

WARM-UP (90 min.)

OBJECTIVES

- Pupils understand how good and thorough warm-up helps prevent sports injuries.

SKILLS

Everyday skills, taking care of oneself, learning to learn

IMPLEMENTATION

Physical education, health education

EQUIPMENT

- For successful lessons, the teacher needs space for moving about, e.g. a sports field or gym and sports equipment, such as cones, footballs and elastic bands.

TASK

The favourite sports and the related sports injury risks are discussed at the start of the lesson. The various sports and lesson contents for the semester can also be discussed. The pupils discuss what they themselves could do to prevent sports injuries. In addition, discuss what are the most common injuries and accidents that may occur during physical education classes. At the same time, make sure that all pupils know where they can find the first aid supplies, such as plasters and cold packs.

The teacher tells the pupils how important warm-up is in the prevention of sports injuries:

Proper warm-up prepares the body for the actual workout and sports activity. A good warm-up includes exercises that are specific to the sport. Warm-up prevents sports injuries and improves performance.

1. Perform functional warm-up exercises, during which the large and small muscles as well as joints are warmed up. During the exercises, the teacher states the purpose of each warm-up exercise.
2. Squats and lunges: to prepare the large lower-body muscles for exercise and to increase heartbeat
3. Warm-up exercises for the iliopsoas muscle and the groin area, leg lifts: warming the smaller leg muscles
4. Various types of arm rotations: concentrating especially on warming up the rotator cuff muscles and the muscles in the neck and shoulder area
5. The respiratory system must also be prepared for the upcoming exertion. You can do this by getting out of breath.
6. Sprints: take the first sprints a little carefully
7. Different types of jumps



FUNCTIONAL TEAMWORK (45MIN.)

After the warm-up round led by the teacher, the pupils form groups of 3–5 people. The pupils select a sport for their group and create a suitable warm-up lasting approximately 5 minutes for that sport: approximately 3–5 exercises with e.g. 10 repetitions in each set. When the groups are ready, each group shares with the others the sport for which they planned a warm-up and which things they considered when planning it. After this, the group leads the exercise with everyone participating.