**Homework:**

**Design a warm-up and a cool down for your chosen sport**

**Warm up:** Create a warm-up that will include movements, actions and activities that meet the five components of an effective warm-up? (Some activities may meet the demands of the two options).

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**Cool-down:** Create a cool down that includes the components of a cool down (write the specific things you would do, don’t just put stretches).

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**Extension task:** On the back of this worksheet can you include the benefits of the warm up and the benefits of the cool down.

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| **Physical benefits of a warm up:** | **Physical benefits of a cool down:** |
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |