

Physical & Health Education – Warm Up and Exertion

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity designed to enhance and maintain health components of fitness -Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments -Apply methods of monitoring and adjusting exertion levels in physical activity
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Materials

-Safe space for movement (indoors or outdoors)

Activities



Focus: Warm Ups

-Why is it important to warm up your body? 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.

-What is exertion? Exertion is the physical or perceived use of energy. We use differing amounts of exertion depending on what physical activities we are doing. The greater the level of exertion the faster your heart will beat, your breathing rate may increase, and you may begin to perspire. Watch this YouTube video: How to Feel Your Heart Beat <https://www.youtube.com/watch?v=tF9-jLZNM10>

Using a 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 <https://www.youtube.com/watch?v=H1zuAsoGpl4>

-How did this warm up make you feel? Using the above 5-point scale, what level of exertion do you think you are at?

-At the end of the warm up the video says: "take this time to drink water." Why is this important?

-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.