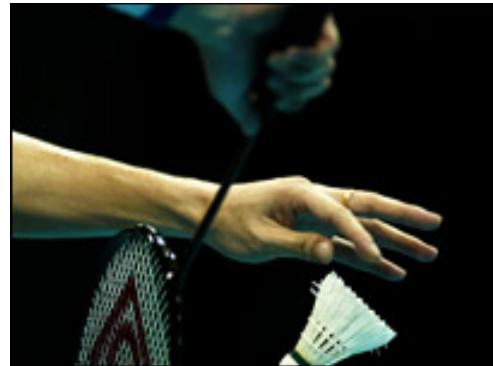


Warm up

- Reasons:
 - Gently increases length of muscles which increases range of movement at a joint.
 - This reduces the risk of damage to muscles, tendons, and ligaments.

Warm up

- Stage 3: Involves participating in a related activity.



Warm up

- (e.g. - an overhead clear rally in badminton.)



- **Reason:** Allows performers to be physically prepared by practicing all the skills required to participate in the activity.

Warm up

- Stage 4: Prepare your mind for the activity ahead.



Warm up

(e.g - in basketball practice a few lay-ups for a few minutes)

- **Reason:** After this exercise you should be able to focus on your performance improvement objective.



Warm up

- The effects of warm-up have on your body

1- Increase in body temperature,
which thins and increases flow of blood.



2- Increase in breathing (faster & deeper)
as body/muscles needs more oxygen.

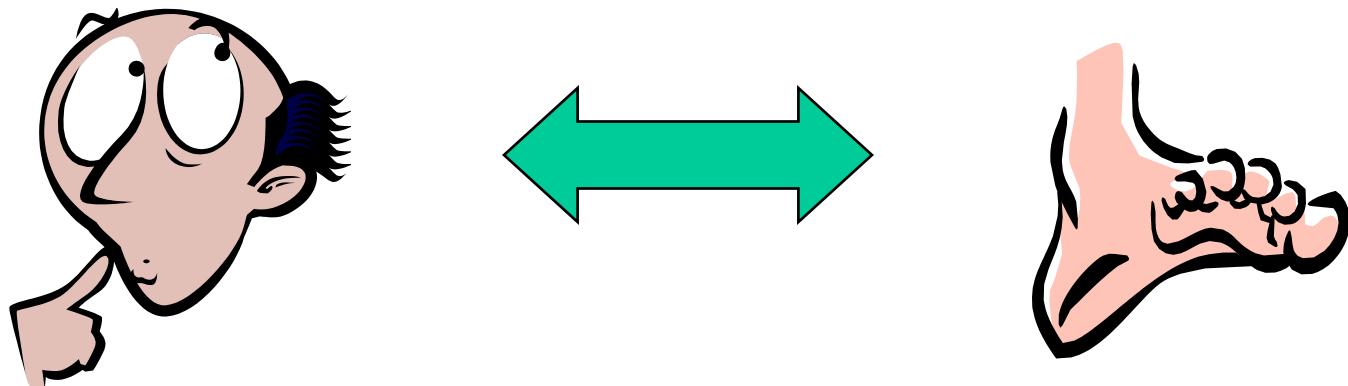


3- Increase in heart rate
as working muscles need oxygenated blood to work.



Warm up

- When stretching either start from your ankles and work up to your head **OR** start from your head and work down to your ankles (so you don't miss anything out).

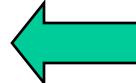


Warm up

- In the warm -up use static stretches, like the tricep stretch or hamstring stretch. These should be held in position for 10 seconds.



Hamstring stretch



Tricep stretch





→ DON'T
FORGET!

Warm up



Reminder!

Remember at the end of your warm up to include skills in the final stage.

Reasons:

1. Allows performers to be physically prepared.
2. Allows performers to be able to focus mentally on their performance.
3. Warms up specific areas of your body so you are ready for your performance.

Warm Down

- A warm down is the movements taken to help your body recover from strenuous exercise.
- It should start with jogging or light running.
- Complete your warm down with some stretches. This will help keep muscles supple.

Warm Down

Why warm down?

1. To help your body to recover after exercise.
2. Reduce heart rate slowly.



Warm Down



3. Helps the blood circulation to carry oxygen to the muscles, which will help reduce muscle stiffness as LACTIC ACID is removed more quickly.
4. Helps return muscles to their resting length.

Warm Down

What is Lactic Acid?

- Lactic Acid is the waste product of strenuous exercise.



Warm Up Questions

Q1. It is very important to warm up before the start of an activity and warm down afterwards.

Light jogging is carried out for the following reasons.

Reason 1

Reason 2

Q2. Why is stretching very important.

Reason 1

Reason 2

Q3. A warm down should always be carried out at the end of an activity. Why?

Reason 1

Reason 2

Q4. Complete the following sentences using the words in bold below. Use each word only once.

Pulse Stretching Skills Jogging Preparation

A warm up is an important part of your _____ for activity. It should begin with some gentle _____ to raise your _____. After this, you should do some _____ exercises that will help your flexibility. You may then want to practise some of the _____ involved in the activity.