

Year 7 PE Autumn Knowledge Organiser

Head



Importance of a warm up

A warm up is important to ensure you are ready to participate in physical activity and to reduce the risk of injury.

A warm up consists of;

1. Pulse Raiser – gradually increasing the heart rate to increase blood flow.



2. Stretching and Mobility – stretching the muscles and moving the joints.



3. Sport specific drills – practising the skills needed for the activity.

Head



Key Rules

Use the QR codes to look at the rules for the activities you are taking part in this term.

Badminton



Football



Rugby



Netball



Gymnastics



Basketball



Heart



Respect

It is important to be respectful to others at all times but can be even more important when working with others in PE. To be respectful to others you must;

- Treat others as you wish to be treated
- Follow instructions
- Use equipment properly
- Play fairly
- Accept that everyone is different

Communication

You will need to communicate to other people in PE. To communicate effectively you need to;

- Talk clearly to other people
- Use kind words
- Use eye contact and hand signals

Hands



Consistent skills

Skills are physical movements that are performed during physical activity.

When you participate in physical activity it is important to perform skills **consistently**.

A skill will be consistent when you can;

- Repeat the skill over and over again.
- Perform the skill with confidence.
- Perform the skill under control.

Can you name 6 skills for the activity your are completing?

Here are some examples to start you off;

Badminton – serve

Football – short passing

Netball – shooting

Rugby – receiving

Gymnastics – forward roll

Basketball - dribbling

