

# My Session Plan – Warm-Up

<b>Leader name:</b>	<b>Date:</b>	<b>Time:</b>
Ioulia Anagnosti	Monday 24 <sup>th</sup> April 2023	
<b>Chosen Physical Activity:</b>	<b>Activity location:</b>	<b>Number of Participants:</b>
✓ Cycling	Sports hall	
<b>Time</b>	<b>Activity</b>	<b>Equipment required &amp; key points to remember</b>
	<p><b>Warm up-pulse raiser:</b></p> <ul style="list-style-type: none"> <li>-Jog on the white line, 3 times.</li> <li>-High knees, 3 times</li> <li>- Then, again on the white line, lunges 2 times- (ensuring your form creates a right angle when kneeling down; everyone follows each other.)</li> </ul> <p><b>Warm up mobilisation:</b></p> <ul style="list-style-type: none"> <li>-Quad/hamstring stretch mobiliser</li> <li>✓ - Leg extensions</li> </ul>	<ul style="list-style-type: none"> <li>-For jogging, ensure that your back is straight, chest high, and you gradually increase your pace. Make sure your arms and legs are in the same sequence so the momentum will gather whilst running.</li> <li>✓ -For the high knees exercise, ensure your arms are placed straight in front of you, on the same length as your shoulders, and try bringing your knee, each at a time, towards your palms.</li> <li>✓ -As for the lunges, ensure your back is straight and when kneeling down, you don't break your form; ensure hands are on hips, when kneeling down with either your right/left foot or switch legs when stood up again. Repeat.</li> <li>✓ -You stand on one leg, right or left, and with your spare leg, you bring it upwards so your foot is touching your glutes. Hold the right/left bended leg with the same arm.</li> <li>✓ -Extend either your left leg or right, with your toes</li> </ul>



	<p><b>Warm up Preparation Stretches:</b></p> <ul style="list-style-type: none"> <li>-Dynamic lunges</li> <li>-Static quad/hamstring stretch</li> <li>- Hip rotations</li> </ul>	<p>reaching for the sky, ensure hands are on hips and when lowering chest- down towards your hips, ensure your back is straight.</p> <ul style="list-style-type: none"> <li>- Kicking motion- lift your knee up, extend your calf so the knee joint stretches and bring back. Repeat for your other leg.</li> <li>-Motion for lunges- just move down the white line, switching legs.</li> <li>-Stand on one leg, pull your other leg back towards your glutes, and pull it back (with the help of your hand).</li> <li>- Extend either your left leg or right, with your toes reaching for the sky, ensure hands are on hips and when lowering chest- down towards your hips, ensure your back is straight.</li> <li>-Place your legs on the same length of your hips, place hands on hips, and rotate your hips in a circular motion.</li> </ul>
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Evidence towards B4

Justification of my Warm-up plan:

Section of the warm-up	Justification in relation to the participant:	Responses of the Cardiorespiratory and Musculoskeletal systems:	Justification in relation to your chosen activity:
Pulse raiser	The reason the pulse raisers I have set for Priya are jogging and lunges is because she's a beginner since she hasn't taken part in sport in a long	These pulse raisers will gradually increase Priya's heart rate, her breathing rate and the supply of oxygen to the working muscles. As for the musculoskeletal system,	I have chosen jogging, high knees and lunges as part of her pulse raiser, because they will get her heart rate up and will also help the blood flow and oxygen to get around her legs, which



	<p>period of time. Therefore, it isn't something really difficult for her to do and she can choose the pace in which she does it. It will raise her pulse in the beginner level she is and will allow her body to be ready for her cycling session.</p>	<p>these types of pulse raisers will increase the pliability of the working muscles and will reduce the risk of any type of muscle strain.</p>	<p>will prepare Priya for her cycling session- which uses mainly her legs.</p>
<p>Mobiliser</p>	<p>I have suggested Priya does these types of mobilisers as she's cycling and will be using her quads and hamstrings, so mainly her legs, to complete her activity. Therefore mobilising her quads and hamstrings would</p>	<p>These types of mobilisers will respond to the cardiorespiratory system through the slight drop in heart and breathing rate since the intensity of the exercise slightly lowers. As for the musculoskeletal system,</p>	<p>I have chosen quad and hamstring stretches alongside leg extensions as part of her mobiliser since her quads and hamstrings are the main muscles used when cycling, therefore preparing her muscles for her activity.</p>



	<p>be appropriate for her type of activity and will reduce the chances of her joints getting injured or for her, during her cycling activity, to experience any type of joint pain; it will in fact, allow a range of movement in the joints. These mobilisers also mimic what the activity is.</p>	<p>these exercises will increase the production of synovial fluid in the joints which helps increase the range of movement at the joint and also, increases the lubrication of the joint, making it easier for her bones to move during her activity.</p>	
<p>Preparation stretches</p>	<p>These preparation stretches will be appropriate to Priya's chosen activity since they stretch the main muscles that will be used in her cycling activity. This will help Priya not injure any of her muscles during her activity, since these preparation stretches ensure</p>	<p>These preparation stretches create a slight drop in Priya's heart rate if she's taking part in a static stretch, for example her static quad stretch. However, if she's taking part in a dynamic stretch, her heart and breathing rate will continue to stay high throughout these stretches.</p>	<p>I have chosen dynamic lunges, static quad/hamstring stretches and hip rotations as part of Priya's preparation stretches as these will allow her muscles to be ready for her activity and will decrease the chance of her joints and muscles getting torn or injured during the exercise.</p>



that her muscles are fully stretched and less likely to tear during the session.

For the musculoskeletal system, these stretches prepare her muscles to not tear during her activity or create any kind of muscle pain or muscle problems; her quad and hamstring stretch will make sure she's ready for her cycling exercise.

Evidence towards B4.

Task 1C B4 10-12