

Warm-up: Instructions for Use

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Students' age	14 years old
Students' language level (CEFR)	L1
Subject	Physical Education
Module topic	Physical Condition (10 sessions)
Unit title	Warm-up: Instructions for Use (2 sessions)
Comments	Students who have been selected play sports regularly in their free time. It is important for them to make a warm-up according to the next activity and their own physical characteristics. Students have a L1 of English, so they'll only carry out in English the following activities: a) Watch a video (8 ') about the contents. b) Develop a customized warm-up in English.
Unit description	This unit is for students to understand the importance of warm-up in the practice of physical activity. Just as the assessment of it as a healthy habit at the beginning of any physical activity.
Goals	a) Type of exercises involving warm-up. b) Distinguish the phases of warm-up and its structure. c) Recognize the major benefits obtained when performing warm-up.
Objectives	a) Understand the importance of conducting a warm-up to physical activity. b) Understand the science of global warm-up. c) Acquaint the systematic practice of warm-up to the main activity.
Contents	a) Warm-up exercises. b) Phases of warm-up. c) Main benefits.
Student workload	In the course of the unit, students: <ol style="list-style-type: none"> 1. Listen to the teacher's explanations 2. Watch and understand a video 3. Practice exercises of warm-up 4. Make personal warm-ups
Resources and materials	DVD, work-book, Internet
Teacher resources	Internet, handouts elaborated by PE teacher; a glossary of words students must know.
Teacher-produced or distributed materials	Photocopies
Students resources	Internet, monolingual and bilingual dictionaries
Learning environments	All activities can be done in the classroom and the gym.
Assessment	a) Participation in PE class b) Conducting a test about the contents given in this unit. c) Development of a personal warm-up according to the particular characteristics of each student and the next activity.
Lesson plan	<u>Session 1: Presentation of topic</u> a) Teacher introduces topic to the class with a explanation and a video (15'). b) Performance of a warm-up-type and focused on the phases of it (25'). c) Explanation of work to be done by students as an evaluation of the unit (10') <u>Session 2: Consolidation</u> a) Carrying out a specific warm-up for a class of jumping skipping ropes (15') b) Class jumps rope (30') c) Teacher repeats the basics to be included in the warm-up for students to prepare their evaluation (5').
Learning activities	<u>Session 1:</u> <ul style="list-style-type: none"> ▪ Students (large group) listen to the teacher's explanation, take notes, ask and answer questions (15') ▪ Students follow the teacher's instructions and do a warm-up phase (25') ▪ Students take note of the work to be carried out. <u>Session 2:</u> <ul style="list-style-type: none"> ▪ The students carry out the specific warm-up jump led by the teacher (10') ▪ Students follow the guidelines of the teacher in the class of jump rope (25'). ▪ Students reflect with the teacher about aspects to consider when making their custom warm-

	up.
Materials provided	
Assessment materials	a) Development of custom warm-up depending on the activity carried out in their free time b) Daily class notes in order to assess its involvement c) A test about theoretical contents.
Links	http://www.bbc.co.uk/schools/gcsebitesize/science
Bibliography	Alvarez del Villar, C.(1987).LA PREPARACIÓN FÍSICA DEL FÚTBOL BASADA EN EL ATLETISMO.Ed. Gymnos. Madrid