

AGENTS OF CHANGE

MISSION LOG
D5: THE WARM UP

**TOP SECRET
STUFF INSIDE**

**MISSION
LOADING**



TONGUE TWISTER

Can you come up with your own tongue twister , to help get your brain warmed up for the day!



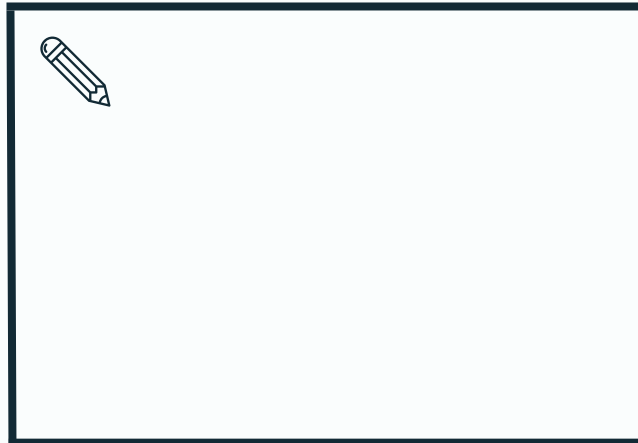
TITLE:

**She sells
seashells on the
seashore!**



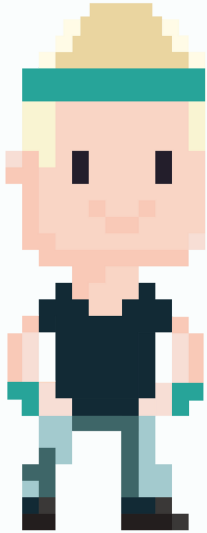
POSITIVE ATTRIBUTES

Draw a picture of yourself in the box below, then use the space to identify which attributes you have that help you engage in sports or exercise.



WARM-UP

Design your own warm up activity and try it out!



TIPS:

- Include aerobic 'cardio' activity – like jogging on the spot to get your heart rate up
- Include dynamic stretches – like leg swings and sidebends
- Start slowly, building up to bigger movements
- Pay attention to your breathing and posture

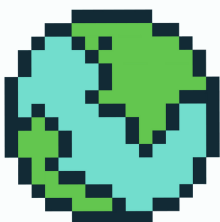
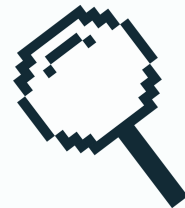
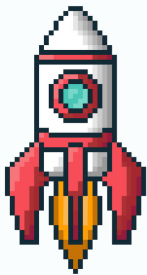


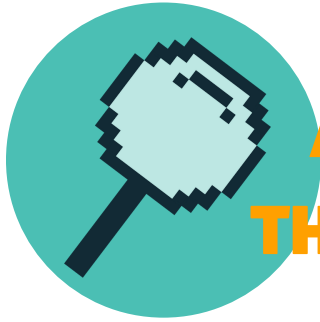
PREPARE YOUR MIND:

WHAT'S MISSING?

Get focused! Working in a small group, place 6-8 items on a tray. Look at each and name them. Take it in turns to remove an item, while the rest of the group close their eyes. Take it in turn to guess which item is missing. What's missing?

Find your own items or cut out the pictures below to use.





AGENT D'S THE WARM UP

EXERCISE	Physical movement is done to improve health and fitness. Exercise is good for the heart, bones and to protect against some illnesses.
MINDSET	A set of attitudes held by someone. They influence how they think, feel and behave towards different situations.
ATTRIBUTES	Characteristics of someone, such as: trustworthy; honest; adventurous; prepared; determined; resilient; perseverance; good role model; team player.
TRUSTWORTHY	Telling the truth and following the rules.
ADVENTUROUS	To be eager to try new things and take risks.
GLACIER	A big mass of compacted snow or ice that is slowly moving. Many glaciers are melting at a quick rate due to climate change.
CRESCENDO	The loudest point of a gradually increasing sound.
POSTURE	The position in which someone holds their body when they sit or stand.
NBA	National Basketball Association.
BLOOD VESSELS	The system of tubes that carry blood around the body, they are part of the cardiovascular system.
HEART RATE	The number of times your heart beats per minute.

AGENT D'S VOCABULARY CHALLENGE

THE WARM UP

Can you match the words to the correct definitions?

EXERCISE
MINDSET
ATTRIBUTES
CARDIO
POSTURE
BLOOD VESSELS
HEART RATE

Aerobic exercise that stimulates and strengthens the heart and lungs.
Characteristics of someone, such as: trustworthy; honest; adventurous; prepared; determined; resilient; perseverance; good role model; team player.
The number of times your heart beats per minute.
The position in which someone holds their body when they sit or stand.
Physical movement is done to improve healthy and fitness. Exercise is good for the heart, bones and protect against some illnesses.
A set of attitudes held by someone. They influence how they think, feel and behave towards different situations.
The system of tubes that carry blood around the body, they are part of the cardiovascular system.