



Year 8 PE Summer Knowledge Organiser

Students will start to **learn and understand** the short term effects of exercise on the body, what it means to have **good communication skills** and starting to demonstrate **components of fitness** in physical activity.

Head



Explain & Understand

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



Communication

You will need to show good communication skills in PE. To communicate effectively you have to:

- Speak clearly, and loud enough for all to hear.
- Use eye contact when getting a message across.
 - Use kind words, that all will understand.
- Can you think of a time where you have had to show good communication skills?

Hands



Components of Fitness

To be physical 'fit', there are many different areas you can work on:

- Balance
- Agility
- Speed

See if you can research the definitions of the above components of fitness, and link them to a sport.