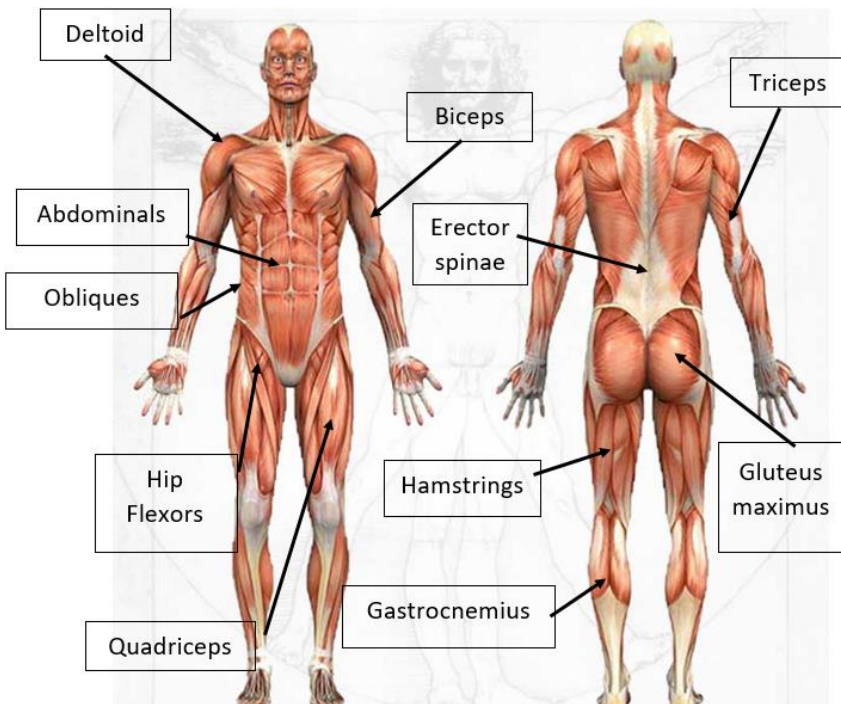


Component 1: LOC Knowledge organiser: Warm up

Phase of warm up	Description and examples	Reasons: Response to body
Pulse Raiser	Gradually increases in intensity: 30-60% Whole body exercises to increase HR e.g... jogging, skipping, side steps – use of cones, ladders etc – movements that are similar to the chosen activity	Increase HR, Breathing rate, depth, gets more O2 to working muscles, removing CO2 from body Increase in muscle temperature and pliability Reduce risk of muscle strain.
Mobiliser	Joints through range of movement. Small > larger movement. E.g. arm circles, neck rolls, lunges, torso twists	Slight drop in HR and breathing rate. Increase in synovial fluid and range of movement. Prepares joints for exercise – activity specific
Stretches	Stretch muscles involved in the activity/ sport. Simple static stretches for old and low ability Dynamic compound stretches for younger and more able (see muscles located below)	Static stretches - drop in HR and BR – no moving, safe Dynamic stretches - HR stays elevated and breathing rate, movement – swinging actions to stretch muscle – can result in injury if not done correctly Simple stretches – stretching one muscle group at a time (1 action) Compound stretches - more than one muscle group

Adapt a Warm Up for different people	
Intensity	Younger Participants > Control own intensity Older Participants > low intensity Elite Athletes > High intensity.
Impact	Low Impact > Older/ disabled participants High > Adult/ no joint injuries, and elite athletes
Timings	Shortened for beginners, low fitness levels and 50+ participants. Extended for elite athletes
Stretches	<i>Simple stretches</i> (1 muscle) > beginners <i>Compound stretches</i> (multiple muscle groups) > advanced



Adapting a Warm Up to make it specific to a physical activity/ sport:

Intro of equipment – basketball, football, netball – equipment for that activity

Movements that are specific the physical activity/ sport. (Zig zag, sprints, jumping)

Stretching muscles relevant to the sport. (Leg's for a footballer, full body for netball/ basketball)

Delivering the warm up: What to think about for Organisation and demonstration

Space used – not too big or too small (is it safe)

Equipment needed: have it ready to use

Organisation of Participants: Can you see them all, is it safe? Timing: be clear and use watch

What are you going to demonstrate – use verbal communication

Positioning.

Delivering the warm up: How will I support the Participants

Observing the Participants:

Providing Instructions:

Providing teaching points:

Providing feedback to participants.

Be positive and encourage them