

## Theoretical Links to exercise

Training zones  
Ballistic stretching  
Mental rehearsal  
Effects of exercise  
Injury prevention  
Arousal control



## Sports

Athletics  
Badminton  
Basketball  
Football  
Netball  
Rounders  
Rugby  
Dance  
Fitness  
OAA



## Types of training

Weight  
Plyometric  
Stretching  
High Altitude  
Continuous  
Interval  
Fartlek  
Circuit



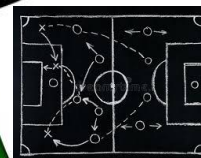
## Benefits of PE

Physical: energy input/expenditure  
Social: team success  
Mental: resilience  
Emotional: learning to win/lose



## Key Skills

Tactics  
Strategy  
Scoring  
Officiating  
Utilising feedback



**Y8 PE**  
**Knowledge  
Organiser**