



Phases of a Warm Up (1)			
	Term	Phase	Description
1	Pulse Raiser	First	Light continuous activity such as slow jogging, is used to increase heart rate and blood flow . Muscles, ligaments and synovial fluid in the joints are warmed, increasing flexibility
2	Stretching	Second	Stretching the main muscle groups and joints increases their elasticity and mobility so that they are less likely to be strained.
3	Skills Specific	Third	Sport specific drill performed to focus on muscle groups that come under particular stress in the planned activity.

Principles of a Warm Up (2)		
	Principle	Description
1	Prepare the Body	To gradually prepare the body and mind for physical activity.
2	Increases Body Temperature	Makes muscles, tendons and ligaments more elastic increasing range of movement and reducing the risk of injury at a joint or in a muscle .
3	Increase Blood Flow	By increasing the heart rate, blood flow increases resulting in an increase in the oxygen being supplied to muscles .
4	Injury Prevention	To ensure that muscles are stretched and prepared for physical activity to avoid injuries such as strains.

Principles of a Cool Down (3)		
	Principle	Description
1	Prevent Muscle Soreness	To gradually allow the body and mind for recover from physical activity .
2	Reduce Body Temperature	Allows muscles to cool down slowly reducing the chance of tightness and muscle ache to set in after activity.
3	Reduce Heart Rate	Allows the body to slowly return to its resting state .

