



Warm-Up Starter Resource

Warming-Up is seen as an integral part of sporting performance



Netball



400m Swim



Darts



100m Sprint

A warm-up tends to include the following:
Cardio Activity. Stretching. Skills.

Are all three parts of a warm-up always relevant?

Why is warming-up important for each activity pictured above?

Design a 20 minute warm-up that you can undertake before taking part in a sport of your choice.