



Year 7 PE Knowledge Organiser: Introduction to Physical Education

Year Group & Topic Title

Year 7 – Introduction to Physical Education

Key Vocabulary

- Warm-up: Preparation for physical activity (pulse raiser, mobility, sport-specific)
- Cool-down: Recovery phase to reduce injury risk
- Agility: Move and change direction quickly (*Hands*)
- Cardiovascular endurance: Heart and lungs working efficiently (*Hands*)
- Teamwork: Cooperating with others (*Heart*)
- Resilience: Keep going when challenged (*Heart*)
- Decision-making: Choosing best option in play (*Head*)
- Spatial awareness: Knowing where you and others are (*Head*)

Key Knowledge

- A warm-up should include:
 1. Pulse Raiser
 2. Mobility
 3. Sport-Specific Activity
- Lesson Structure: Warm-up → Skill Introduction → Skill Progression → Conditioned Game
- PE learning is assessed through:
 - * Head – Decisions, tactics, understanding
 - * Heart – Attitude, teamwork, effort
 - * Hands – Skills, movement, fitness
- Being ready to learn includes correct kit, safety, and behaviour

Lesson Sequence

Each lesson follows a consistent structure:

1. Introduction – Learning objectives (Head, Heart or Hands)
2. Warm-up – Pulse Raiser, Mobility, Sport-Specific
3. Skill Introduction – Learning a focused technique
5. Conditioned Game – Game with specific rules/targets
6. Class Discussion – Reflecting on progress in Head, Heart, Hands

Possible Misconceptions

- PE is only about being good at sport
- Warm-ups are just running around
- Only winning matters
- Only skilled players get top marks
- Cool-downs don't matter



3 Key Questions

1. How does our Head, Heart, Hands model help you improve in PE?
2. What are the three stages of an effective warm-up?
3. Why is teamwork as important as skill in PE?

