PARTS OF A TRAINING, PHYSICAL ACTIVITY SESSION OR PHYSICAL EDUCATION LESSON

THE WARM UP

- WHAT IS IT?
  - It is a set of exercises to prepare the body for Physical Activity
- WHY WE DO IT?
  - To warm our muscles and increase the heart and respiratory rate.
  - Improve individual performance
  - Avoid the risk of injury
- HOW WE DO IT?
  - 2 parts
  - General
  - and
  - Specific

General

To activate large muscles groups (Walk, Run, Joint Mobility...)

Specific

To focus on the muscles groups involved in the activity you are going to do afterwards (Example: We pass the rugby ball to someone)

THE MAIN ACTIVITY

- WHAT IS IT?
  - The longest part with the most intense work.
- WHY WE DO IT?
  - To improve, develop, learn...specific physical capacities, techniques...
- HOW WE DO IT
  - Games, Sport matches, Dance...

THE COOL DOWN

- WHAT IS IT?
  - It is a phase to relax the body after Physical Activity
- WHY WE DO IT?
  - To let our body return to its initial pace and condition
- HOW WE DO IT?
  - Stretching / Breathing exercises

Stretching / Breathing exercises

Examples: Yoga, Mindfulness, PNF...