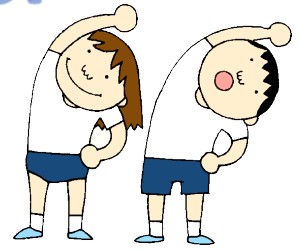




# Warm-up homework for Healthy Sports Week



This year for your Healthy Sports Week homework, we would like you to be thinking about the importance of warming up before taking part in physical exercise. Look for your year group below to find out your task...



**Reception and Year 1-** The children need to come up with an exercise/game they might do to help them warm up. They might draw their exercise/exercises in a poster format.

**Year 2-** The Children need to come up with a game they might play to help get their heart racing as a warm up. They might present this task as a set of instructions to help play their game.

**Year 3 and 4-** Children to come up with a cardio warm up/ game to help get their hearts pumping ready for exercise **and** they also need to include a stretch/es they might do to warm up the rest of their bodies to help prepare for exercise.

Please bring your homework in as soon as possible during Healthy Sports Week as your teacher will use some of your ideas in your PE lessons during this week.

We can't wait to see your great ideas!