**Homework Task 2**

You will be playing basketball in a competitive or demanding situation. When undertaking this activity you have to prepare physically, mentally, emotionally and/or socially to be successful.

**Physical Preparation: Warm-Up**

Explain 2 reasons why you need to carry out a warm-up?

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Write down what you did in each stage of your warm-up.

Stage 1: Light Jogging

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Stage 2: Stretching

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Stage 3: Skills Practice

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