



## Year 7 Fitness: Lesson 2 – Preparing for exercise

### Big Question

How can we best prepare the body for exercise? Why is this important?

### Warm Up

Here is a warmup from a conditioning coach for basketball. Have a look and see what exercises you can do

<https://www.youtube.com/watch?v=RJcshJC84k>



Warming up is really important in PE and sport as it prepares the body for the activity and allows the body systems to gear up for what is to come.

Key fundamentals in a warmup include:

- Raising heart rate
- Stretching and mobilisation
- Skill practices for the specific sport

### Activity 1 – Increasing our Heart Rate (Pulse Raising)

Watch the video of a Joe Wicks warmup and copy. What effects do you notice on the body...(From the previous lesson)

<https://www.youtube.com/watch?v=d3LPrhI0v-w>



### Activity 2 – Joint mobilisation/stretching

Try the following stretches that are included in the video below. You just need a space either indoors or outside. Some exercises might need a wall or another person if they are available. How do you think the different exercises might help you preparing for the activity you are going to do?

<https://www.youtube.com/watch?v=278T2zWdjL8>



### Activity 3 – Skill based activities for the sport you are preparing for.

Choose a sporting and work out a simple exercise that would help prepare for this. An example of some simple activities for football are given in the video. You have to design and perform your own.

<https://www.youtube.com/watch?v=nJV6lFOTjio>

*Up the challenge*

Set up a game in your sport to challenge your family and friends at.



### Get inspired

If you want to challenge yourself further or enjoyed this session and just want to do more, then take a look at these home based challenges.

Be careful not to damage anything though!

<https://www.youtube.com/watch?v=dRQf3yFXO1Y>

