

LESSON 6.3 Preparing for Physical Activity Note-Taking Guide

Preparing for Activity or Your Workout

1. You should always begin your workout _____ and progressively.

Warm-Up, Workout Focus, and Cool-Down

2. What three parts should always be included in your activities? Complete the following chart to describe each part of an activity.

1. _____	
This should include _____ muscle movements to get your whole body moving.	You want to slowly increase your _____ rate so you will be ready for activity.
↓	
2. Workout Focus	
This is determined by what it is you are trying to _____.	Something you are specifically _____ for
↓	
3. _____	
This is used to _____ your body down.	Give your body time to _____ when ending an activity.

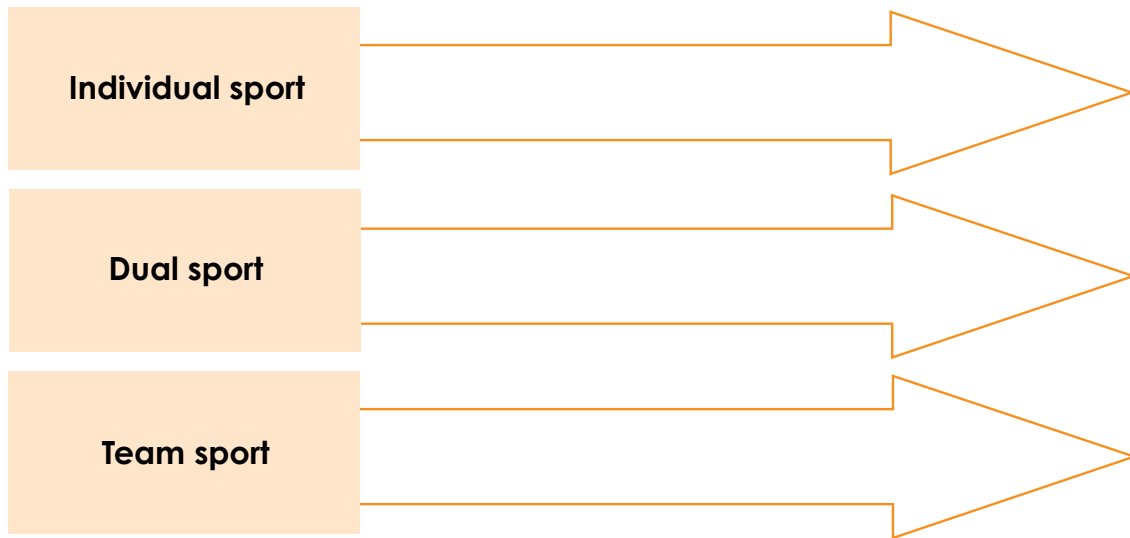
Getting Active and Staying Active Throughout Your Life

3. Fill in the diagram below with three benefits of being physically active throughout your life.

1.	
2.	
3.	

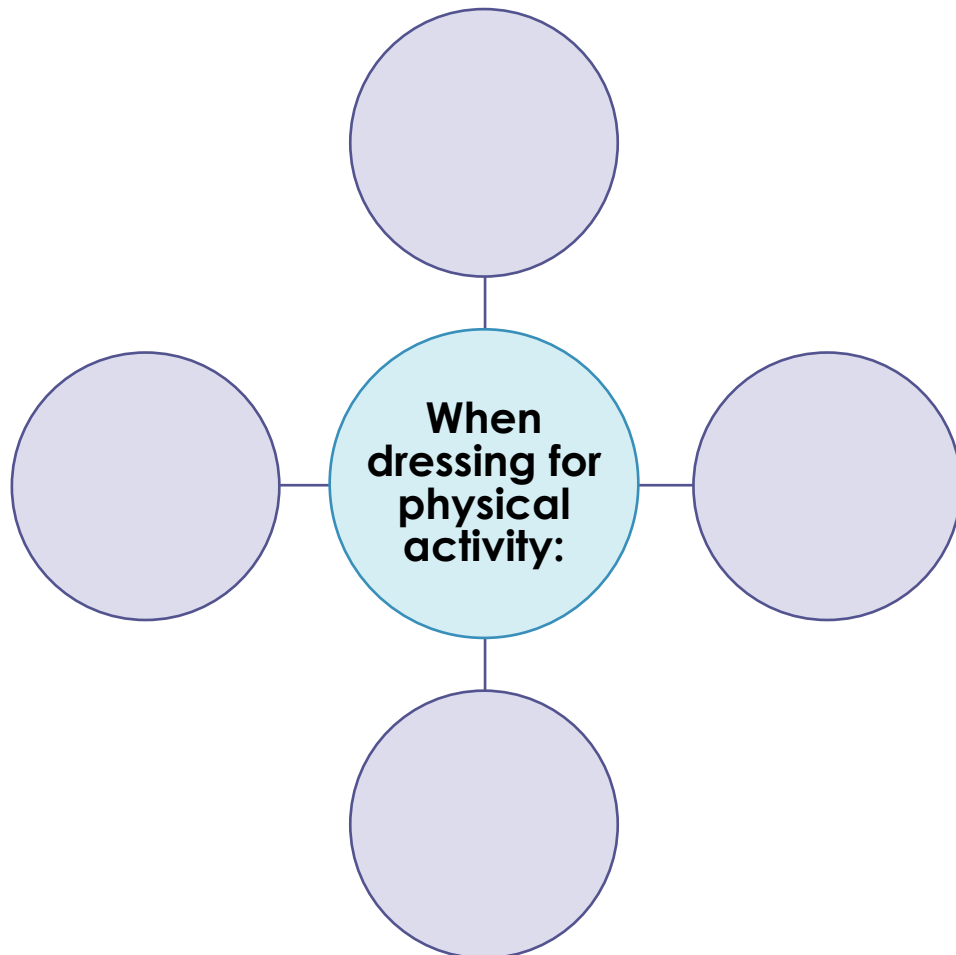
Individual, Dual, and Team Sports

4. Explain two things an individual, dual, or team sport can teach you by completing the diagram.



Dressing for Physical Activity

- 5.



Physical Activity and Using Protective Equipment

6. Choose three pieces of protective equipment a person could wear when being physically active and analyze the importance of each piece.

Preventing Injuries While Being Active

7. List six of the best ways to prevent injuries when being active.

