

# Year 8 PE Autumn Knowledge Organiser

## Head



### Benefits of a Healthy Active Lifestyle

**Physical health** – taking part in physical activity will help develop your components of fitness. These include cardiovascular fitness, muscular endurance, strength, flexibility, reaction times, speed, power, balance, agility and coordination. [Components of fitness](#)

**Emotional health** – taking part in physical activity helps people to develop their mental health. It helps people to feel happy, self confident, self aware and resilient.

**Social health** – people who take part in physical activity are able to form and maintain good friendships, communication and empathy.

#### [Emotional and Social Health](#)



## 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

### Self Motivation

- Stay positive
- Set small targets
- Reward yourself for your achievements
- Remember the why

## 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** even when under pressure during competition.

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

Can you describe how skills would change during competition?

For example serving in badminton can be short and low or long and high so you can outwit your opponent.