

Knowledgeable ME – Year 7 (1)

What is the value of PE?

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6 (Assessment)
Big Question	What does it mean to be healthy?	What is a warm-up and why is it important in PE?	What happens to our body when we exercise?	How can regular participation in physical activity positively affect our health?	What barriers are there for engagement in physical activity?	Students to demonstrate their own warm-up and cool down within the lesson frame.
Suggested activities	Relay races Team challenges Fun warm-ups Throwing and catching Tag/line tag	Demonstrate a warm-up Pulse raiser Stretches Skill-specific activity E.g., football Pulse raiser – 5,4,3,2,1 Stretches – dynamic/static Skill-specific activity – Pass and lay off Followed by small-sided games.	Short-term effects (ICL has worksheet) Measure heart rate, resting, working, recovery / compare between different types of exercise.	Mental, physical, social – discussion on difference. 'Fun' 'enjoyment' lesson – high energy/activity, with focus on well-being.	Barriers to physical activity: low motivation, lack of friend's interest, inconvenience, time constraints. Benefits: psychological improvement, physical appearances, feeling of productivity. Lesson to run 'as normal' with the focus on the benefits of exercising.	Students to have prepared a warm-up (3 phases) - this can be self-led. Can lead into teacher activity / match play - students will therefore be 'prepared' for the match and lesson can focus on that. Teacher led cool down and revisit of declarative knowledge of a warm-up/cool down.

<p>Reflection questions</p>	<p>What does PE mean to you? What experiences have you had in PE? How has PE helped you in the past? What are the transferable skills from PE to other subjects?</p>	<p>What are the three phases of a warm-up? Why is a warm-up important? How can warm-ups prevent injury?</p>	<p>What are the short-term effects of exercise?</p>	<p>What is social health? What is mental health? What is physical health? How can they be improved? Why are they important?</p>	<p>What barriers have you experienced? What are the benefits of exercise? Revisit last lesson content. How can you overcome these barriers?</p>	<p>What are the three phases of a warmup?</p>
<p>Declarative knowledge</p>	<p>To know that PE improves health. To know that PE helps with emotional development. To know that PE can improve confidence. To know that PE can help with motor competence.</p>	<p>To know that a pulse-raiser is used to increase heart rate and last 5-10 minutes. To know that dynamic stretches are moving. To know that static stretches are stationary. To know that sport-specific skills are used to help athletes prepare for competition.</p>	<p>To know that immediate means straight away. To know that heart rate is measured in beats per minute. To know that the 'fitter' you are the quicker you recover.</p>	<p>To know that social health relates to cooperation, communication and making friends. To know that physical health is to do with improvements in heart function, posture, body composition. To know that mental health is to do with your emotional state.</p>	<p>To know that motivation, lack of friend interest, time constraints are all barriers to participation. To know that barriers are something that may cause someone to stop exercising / prevent them from starting.</p>	<p>To know that a pulse-raiser is used to increase heart rate and last 5-10 minutes. To know that dynamic stretches are moving. To know that static stretches are stationary. To know that sport-specific skills are used to help athletes prepare for competition.</p>

