

WARM-UP

What is a warm-up?

- A series of exercises that prepares your body for the activity, enhances performance, and helps prevent injury.

What to include in a warm-up:

- 5 minutes of activity, increasing your heart rate and warming your body's large muscles
 - Cardiovascular, large muscle activity- easy jog
 - Muscle endurance activity- sit-ups
 - Muscle strength activity- how many push-ups in 1 minute
 - Flexibility-stretchingStretch muscles for the day's activity

Procedures for the student leader:

1. Inform the students they will be doing their large muscle jogging activity for 3 minutes
2. Bring students to the middle and lead them in sit-ups for muscular endurance
 - Explain how many and the type of sit-up
 - Demonstrate
 - Count out **loud**
3. Lead the students in push-ups for muscular strength
 - Explain how many and the type of push-up
 - Demonstrate
 - Time the students for 1 minute
4. Lead the students 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 = 10pts

- Leadership
- Loud
- Counting
- Correct form
- Correct stretches for the activity of the day

Typed material = 10pts

- Typed
- Large muscle **detailed** explanation
- Muscle endurance **detailed** explanation
- Muscle strength **detailed** explanation
- Flexibility **detailed** explanation