

PHYSICAL EDUCATION DEPARTMENT

Year Group	7	Term	Autumn
GCSE Topic	Warm-ups and Cool downs		

Key words	Warm-up, Cool down, Heart rate, Flexibility, Pulse raiser, Dynamic stretches, Mental preparation, Static stretches, Developmental stretches
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Topic	Key definitions and knowledge;	Examples of the knowledge that pupils need to be able to recall
Warm-up	A warm-up prepares the mind and body for work ahead, improving performance and prevents injury.	<p>A warm-up will allow a performer to gain a better state of focus for the task ahead.</p> <p>A performer could pick up an injury such as a pulled muscle (strain) if they have not warmed up enough.</p>
	Stages of a warm-up: <ol style="list-style-type: none"> 1. Pulse raising 2. Stretching and joint mobilisation 3. Sport specific drills 4. Psychological 	<ol style="list-style-type: none"> 1. To gradually raise heart rate to increase blood flow around the body. 2. Stretches improve the flexibility and range of motion available at a joint. 3. Focus on specific skill required during the performance. E.g. practising dribbling through cones in hockey/football. 4. Mental preparation for the task ahead. Positive thinking, tactical awareness, even calming down.
Cool-down	Cool down reduces your heart rate and rate of breathing back to their resting level. Helps remove waste products, limits muscle soreness and improves flexibility.	<p>Resting heart rate is the amount of times your heart beat during a period of time when your body is not working.</p> <p>Rate of breathing is the number of breathes you take during a period of time.</p> <p>Lactic acid and carbon dioxide are waste products.</p> <p>Flexibility is the range of motion of a joint.</p>
	Stages of a cool down: <ol style="list-style-type: none"> 1. Pulse lowering 2. Active static stretching 3. Developmental stretches. 	<ol style="list-style-type: none"> 1. Completing light exercise for a minimum of 5 minutes to reduce heart and breathing rate. 2. Static stretches lengthen and relaxes the muscle. Each stretch should be stationary and be help for 10-30s each. 3. Improve flexibility and joint mobility, held for 30-60s. Can be passive which means the stretch is assisted by a band or peer.