

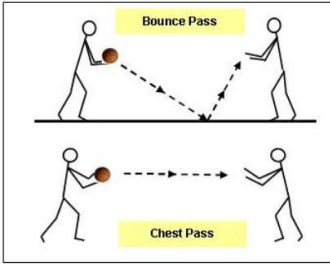


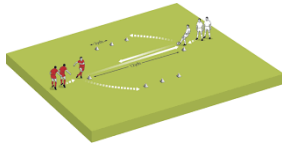





Year 7 Cycle 1 Sport and PE Knowledge Organiser

| Week 1 and 2 | Week 3 and 4 | Week 5 and 6 | Week 7 and 8 | Week 9 and 10 | Week 11 and 12 |
|---|--|---|---|---|--|
| <u>Warming Up</u> | <u>Benefits of Warming Up</u> | <u>Sporting examples:</u> | <u>Design your own:</u> | <u>Cooling Down</u> | <u>Benefits of Cooling Down</u> |
| <p>Stage 1: Pulse raiser Gradually raising heart rate to increase blood flow around the body and speed up oxygen delivery to the working muscles by performing exercise that make the performer breathe faster.</p> <p>Stage 2: Stretching Stretching the muscles that will be used during the main activity. Stretches can be static or dynamic and aim to increase the range of movement.</p> <p>Stage 3: Skills practice Familiarising the performers body with the movements they are about to perform e.g. passing drill before football or netball fixture</p> <p>Stage 4: Mental preparation Ensuring the performers attention are entirely focussed on the performance e.g. mental rehearsal, deep breathing, visualisation, imagery and positive self-talk</p> | <p>-Effect on body temperature</p> <p>-Range of movement increased</p> <p>-Gradual increase of effort to full pace</p> <p>-Psychological preparation</p> <p>-Practice of movement skills through the whole range of movement</p> <p>-Injury prevention.</p>   | <p>Netball:</p> <p>Pulse raiser: 2 x laps of the netball court at a medium pace together as a team</p> <p>Stretching: In 1/3 of the netball court dynamic stretches: Lunges Squats Side lunges heel flicks High knees</p> <p>Skill related:</p>  <p>Mental preparation:</p> <p>Positive self-talk to team mates Visualising playing well and making successful passes into the 'D'.</p> | <p>Time to design your own warm up for a sport of your choice: Use the template below:</p> <p>Sport:</p> <p>Pulse raiser:</p>  <p>Stretching:</p>  <p>Skill related drill:</p>  <p>Mental preparation:</p>  | <p>Stage 1: Elevated Breathing</p> <p>Maintain elevated breathing and heart rate allows oxygenated blood to travel through our vessel, helping speed up recovery and removing waste products.</p> <p>Stage 2: Gradual reduction of Heart Rate A gradual reduction in the intensity of exercise, such as talking a jog down to a walk, keeps blood flowing through our vessels.</p> <p>Stage 3: Stretching We must stretch our muscles after exercise. Stretches can be static or dynamic and aim to reduce DOMS (delayed onset of muscle soreness)</p> | <ul style="list-style-type: none"> Allows to body to recover quicker from exercise Helps remove lactic acid, carbon dioxide and waste products Helps to prevent DOMS   |

