



Year 7 PE Summer Knowledge Organiser

Students will **understand** the benefits of leading a healthy, active lifestyle, understand how actions can **impact others' emotions**, and start to include some **advanced skills** into routines and games.

Head



Understand the benefits

It is important for students to understand how exercise can benefit them in later life, as well as at school.

For example:

- Reduced risks of heart disease, type 2 diabetes and strokes (physical health).
- Provide a chance to make new friends and socialise with others (social health).
- Help to improve mental health, allow you to feel happier and have improved self-confidence (emotional health).

Heart



Understanding emotions

Being able to understand what emotions are, and how others' emotions can be affected by the things you do is a skill we aim for all students to have before leaving school.

- Always being fair.
- Considerate of others.
- Thinking carefully before commenting on someone else's performance.
- Being compassionate towards others.

Hands



Advanced Skills

Starting to perform more advanced skills during physical activity is key to students progressing practically.

Can you think of a skill, and then how you would make it more advanced?

Here's an example:

- Dribbling in football → dribbling around a defender in football.

See if you can name 3 more in different sports you have done so far at school.