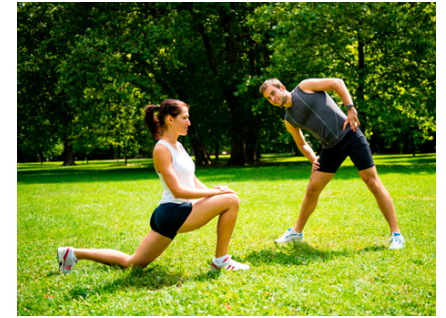




Homework:

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.

<u>Physical benefits of a warm up:</u>	<u>Physical benefits of a cool down:</u>
1.	1.
2.	2.
3.	3.
4.	4.