

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



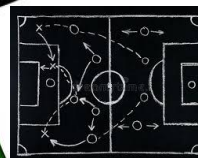
Benefits of PE

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**