

Warming Up Cooling Down



As is good practice, warm ups and cool downs are integral components of effective physical activity programs and should take place as standard practice during each lesson.

WARMING UP

Quite simply, the aim of warming up is to prepare the body for the upcoming activity so as to maximise the quality of the physical activity and minimise the possibility of injury.

Specifically, the aim of a preparatory warm up is to:

- increase the muscle temperature
- increase the level of oxygen taken to the muscles
- "switch on" the nervous system
- prepare the heart and lungs for the activity

Warm Up Guidelines

The warm up process should begin with movements that use larger muscle groups. Almost any walking and jogging activity is suitable as this raises the body temperature, which aids in being able to perform a series of preparatory stretches and movements.

The variety of games and activities are designed to achieve this in a fun, safe and enjoyable manner. Teachers should endeavour to incorporate exercises and stretches at various points during the game or activity which help to increase the participants dynamic range of motion and which are specific to the activity or event that is to be practiced in that lesson.

Begin with movements through a small range of motion, increasing in range as the body adapts.

Preparatory Stretches

A range of stretches are outlined and teachers should select up to 5 different ones to be used in each warm up and should be specific to the athletic event that is to be practiced during the lesson. Avoid a situation where static stretches become the focus for the warm up or worse, for the lesson.

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CONTINUOUS WARM UP

The continuous warm up is useful for all events and takes approximately 20 minutes.

1. 4x50m Jog
2. 50m Jog turning backwards and forwards every 10m
3. Half squat with shins vertical (feet approx. 30cm apart) 20 seconds
4. 50m slow run with foot stepping over the knee
5. Supported on hands and toes, bring knee up under the chest quickly then return. Repeat 10 times with each leg
6. 50m slow run with foot stepping over the knee
7. Squat with legs as far apart as possible 20 seconds
8. 50m slow run with foot stepping over the knee
9. On hands and knees, bring knee to chest then move back and up so the heel is brought near the head. Repeat 10 times each leg
10. Laying on left side, raise right leg 10 times, change sides and repeat with other leg
11. Laying on right side, raise right leg 10 times, change sides and repeat with other leg
12. Laying face down, extend trail leg, rotate outwards and bring knee out and forward so the inside thigh is parallel to ground, 5 times each leg. (fire hydrant)
13. 50m slow run with foot stepping over the knee
14. Cross legs, bend and stretch hamstrings, quadracep stretch, calf stretch
15. 50m slow run with foot stepping over the knee (skipping and crouching down to brush the ground with fingertips every two skips alternating the lead foot forward. Keep the back straight and chest up)
16. Laying on stomach with arms under chest, swing leg out over top of other leg, and around to the side close to opposing ear, repeat with other leg (scorpion) 5 times each leg
17. Sitting straight legs, rapid arm movement running action 3x10 seconds
18. "Fast foot drill" rapid foot movement over 20-30m each stride no more than 30cm jog remaining 20m
19. High knee marching for 50m
20. 50m slow run with foot stepping over the knee
21. High knee skipping for 50m
22. 50m slow run with foot stepping over the knee
23. High knee running for 50m
24. Side skip for 25m with arms crossing, face other direction and repeat
25. Hold rail face on, swing leg across body 10 times then repeat with other leg
26. Standing hold rail side on, raise knee to horizontal and complete ten, clawing actions keeping the foot dorsi flexed. Scuffing the ground under the body and bringing back to original start position
27. Butt kicks 50m snapping heels into the bottom as quickly as possible
28. Backward run 50m
29. 50m slow run with foot stepping over the knee
30. 2x 60-100m Run throughs



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WARM UP

Equipment

Running track or Grass area

Aims

Learn basic methods of warming up to prepare for exercise.

Activity

Warm Up 1

Organisation

Basic Warm Up

Jog 1 lap of running track or approx 2 minutes

Stretch major muscle groups associated with running; Calf, Hamstring, quadriceps, groin, shoulders & back.

Run throughs 2 – 4 x 100m run throughs gradually increasing the speed each run.

Time

10 min

Warm Up 2 – Continuous Warm Up (*outlined above*)

Note: The continuous warm up can also be used as a conditioning exercise. The number of drills and repetitions can be altered to concentrate on the specific activity and training phase.

25 min



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COOLING DOWN

Cooling down is aimed at returning the body to its normal resting state. It involves:

- bringing the heart rate back down to normal resting levels
- assisting with removal of waste products from the muscles
- returning the muscles to their normal resting length

Cooling Down Guidelines

A cool down should generally involve a series of light active movements. While some of the games may be appropriate, as a general rule they are not cool down activities. In most cases a specific cool down should follow and will be dependent on the available time. The intensity of stretching during cooling down is low to allow the muscles to regenerate properly.

Stretching

Stretching is a component of both the warm up and cool down routines. Since athletics involves some very explosive movements it is important that muscles are prepared to move safely through the range of motion that the activity will demand.

It is important not to over-stretch at any stage as it is likely to increase the risk of injury as well as reduce the capacity of the muscles to work in a manner that the activity will require.

Safe Stretching Guidelines

- Begin with light mobility stretches followed by more specific stretches.
- Breathe normally and do not hold your breath
- Stretch warm muscles only
- Take stretches to the point where tension in the muscle is felt, not where the muscle is visibly trembling
- Hold stretches for a minimum of 10 seconds and do not bounce.
- Aim to relax other body parts while stretching.
- Stretch right and left body parts
- Do each stretch at least twice.