

## Warm up

A period or act of preparation for a match. Performance or exercise session.

1. Pulse Raiser
2. Preparation Stretches
3. Mobilisation

**Warming up** is important to mentally and physically prepare the participant for the sport or physical activity.

## Pulse Raiser

This is light exercise that slowly increases the heart rate and gradually increases body temperature. Examples of exercises are

- Jogging
- Skipping
- Jumping

## Preparation Stretches

Activities to stretch the main muscles that will be used in the physical activity to prevent injury. Stretches should be held between 8-10seconds.

## Mobilisation

Activities that take the joints through their range of movement starting with small movements and making these bigger as the warm-up progresses.

Muscles must be warm when starting exercise or stretching. Cold muscles Increase likelihood of injuries occurring.

## Musculoskeletal System

The musculoskeletal system is made up of bones, muscles and joints.

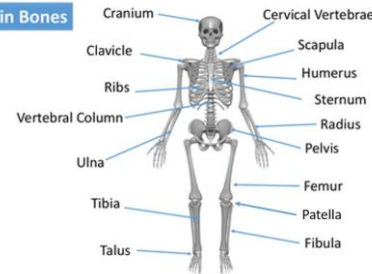
### The main functions are:

- Body Support
- Facilitation of movement
- Protection of internal organs

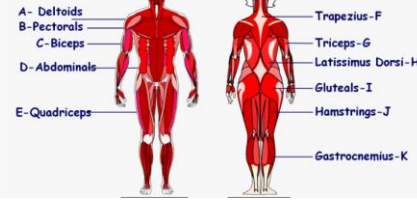
The main aim of the musculoskeletal system is to support the body's weight and help you move.

There are 5 main joints in the body.

### Main Bones



### The Muscular System



## PE Assessment Strands

**Performance-** Has a clear understanding of advanced skills and can perform them effectively

**Knowledge-** Can confidently recall all the key skills and advanced rules of activities

**Health & Fitness-** Uses their knowledge of benefits of physical activity to keep fit in their own time

**Evaluate-** Can set specific targets and make clear improvements.

**SMSC-** Is prepared to take risks and overcome difficult situations

## Keywords

Warm up	Cardiorespiratory
Pulse Raiser	Musculoskeletal
Preparation Stretches	Dynamic
Mobilisation	Cold Muscles

## Cardiorespiratory System

The cardiorespiratory system consists of:

- The heart
- blood
- blood vessels,

The cardiovascular system which work with the respiratory system (lungs and airways)

The main purpose of the cardiorespiratory system is to get oxygen to the working muscles and remove carbon dioxide from the body

