


## Physical & Health Education – Warming Up

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments -Apply methods of monitoring exertion levels in physical activity
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<b>Materials</b>
-Safe space for movement (indoors or outdoors)

<b>Activities</b>

<b>Focus: Warm Ups</b> -Ask: Why is it important to warm up your body? *Give time for answer* Say: It is important to warm up our bodies to slowly increase your heart rate, blood flow to your muscles, and body temperature. A warm up will also help to ensure that we limit potential for injury during exercising. -Ask: What is exertion? *Give time for answer* Say: Exertion is the physical or perceived used of energy. We use differing amounts of exertion depending on what physical activities we are doing. Using this 5-point scale, rate your exertion level during the warm up exercise video. 1 = body is cold 2 = body is getting warmer 3 = body is warm 4 = body is hot 5 = body is very hot  -Do 5-minute warm up exercises <a href="https://www.youtube.com/watch?v=H1zuAsoGpl4">https://www.youtube.com/watch?v=H1zuAsoGpl4</a> -Ask: How did this warm up make you feel? Using the above 5-point scale, what level of exertion do you think you are at?
<b>Extension:</b> -Say: At the end of the warm up the video says, "take this time to drink water." Why is this important? *Give time for answer* Say: Typical effects of physically activity on your body are: increased thirst, increased breathing, sweating, use of muscles, and positive feelings. Because we have increased thirst and typically sweat during exercise it is important to drink water to remain hydrated.