

## **TRABAJO TEÓRICO 1º ESO**

### **WARM UP**

#### **CONDICIONES DE ENTREGA DEL TRABAJO**

- El trabajo se deberá **enviar por correo electrónico a [efcampialta@gmail.com](mailto:efcampialta@gmail.com) ANTES del día del examen teórico**. La fecha de dicho examen se publicará próximamente. En caso de no entregarse ANTES de dicha fecha, no se tendrá en cuenta este trabajo para la nota final de la 1ª Evaluación.
- El trabajo debe tener una extensión **mínima de 10 folios** y será obligatorio realizarlo a ordenador en formato Word, power point, etc,...
- Es obligatorio reflejar las referencias bibliográficas que se hayan consultado.
- Se pueden incluir en el trabajo todo tipo de fotos, videos y cualquier recurso que consideres oportuno.

NAME AND LASTNAME: \_\_\_\_\_ GROUP: \_\_\_\_\_

1. What do we have to do **first** when we want to start a physical activity or sport?

2. What are the two **main objectives** of the warming up?

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3. Say if it is true or false (if it's false explain why)

- A warming up should begin with fast races \_\_\_\_\_
- It has to be from low intensity to high intensity exercises \_\_\_\_\_
- 5 minutes is enough to warm up \_\_\_\_\_
- Warming up help to avoid injuries \_\_\_\_\_

4. What are the **PARTS** of the warm up?

5. What are the main **joints** you should warm up?

6. Write each exercise in the correct stage of the warm up.

Playing dodge ball	Move your wrist doing circles	Bend your trunk forward
Run forward	Do circles with your hips	Walk on your tip toes
Tag games	Doing sprints	Do leaping strides
		Swing your arms forward

<b>General movements</b>	
<b>Moving joints</b>	
<b>Stretching muscles</b>	

## **PHYSICAL EDUCATION DEPARTMENT IES CAMPIÑA ALTA (EL CASAR)**

7. Read the theory and underline the specific vocabulary related to the warming up. Look for the translation of the following words or expressions and write it in the box below.

### **SPECIFIC VOCABULARY**

WARM UP	
EFFORT	
GENERAL MOVEMENT	
RISK OF INJURY	
JOINT MOBILITY	
STRETCHING	
MUSCLE TEMPERATURE	
TO BEND	
TO EXTEND	
LEAP	
STRIDE	
TIP TOES	
HEELS	
HOP	

<b>WARMING UP</b>	
<b>STAGE</b>	<b>EXERCISES</b>
General movements (Activation)	
Moving Joints	
Stretching muscles	