



**Subject: PE Autumn Term Knowledge Organiser**  
**Topic: Warm up, cool down**



Phases of a Warm Up (1)			
	Term	Phase	Description
1	Pulse Raiser	First	<b>Light continuous</b> activity such as slow jogging, is used to <b>increase heart rate</b> and <b>blood flow</b> . Muscles, ligaments and synovial fluid in the joints are warmed, increasing flexibility
2	Stretching	Second	<b>Stretching the main muscle groups</b> and <b>joints</b> increases their elasticity and <b>mobility</b> so that they are <b>less likely</b> to be strained.
3	Skills Specific	Third	<b>Sport specific</b> drill performed to focus on muscle groups that come under particular stress in the planned activity.

Principles of a Warm Up (2)		
	Principle	Description
1	Prepare the Body	To <b>gradually prepare</b> the <b>body</b> and <b>mind</b> for physical activity.
2	Increases Body Temperature	<b>Makes muscles, tendons and ligaments more elastic</b> increasing range of movement and <b>reducing the risk of injury at a joint or in a muscle</b> .
3	Increase Blood Flow	By increasing the heart rate, blood flow increases resulting in an <b>increase in the oxygen being supplied to muscles</b> .
4	Injury Prevention	To ensure that muscles are <b>stretched and prepared for physical activity</b> to avoid injuries such as strains.

Principles of a Cool Down (3)		
	Principle	Description
1	Prevent Muscle Soreness	To <b>gradually</b> allow the body and mind for <b>recover</b> from <b>physical activity</b> .
2	Reduce Body Temperature	Allows <b>muscles</b> to <b>cool down slowly</b> reducing the chance of tightness and muscle ache to set in after activity.
3	Reduce Heart Rate	Allows the body to slowly return to its <b>resting state</b> .

Pulse raiser 3-5 minutes of gentle activity to gradually increase internal body temperature.

Example- Slow walking in different directions and to varying tempos, slow jogging on the spot, changing direction, dodging imaginary obstacles  
Short, simple combinations of the above.

### ASSESSMENT

For your end of unit (half term) assessment, you will be required to complete the following task:  
Multiply choice test on the phases and principles of a warm up and cool down.

Stretching examples. Hold for 8-10 seconds (max)

## Warm up ideas

### 1. Jogging



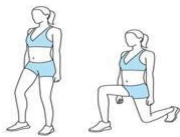
### 2. Ankle Twirls



### 3. High Knee Skipping



### 4. Lunges on the spot



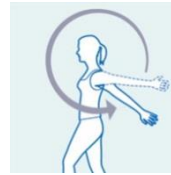
### 5. Star jumps



### 6. High Kicks



### 7. Arm Circles



### 8. Heel Flicks on the spot



### 9. Hopping



### 10. Hip Circles

