



Personal Fitness Virtual Learning

7/8 warm up/cool down

April 24, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [April 24th 2020]

Learning Target:

Describes the role of warm ups and cool downs before and after physical activity(S3.M13.6)



Daily Essential Question/Objective: I can describe the why it is important for a warm up and a cool down.

3:00

Warm up:

Quick write: Why do you think it is important to participate in a warm up before starting the activity of the day? How does a cool down help you at the end of the lesson?





Practice

What is the purpose of a warm up?

- **Warming up** is a way of preparing your body for exercise. As your body temperature increases you'll loosen your joints and increase blood flow to your muscles. That means less stress on joints and tendons. Warm, well-lubricated joints prepare the body to execute sudden and/or explosive movements with ease.
- Warming up the body will help prevent injuries.
- Sweating and your heart beating quickly means that you are ready for the activity for the day. Both of these things are good for your health.
- Warm ups should last at least 3-5 minutes, but can last up to 10 minutes. The point is to warm the body up.
- Warm up activities can range from stretching, jogging, sprinting, full body warm up, lower body warm up, arm warm up, ect.

Warm up video

Complete the warm up video and answer the following questions:

- Did this warm up raise your heart rate? Why?
- Did this video last between the time frame that was discussed on the previous slide?
- Was this a good warm up? Why or why not?



Take a break and continue.

Take a 2 minute break to catch your breath and drink some water.



Warm up #2

- Complete the next warm up.
 - a. 20 Jumping Jacks
 - b. 10 Side Lunge with Twist per side
 - c. 10 Squat to Reach
 - d. 10 Lunge to Flye without equipment ([video](#))
 - e. 10 Alternating Split Deadlift 20 total ([video](#))
 - f. 10 Crossover Touch and Reach

If you want to use some weights, you can use cans of food, books, binders, Backpacks, ect. ,

QUICK WARM-UP CARDIO EXERCISES

PicsDownloadz.com



Jumping Jacks

20 reps



Lunge to flye

10 reps/each



Side Lunge with Twist

10 reps/each



Alternating Split Deadlift

10 reps/each



Squat to Reach

10 reps



Crossover Touch and Reach

10 reps/each



Compare the two warm ups

- Which warm up raised your heart rate and why?
- Which warm up did you like better and why? If you did not like the warm ups, why didn't you?
- If you were assign the teacher a warm up to complete, what would the warm up be? You can add a picture, video, or write out the warm up.



What is a cool down

- A Cool down should be some type of stretching to help prevent soreness and injuries.
- It should be performed at the end of a workout to allow your body to gradually transition to a resting or near resting state. For example, this should help lower ones heart rate.
- Cooling down can include a walk, stretching, or even a slow jog.
- A cool down can be done at the end of your PE class or workout. Most of the time, PE does not include a cool down because the teachers want you all to be as active as possible.
- You can stretch muscles that are sore while in class, in the locker room, or even at home before going to bed.
- Your body will get sore because it is not use to workout that you did. Your muscles will stiffen up from the lactic acid build up from the activity. By cooling down and stretching, this will help with being sore the days following an activity or workout.

Cool down # 1

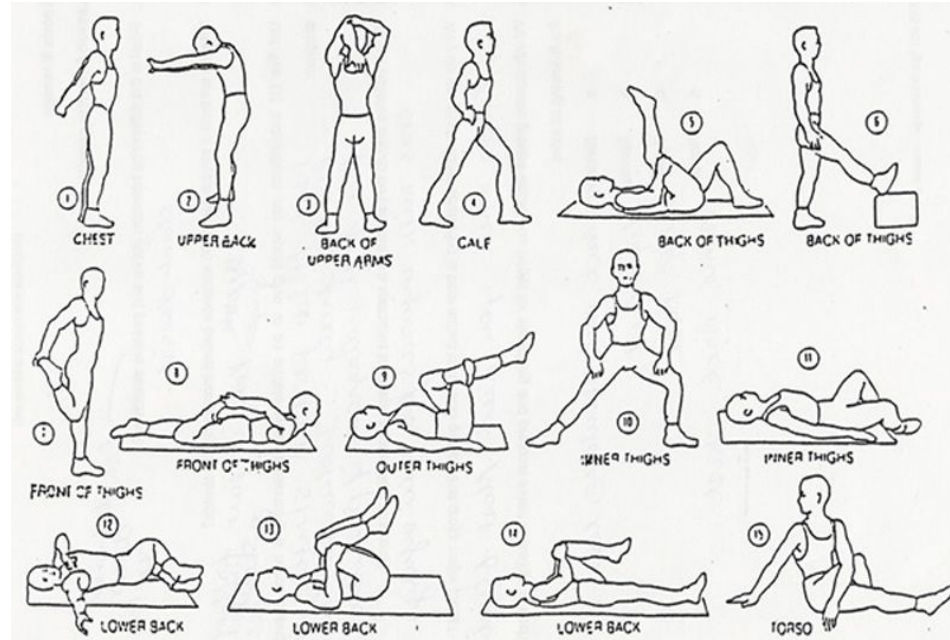
Complete the video and answer the following questions:

- The your heart rate lower while performing this video? Why or why not?
- What did you like about this cool down or what did you not like about this cool down?
- What is another activity that you can use to cool down?



Cool down #2

- Hold each stretch for 15-30 seconds. If you are sore, I would recommend holding the stretching for 30 seconds each.
- There are 15 different stretches.
- This should take you about 5-8 minutes depending on how long you hold the stretch.
- I put a timer on here to help you hold the stretch and keep track of time.





All Done!!!!

Nice job with completing the workout. Answer the following questions:

- What is the difference between a warm up and a cool down?
- During a warm up or cool down, should your heart rate rise?
- What is one benefit of a warm up?
- What is one benefit of a cool down?