



PE/Health Virtual Learning

6th Grade/ Warm-up & Cool Down Activities

May 7th, 2020



6th Grade/Physical Education
Lesson: [May 7th, 2020]

Objective/Learning Target:

Essential Question/ Objective: How can I improve my warm-up & cool down techniques?

Learning Target: LT4- I can actively, consistently participate in warm-up activities.

*Describes the role of warm-ups and cool-downs before and after physical activity.
(S3.M12.6)



Practice:

Below, please watch the video and read the article to understand the importance of warm-ups & cool downs:

- [Warm-Up & Cool Down Activities Video](#)
- [Warm-Up & Cool Down Article](#)



Practice:

On the link below, activities to do at home to improve warm-up & cool down:

- [Warm-Up & Cool Down Examples](#)



Additional Practice:

Below are additional resources to help you understand the cardiorespiratory endurance in greater detail.

- [Warm up & Cool Down Article](#)
- [Do's & Don'ts of Warm-Ups & Cool Downs](#)



Self Assessment:

Answer the questions to the best of your ability:

- 1. Why do athletes or athletic individuals need to warm-up and cool down?**
- 2. Can others, besides athletes, benefit from warm-ups and cool downs? Why?**
- 3. What warm-ups and cool downs do you perform before you compete in competition? Explain.**