

GENERAL WARM UP 1º ESO

Like a machine, our body cannot start working immediately after being inactive for a period of time. We have to prepare ourselves little by little and warm up slowly to avoid hurting ourselves and causing serious lesions.



Warming up is just as important as the games and sports we play, it helps to protect our body from serious injuries and lesions.

We always have to warm before we start any kind of physical activity that needs more effort than any other normal activity.

What is the warming up?

It is a combination of sequential and progressive exercises prior to any physical activity (a work out, a match, a competition...) that prepares the body for the effort the person is going to do.

Warm up has to be a routine **without improvisation**; the athlete has to be concentrated on the activity he is going to do.

Benefits of a proper warming up:

1. **Increases heart rate** and the blood flow to the working muscle, which results in decreased muscle stiffness, less risk of injury and improved performance.
2. **Increases muscle temperature.** The temperature increases within muscles that are used during a warm up routine. A warmed muscle both contracts more forcefully and relaxes more quickly.
3. **Increases respiratory rate** so that more oxygen gets into your lungs, passes to your blood and reaches the muscles. Muscles need oxygen to work.

Summing up, we can say that the two main objectives of a warm up are:

1. To avoid the risk of injuries during the effort.
2. To prepare the person for the following effort, physically, physiologically and psychologically.

HOW TO DO **WARM UP** BEFORE **EXERCISE**



PARTS OF YOUR WARM UP

Warming-up consists of three steps.

- **1st: Increase the heart rate and temperature:** Always start with a continuous slow race or game, to prepare the body and increase temperature.
- **2nd: Joint movements** from head-to-toe or vice-versa
- **3rd: Stretching exercises:** from head-to-toe or vice-versa

Warm-up elements to consider:

- a) Length of time. (10-12 minutes) Not too short; not too long
- b) Intensity and progression. (60% to 80% MHR) Increase the intensity slowly. You should never feel tired during warm-up.
- c) Movement. Keep moving. Do not interrupt your warm-up.

VOCABULARY FOR THE PRESENTATION

1- Displacements for your game:

1. **Walking on heels:** caminar sobre los talones
2. **Walking on tip toes:** caminar de puntillas
3. **Running forwards:** Correr hacia delante
4. **Running backwards:** correr hacia detras
5. **Side skipping:** saltos laterales
6. **Crossing side skipping:** saltando cruzando hacia un lateral
7. **Heels to buttocks:** talones a las nalgas
8. **Knees up:** rodillas arriba
9. **Hopping on right leg:** saltar a la pata coja con pierna derecha
10. **Hopping on left leg:** saltar a la pata coja pierna izquierda
11. **Hopping on both legs:** saltar con piernas juntas.
12. **Jogging around:** trotar alrededor.

2- Joint movements 3min: get in circle , say and perform one joint movement at a time, starting from your head and ending with your toes .10 repetitions each one of them.

1. Neck: cuello
2. Shoulder: hombros
3. Elbow: codo
4. Wrist: muñeca
5. Fingers: dedos
6. Hip: cadera
7. Knee: rodilla
8. Ankle: tobillos
9. Toes: dedos de los pies

3- Stretching 5 min: You have to follow the order and hold each position 10”.

