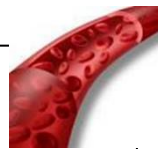


PE WORK- YEAR 11



The **physical** benefits of a WARM UP

-
-
-
-



How to respond to injuries and medical conditions in a sporting context

R
I
C
E

S
T
A
L
T
A
P
S

The **psychological** benefits of a WARM UP

-
-
-

The **physical** benefits of a COOL DOWN

-
-
-
-
-

List as many acute and chronic injuries as possible

Acute Injuries

Chronic injuries