

Support Sheet

Research what makes a superb warm up and cool down. Questions to consider are:

What is a warm-up?

What impact does this have on the body?

How can it help prevent injuries?

Give an example of a warm-up.

What is a cool-down?

What impact does this have on the body?

How can it help prevent injuries?

Add information into here, organise your knowledge neatly with a mind map.

M2 task

With your knowledge acquired – look at the correct procedure that Manchester City complete when warming up prior to a game vs how a tennis player would approach it. Also compare the post-match effort, how do they differ?

Manchester City Warm Up	Tennis Player Warm Up
Manchester City Cool Down	Tennis Player Cool Down

Use this information to begin designing your M2 task of a poster. Make sure it is detailed and explains the appropriate use of warm ups and cool downs for reducing the risk of injury.