

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS
PHYSICAL EDUCATION CURRICULUM
GRADES T1 - 6 & SPECIAL EDUCATION
SEPTEMBER 2006**

Introduction to Warm-Ups

Students at each level should understand that warm-ups are most important to prepare the body, muscles, tendons, and ligaments for physical activity.

As a result of this unit, students will be able to:

- understand the value of warm-ups;
- do activities with energy;
- imitate movement to properly achieve desired outcome;
- be aware of safety in exercising;
- attempt to add repetitions for better tone;
- add repetitions for greater endurance;
- begin to recognize increased level of flexibility, ability, and strength;
- develop greater ability with rope jumping at each grade level;
- add greater dexterity to games of jump rope;
- enjoy warm-ups with various types of equipment;
- cooperate with class to warm up;
- move with greater safety under chute.