**Year 11 – GCSE PE Homework- Warm up and Cool Down**

**Deadline – 29/9/17** Name:…………….............................

1. What are the five main components of a warm up? **(5 marks)**

a)………………………………………………………………………………………………b)………………………………………………………………………………………………c)………………………………………………………………………………………………d)………………………………………………………………………………………………e)………………………………………………………………………………………………

1. What are the main aims of a warm up **(2 marks)**

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Explain how an effective cool down can influence a healthy, balanced lifestyle. **(3 marks)**

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

1. Using four different practical examples (in any sport), how a warm up can help in developing performance in physical activities. **(4 marks)**
2. ………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………
3. ……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….
4. …………………………………………………………………………………………………………………………………………………………………………………………………….………………………………………………………………………
5. …………………………………………………………………………………………………………………………………………………………………………………………………….………………………………………………………………………..
6. Footballers will often use jogging as a pulse raiser and stretch various muscles to increase flexibility. Other than pulse raising and stretching, identify two other key components of a warm up, giving a practical example for each component. **(2 marks).**

Warm up component Practical example

1.....................................................................................................................................

Practical example: ..............................................................................................................................................................................................................................................................................

2.....................................................................................................................................

Practical example: ..............................................................................................................................................................................................................................................................................

1. Using practical examples, describe two physical benefits of a cool down. **(2 marks)**
2. ..........................................................................................................................................................................................................................................................
3. ..........................................................................................................................................................................................................................................................
4. Describe an effective cool down and explain in detail how it can improve future performance. Use sporting examples to consolidate your answers **(6 marks)**

…………………………………………….……………………………………………………………………………………………………………………………………………………………….…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………… …………………………………………….………………………………………………...…………………………………………………………………………………………………….....................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................................

1. **(3 marks)**



How confident do you feel with answering questions about a warm up and a cool down? (Please Circle)

(Not very) 1 2 3 4 5 (very)

 /27