

Taroona Daily Fitness

A daily fitness program for schools

WHY WARM-UP?

Warming-up before any physical activity is very important.

The main purpose of a warm-up is to:

- Helps prevent injury by raising the temperature in the muscles and increases circulation around the joints.
- Increases the amount of oxygen that gets to the muscles which means that more vigorous activity is possible.
- Gently raise the pulse rate and body temperature.
- Improves co ordination

A warm-up

- Should be fun – this sets the tone for the daily fitness session
- Typically consists of 'jogging' and stretching activities (see daily 'Warm-Up plan')

When stretching

- Stretching should only be done after a slow jog (jogging / marching on spot.) Muscles need to be warm before stretching.
- Be static - not moving
- Stretches should not hurt – stretch to the point of discomfort – not pain
- Avoid placing stress on the lower back – toe touches
- Stretches should be done to both sides of the body –sequencing of stretches – start with leg stretches then move up to arms / head

Sequence - calf stretch .. hamstring stretch... quadriceps stretch ... groin stretch ... side stretch ... shoulder stretch ... arm stretch (biceps and triceps)

- Hold each stretch for 5 seconds
- Talk to your group while taking stretching – name the muscles being stretched and encourage your group to do the stretches correctly.
- **Do not do ... neck rotations or backward head moves.**

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COOL DOWN

A Cool Down / Warm Down

- Allows the body temperature and heart rate to decrease slowly
- Helps clear the lactic acid that is built up in muscles during vigorous activity.
- Should be fun but not too active – you need to select activities which will relax the group, not get them excited.
- Stretches used for warm up can be used as well for the cool down
- Stretching, walking are suitable activities.

It is important that the warm up and cool down become a habit so that students will continue to them as a normal part of any activity/sport.