

UNIT 2 : THE WARM-UP

IS IT NECESSARY TO WARM UP before exercising, playing sports, or participating in PE class?

Yes, it is essential. It leads to great benefits, as we will soon see.

Definition of warm-up:

Exercises performed before any physical activity to prepare the athlete physically and mentally to engage in more intense exercise.

Objectives of the warm-up:

- Raise body temperature.
- Avoid injury (especially in explosive exercise, like jumping).
- Activate the respiratory and cardiovascular system.
- Improve concentration and motivation.
- Improve performance.

Types of warm-ups:

- General: exercises involving major body parts (legs, arms, torso, etc) and that serve as a warm-up for all types of activity.
- Specific: exercises used for a specific physical activity or sport. First you do the general warm-up and then the specific warm-up depending on the sport you are playing.

Factors of the warm-up:

- Climate: the colder it is, the more you must warm up to increase body temperature.
- Injury: you must focus on injuries, past or present: for example, an injured ankle requires a more extensive warm-up.
- Type of activity: for soccer, warm up your legs; for volleyball, warm up your arms, ...etc.

Characteristics of the warm-up and how to do it properly:

- You should go in an order: go from bottom to top or vice versa to make sure you don't leave anything out.

- The exercises should become progressively more intense, starting slow and working up the intensity.
- Individuality: injuries should be addressed on a unique basis, depending on the person.
- Duration: no more than 10 minutes.
- Variety: the warm-up shouldn't always be exactly the same. You can change stretches, games, etc.

Segments of the warm-up:

1. Light jog: general exercises.
2. Joint movement: mo
3. Stretching, going in order.

There shouldn't be more than 5 minutes between the end of a warm-up and the activities that follow.

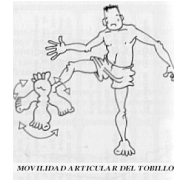
WARM-UP EXERCISES**Running joint movement (displacements)**

- Walk at different speeds.
- Light jog.
- Walk on your tippy-toes.
- Walk on your heels.
- High-knees (skipping)
- Kickbacks.
- Sideways jog in both directions.
- Criss-cross.
- Sideways jog, 180° every 3 steps.
- Jog backwards.
- Jog while jumping every four steps.
- Walk while lunging every three steps.
- Open and close the gate.
- Jog while twisting the torso.
- Light jog with arm movement. Move one or both arms forward and backward, making circles and upward and downward.
- Light jog with elbow rotations.

- Light jog with fingers flexion and extension.
- Light jog while clapping.
- Jump in place on your toes.

Standing joint movement

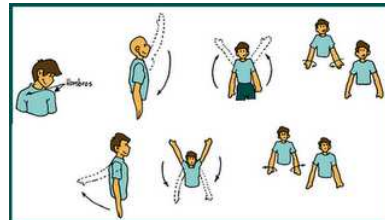
- Roll ankle in both directions with your toe pointed.



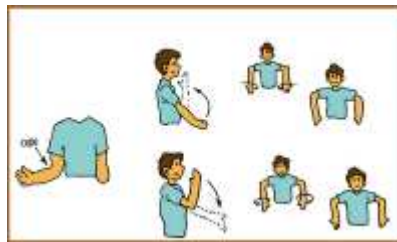
- Bend knees and rotate in circles.
- Rotate hips with legs separated (open and close the gate).

- Twist the torso.

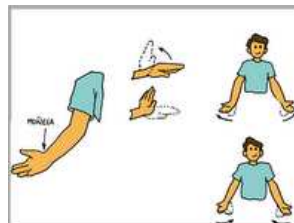
- Rotate shoulders forward and backward.



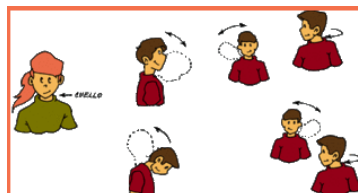
- Rotate elbows in circles.



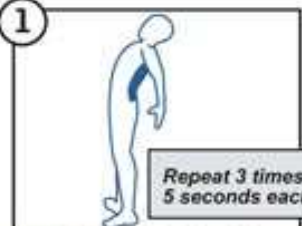
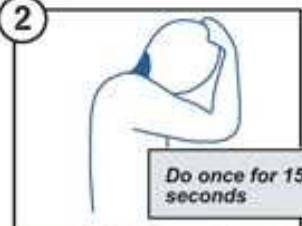
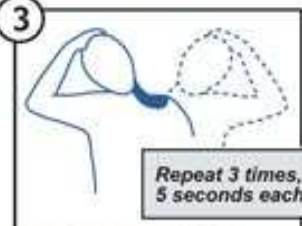
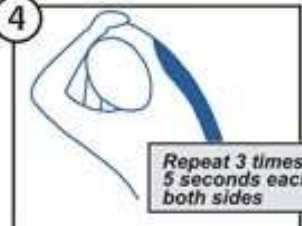
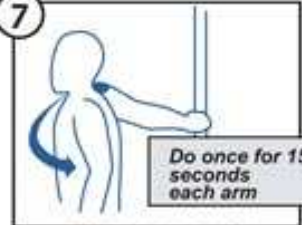
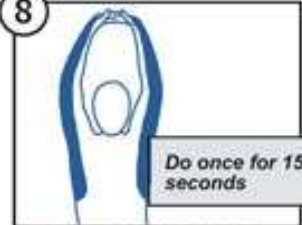
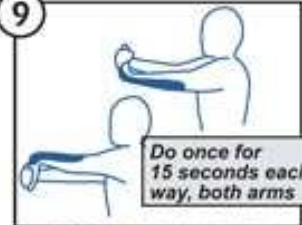



- Rotate wrists in circles.



- Roll neck (only forward).



Stretching:

 <p>1</p> <p>Repeat 3 times, 5 seconds each</p> <p>BACK EXTENSION</p>	 <p>2</p> <p>Do once for 15 seconds</p> <p>NECK FORWARD</p>	 <p>3</p> <p>Repeat 3 times, 5 seconds each</p> <p>NECK LEFT & RIGHT</p>
 <p>4</p> <p>Repeat 3 times, 5 seconds each, both sides</p> <p>ELBOW PULLOVER</p>	 <p>5</p> <p>Do once for 15 seconds on each side</p> <p>SHOULDER OVER</p>	 <p>6</p> <p>Do once for 15 seconds with each arm</p> <p>SHOULDER ACROSS</p>
 <p>7</p> <p>Do once for 15 seconds each arm</p> <p>SHOULDER BACK</p>	 <p>8</p> <p>Do once for 15 seconds</p> <p>BRIDGE STRETCH</p>	 <p>9</p> <p>Do once for 15 seconds each way, both arms</p> <p>FOREARM & WRIST</p>
 <p>10</p> <p>Do once for 15 seconds each leg</p> <p>HAMSTRING STRETCH</p>	 <p>11</p> <p>Do once for 15 seconds each leg</p> <p>CALF STRETCH</p>	 <p>12</p> <p>Do once for 15 seconds each leg</p> <p>QUAD & FLEXOR STRETCH</p>