

# Year 7 Physical Education Knowledge Booklet

## Running

Name:

Class:



### What PE kit do I need?

Black school PE shorts, blue school PE t-shirt, trainers and white sports socks/school blue PE football socks.

School rugby top/tracksuit top dependent on weather.

### **Assessment Criteria**

0	Unable to complete one lap of the field.	
1	Can complete a lap of the field but walks when tired.	
2	Determination and fitness enables them to keep going. Steady.	
3	Good running technique evident. Good pace.	
4	Maintains good technique. Capable of 2 laps. Entry level for schools.	
5	Technique good even on hills. Good school representation level.	
6	Outstanding. Club level.	
T2	Thinking	Explain the aim and principles of an activity and apply this understanding when participating.
H1	Health	Participate in physical activity safely and responsibly in my PE lessons.

### Big Questions

1. What are the immediate effects of exercise (running) on the body?
2. How can I maximise my performance when running?
3. Why is group running important?
4. How does our technique change between different running events?
5. How does our running practice link to team games?
6. How can we assess performance and identify areas for development?

#### **Web Links:**

How to improve Running:

<https://www.youtube.com/watch?v=uE15A4qom20>

Mo Farah Technique:

[https://www.youtube.com/watch?v=uxf1gEkm\\_EE](https://www.youtube.com/watch?v=uxf1gEkm_EE)





## What are the components of an effective warm up?

A warm up should last for at least 10 minutes!

The aim of a warm up is to prepare the body and mind ready for exercise.

The 3 stages of a warm up are:

### Pulse raiser.

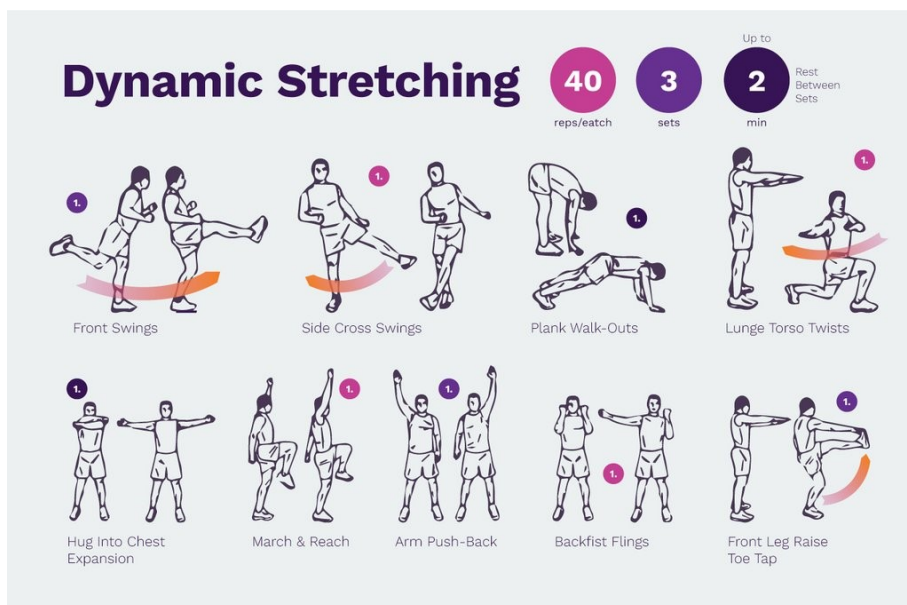
This gets the blood circulating around your body and increases your heart rate. It increases our breathing rate too, delivering oxygen to our working muscles. This part of the warm up gets our muscles and joints warm so that they are more flexible.

### Stretches.

This helps increase the range of movement at our joints and the flexibility of our muscles .

### Rehearsal and practice.

This helps us go through the actions and skills that we are going to use in our performance. This helps us perform ready the body for these movements and makes us less likely to make mistakes.



## Why should we do a cool down?

A cool down brings the body back down to the pre-exercise condition. It can have the following benefits:

- Prevents muscles stiffness the next day.
- Improves flexibility
- Stops you feeling sick after strenuous activity



What is the difference between aerobic and anaerobic activity?

Give a sporting example of aerobic and anaerobic activity:

**Aerobic**

**Anaerobic**

Use the space below to plan your own warm up so that you can use it in your lesson:

**Pulse Raiser**

**Stretches**

**Rehearsal and practice**

