

Mt. Eden High School



P.E Make-up #4

Name: _____

Period: _____

Roll# _____

PE Teacher: _____

IMPORTANCE of Warm-up and Stretching

THE IMPORATANCE OF WARM-UP ACTIVITES: One of the main causes of physical injuries to muscles is a failure to warm up properly before engaging in vigorous activity. Warming up helps prevent injuries, but it also serves the body by increasing respiration, circulation, and body temperature.

THE IMPORTANCE OF STRETCHING: It is important to stretch before and after vigorous activity. Stretching can loosen muscles and help prevent soreness and injury. Stretching can help relieve stiffness and tension.

1. Name a possible warm-up activity: _____

2. What is one of the main causes of injuries? _____

3. Describe how you would stretch the hamstring muscle: _____

4. How can stretching help before vigorous activity? _____

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

	<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Strength Activity: For strength development do **3 separate days** of the following...

10 push-ups & 20 sit-ups

Circle the days you complete the push-ups and the sit-up exercises.

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____ DATE: _____

(A parent's signature verifies that the above exercise was performed & is required in order to receive credit)