



# Year 7 PE Spring Knowledge Organiser

Students will be **thinking** about what happens to their body during exercise, how they can keep trying and **not give up**, and how they can **maintain** a high level of effort or skill.

## Head



### Explain

It is important you are able to explain what happens to our bodies during and after exercise. Here are some questions to think about:

- How do you feel during exercise?
- What is physically happening to your body during exercise?
- How do you feel immediately after exercising?
- What has changed compared to before you exercised?

## Heart



### Resilient

Being resilient means being able to recover quickly from a challenge or problem, and giving it another try. To be resilient you must:

- Don't give up if something doesn't work on the first try.
  - Always give it another go.
  - Don't be disheartened by something not working, think of a new way to tackle it.
- What examples can you think of in PE where you may have to show good resilience?

## Hands



### Maintain

Maintaining something means you are able to continue doing it for a period of time. Here are some examples of it within PE:

- Continuing to work at your highest ability for the whole lesson.
  - Working at 100% effort for the entire game.
- Performing a skill with the correct technique, over and over again.
  - Not dropping your level of performance for the whole lesson/activity.