

Year 7 Keywords: Autumn 1

Warm Up and Cool Down

Our students will be participating in warm up at the start of every lesson in order to prepare them for exercise.

Keyword	Definition
Warm Up	To mentally and physically be able to prepare the body for exercise.
Pulse Raiser	This includes exercises what slowly increases the heart rate and increases the body temperature. For example jogging.
Mobility	Exercises which takes the joints through their full range of movement.
Dynamic Stretches	This includes stretches which are performed while the body is moving.
Static Stretches	This includes stretches while the body remains still.
Dynamic Movements	This involves movements which show a change of speed or direction.
Skill Rehearsal	This involves practicing common movement patterns or skills which are used in the activity.
Cool Down	Gradually retuning the body to a resting stat

Year 7 Keywords:

Autumn 2

Muscular System

Students will need to know the location of key muscles in our body.

Key Muscles

Your turn to try

