

# YEAR 7

## THE WARM UP

- PULSE RAISING
- MOBILITY
- STRETCHING
- DYNAMIC MOVEMENT
- SKILL REHEARSAL

## PHYSICAL BENEFITS OF A WARM UP

## THE COOL DOWN

- LOW INTENSITY EXERCISE
- STRETCHING

## PHYSICAL BENEFITS OF A COOL DOWN



# KS3 THEORY KNOWLEDGE

## BENEFIT OF WARM UP / COOL DOWN

## AND THE EFFECT OF EXERCISE

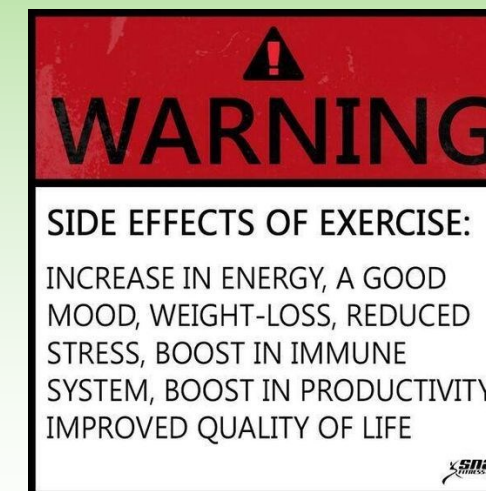


## YEAR 8

ALL YEAR 7 KNOWLEDGE PLUS

## SHORT TERM EFFECTS OF EXERCISE ON

- MUSCULAR SYSTEM
- CV (CARDIOVASCULAR) SYSTEM
- RESPIRATORY SYSTEM



## YEAR 9

ALL YEAR 8 KNOWLEDGE  
PLUS

## LONG TERM EFFECTS OF EXERCISE ON

- MUSCULAR SYSTEM
- CV (CARDIOVASCULAR)  
SYSTEM
- RESPIRATORY SYSTEM