



Year 7 KO PE Tasks	Term 1 (Warm Ups, Cool Downs, & Muscular System)	Term 2 (Components of Fitness & Fitness Testing)	Term 3 (Skeletal System)
Key Words	<p>Recall the 3 phases of a warm-up with examples of possible activities.</p> <p>Name 5 muscles in the body.</p>	<p>Name 5 components of fitness.</p> <p>Name 5 fitness tests, linking them to the correct component of fitness.</p>	<p>Name 2 functions of the skeletal system.</p> <p>Name the 4 different types of bone that are found in the body.</p>
Key Facts	<p>List 3 reasons for a warm-up.</p> <p>List 3 reasons for a cool-down.</p>	<p>Define 3 components of fitness.</p> <p>List an advantage and disadvantage for 3 fitness tests.</p>	<p>List 8 bones that are found in the body.</p> <p>Give an example of each of the 4 types of bone.</p>
Key Questions	<p>Explain the purpose of a pulse raiser as the first stage of a warm-up.</p> <p>Explain why it is important that the blood flow is increased during a warm-up.</p> <p>Explain why it is important to perform a cool down after exercise.</p>	<p>Explain the 3 most important components of fitness for a footballer.</p> <p>Explain the 3 most important components of fitness for a high jumper.</p> <p>Explain the protocol for the 12 minute cooper run test.</p>	<p>Explain the function of 'protection' and describe how it will help in sport.</p> <p>Explain the function of 'movement' and describe how it will help in sport.</p> <p>Explain the function of 'blood production' and describe how it will help in sport.</p>
Key Debate	<p>You have to warm up for all types of exercise, no matter how strenuous.</p> <p>Write an argument for and against this statement.</p>	<p>High level athletes only need to score highly in one fitness test to be successful.</p> <p>Write an argument for and against this statement.</p>	<p>High level athletes have stronger bones than the average person.</p> <p>Write an argument for and against this statement.</p>