

OTOT LENTUR, PERGERAKAN TERATUR

Arahan: Kenal pasti kepentingan memanaskan badan atau menyejukkan badan.

Menurunkan suhu badan

Menaikkan suhu badan

Mengelakkan kekejangan otot

Membantu otot mengendur

Mengurangkan kesakitan

Meningkatkan kadar nadi

Kepentingan memanaskan badan

Kepentingan menyejukkan badan



Arahan: Pilih aktiviti memanaskan atau menyejukkan badan.



Memanaskan
badan

Menyejukkan
badan

Two large, light blue rectangular boxes with dashed outlines, intended for students to write their answers for the warm-up or cooling-down activities.

Two large, light blue rectangular boxes with dashed outlines, intended for students to write their answers for the warm-up or cooling-down activities.

Arahan: Pilih jawapan yang betul.



Minum air sebelum melakukan aktiviti dapat:

A light gray rectangular box for the answer to the question about drinking water before an activity.

Minum air semasa melakukan aktiviti dapat:

A light gray rectangular box for the answer to the question about drinking water during an activity.

Minum air selepas melakukan aktiviti dapat:

A light gray rectangular box for the answer to the question about drinking water after an activity.