

## WATCH OUT

It is illegal to copy other people's words into your own work. This crime is called **plagiarism**. If you want to use someone else's words, you must put quotation marks ("...") around them, and say where you found them. It is usually better to use your own words to summarise someone else's.

## KWL: know / want to know / learnt

Another simple way of organising research is to use a KWL grid like the one below.

W: What I know	K: What I want to know	L: What I have learnt
If you do not warm down, then you can be left with aches and soreness.	What causes these aches and soreness?	Lactic acid and toxins build up during exercise. Warm down helps to get these out of the muscles ...
You must not just stop exercise suddenly and walk away – you have got to warm down slowly.	Do some sorts of exercises need longer warm downs than other sorts?	The higher the heart rate during exercise, and the harder the muscles have worked, the longer the warm down should be ...
Most gym equipment has a warm down setting or programme.	Why do people call it a <u>warm</u> down? Why isn't it always called a <u>cool</u> down? Are these different things?	