

# Warm Up Activities



The warm up activities are a crucial part of any exercise regime or sports training.

Why Warm Up?

The main purpose is to prepare the body and mind for the activity.

- **Choose what activities you do when warming up. Draw some exercises.**

**Exercises:**

**Games :**



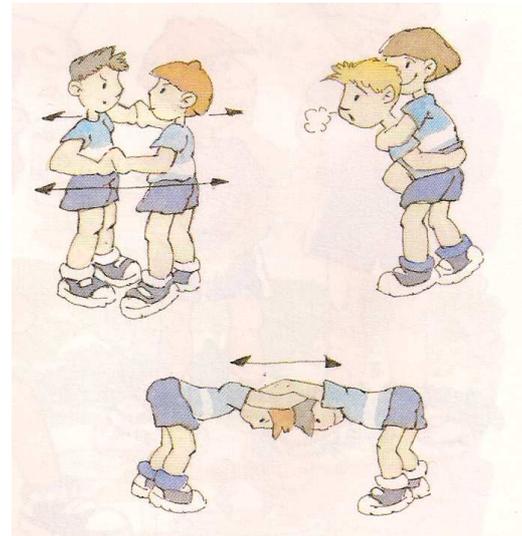
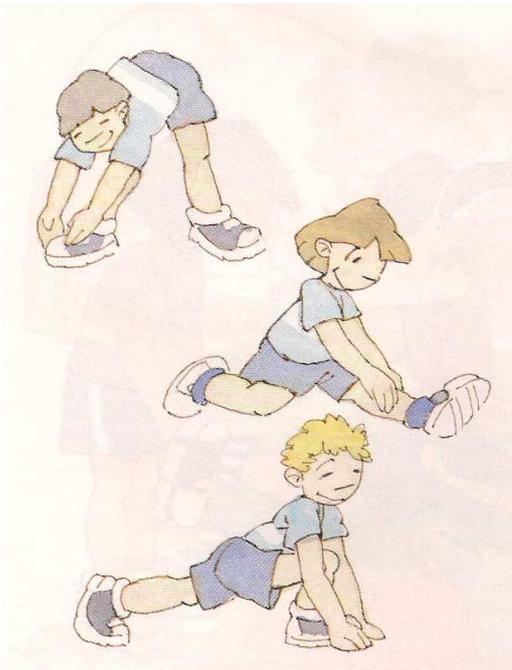
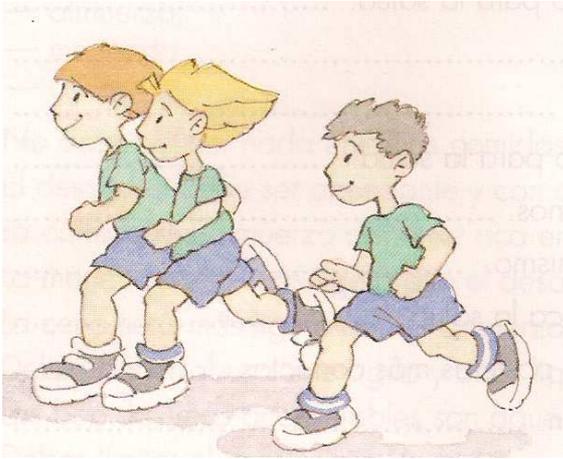
- Explain some games that you do when warming up



## Physical Basic Qualities

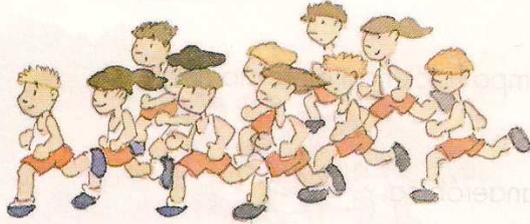
Resistance, Speed, Flexibility and Strength.

Choose from the words above ↑. What are they doing?



What are they doing?. Match the words to the pictures.

10.000 meters



RESISTANCE

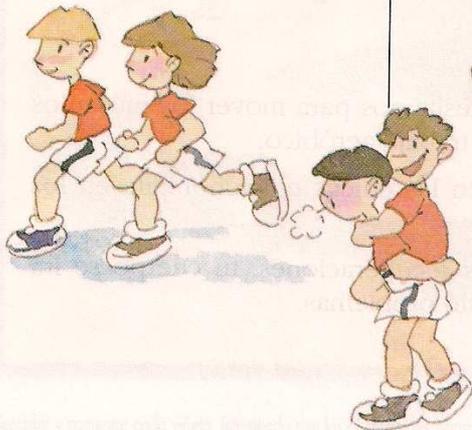
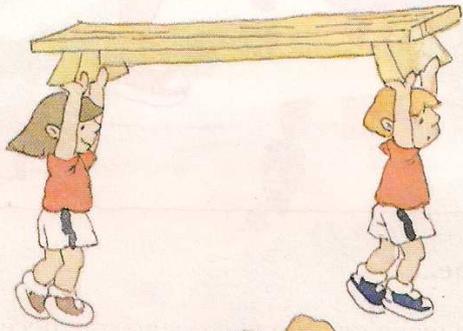
PHYSICAL  
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FLEXIBILITY



**Tell us about RESISTANCE.**

- **What is resistance?**
- **There are two types of resistance: anaerobic resistance and aerobic one.**
- **Do you know how we can work resistance?**

# RESISTANCE

Explain these pictures.

