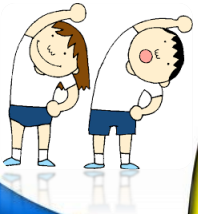


Preparation for Exercise

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



Sports

Athletics
Badminton
Basketball
Football
Netball
Rounders
Rugby
Dance
Fitness
OAA



Components of Fitness

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



Benefits of PE

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



Key Skills

Fundamentals
Movement
Passing
Control
Dribbling
Shooting



Y7 PE
Knowledge
Organiser