

COOL-DOWN

What is a cool-down?

- A cool-down is a movement done at a slower pace than the workout, allowing the body to recover from vigorous activity.

What to include in a cool-down:

- 5 minutes of activity to lower the heart rate and to allow for the body to recover from the activity.
 - Large muscle, heart cool down-brisk walk to prevent dizziness
 - Muscular cool-down-helps return blood to your heart to prevent it from pooling
 - Flexibility-stretching muscles that were used during the activity to prevent muscle soreness the following day.

Procedures for the student leader:

1. Inform the students they will be doing their large muscle activity by having them do a 1 minute brisk walk.
2. Bring students to the middle and lead them in flexibility exercises
 - Explain what muscle you are stretching
 - Demonstrate
 - Count out loud, holding the stretch for 15 seconds
 - Repeat each stretch

Grading:

Point value for leading the cool-down = 10pts

- Leadership
- Loud
- Counting
- Correct form
- Correct stretches that relate to the activity done that day

Point value for typed material = 10 pts

- Typed (2)
- Large muscle **detailed** explanation (4)
- Flexibility **detailed** explanation (4)