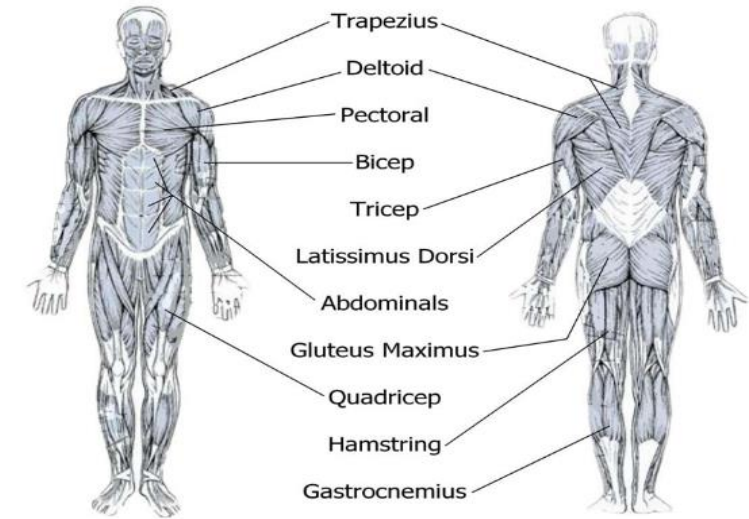


ME

IN

PE

## Muscles Diagram



# Year 7 PE Knowledge Map

We focus on developing **physical, social and emotional wellbeing**. Our aim is to build **successful, employable and physically active** young people skills that can be utilised throughout life.

How can you show the following habits in PE

- Resilience
- Ambition Creativity
- Independence
- Collaboration

## Objectives of a Warm Up

- To get your heart beating faster.
- To provide more oxygen to the muscles for energy.
- Reduce the chance of injury.