

Student Name: _____, Group: _____

WARM UP WORKSHEET.

1.- WARM UP OBJECTIVES:

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2.- HOW SHOULD WE PERFORM ALL THE WARM UP ACTIVITIES?:

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3.- HOW DO YOU KNOW IF YOUR WARM UP WAS PROPERLY DONE?:

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4.- NAME AND DESCRIBE THE DIFFERENT PHASES OF THE WARM UP:

1	
2	
3	
4	

5.- EXPLAIN DE MAIN DIFFERENCES BETWEEN GENERAL AN SPECIFIC WARM UP:

GENERAL WARM UP	SPECIFIC WARM UP

WARM UP DESCRIPTION

JOINT MOBILITY

ACTIVATION/ BALANCE

STRETCHING (name the muscles and draw the exercises)

