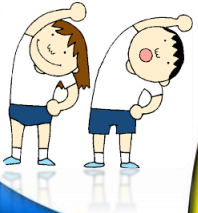


## Preparation for Exercise

PE Kit organisation  
Equipment check  
Pulse Raiser  
Dynamic stretching  
Static stretching  
Cool down  
Hygiene



## Sports

Athletics  
Badminton  
Basketball  
Dance  
Football  
Netball  
Rounders  
Rugby  
Table tennis



## Components of Fitness

Cardiovascular Endurance  
Muscular Endurance  
Strength  
Flexibility  
Agility  
Balance  
Co-ordination  
Power  
Reaction  
Speed



## Key Skills

Fundamentals  
Movement  
Passing  
Control  
Dribbling  
Shooting



## Benefits of PE

Physical: Improved fitness  
Social: friendship and teamwork  
Mental: motivation  
Emotional: sportsmanship



**Y7 PE**  
**Knowledge**  
**Organiser**