

## Key components of a warm up



Exercise that <b>gradually</b> increases heart rate and <b>gradually</b> increases the body temperature  (jogging, cycling, skipping)	Exercise that takes joints through their full range of movement  (arm swings, hip circles, high knee activities)	<b>DEVELOPMENTAL STRETCHES</b> that increase the difficulty of the stretch. Static or Dynamic stretches  (open/close the gate, Hamstring stretch)	Movements that show a change of speed and direction  (shuttle runs)	Practice or rehearse common movement patterns and skills in your sport.  (dribbling drills in football or passing drills in netball)
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### Physical Benefits of a Warm up

- **Increased** muscle temperature
- **Increased** muscle flexibility
- **Increased** pliability of tendons
- **Increased** blood flow to muscles
- **Increased** muscular contractions
- **Reduced** risk of injury
- **Delays** build up of Lactic Acid

Physical benefits of a warm up



## Key components of a cool down



Activity that <b>gradually</b> lowers the pulse rate and the heart rate and reduces the body temperature  (Light jogging / walking)	Stretches that are static and held for around 30 seconds.  (Hamstring / quadriceps stretch)
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### Physical Benefits of a Cool down

- Helps the bodies transition to a resting state
- **Gradually** lowers heart rate
- **Gradually** lowers body temperature
- Circulates blood and oxygen
- **Gradually** reduces breathing rate
- **Increases** removal of waste products (Lactic acid)
- **Reduces** risk of muscle stiffness and soreness
- Aids recovery by stretching muscles

Physical benefits of a Cool down

