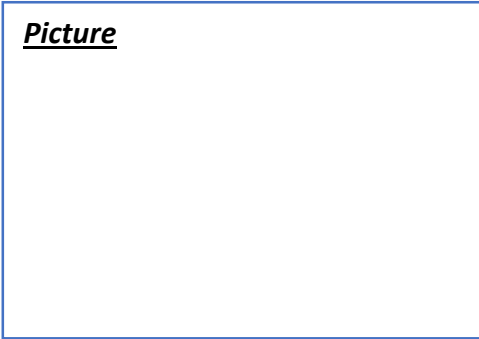
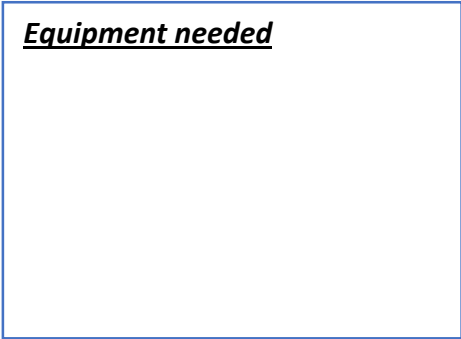


Warm Up	Activity / Game / Sport	Cool Down
<p><i>Your warm-up must get your heart racing. This prepares you for exercises and prevents injuries</i></p> <p><i>Plan a warm up game that lasts 5 minutes.</i></p>	<p><i>Plan one activity, game or sport for your PE lesson. It is completely up to you. But, remember to have FUN!</i></p> <div data-bbox="631 430 1108 769"> <p><u>Picture</u></p>  </div> <div data-bbox="1144 430 1603 769"> <p><u>Equipment needed</u></p>  </div> <p><u>How to play:</u></p>	<p><i>Your cool down should slow your heart rate and include stretches so that you do not ache after exercising.</i></p> <p><i>Your cool down should last for 5 minutes.</i></p>