



Year 7

Physical Education: Areas for Development

Revision Resources

1	Physical training - Understanding the 3 parts to a warmup https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1
2	Applied anatomy and physiology - Understanding the short-term benefits of exercise https://www.bbc.co.uk/bitesize/guides/z367tyc/revision/1
3	Health and well-being - Importance of physical activity https://www.bbc.co.uk/bitesize/guides/z3shycw/revision/1
4	Active Halton - Do more classes in Halton https://activehalton.co.uk/documents/gentleexercise.pdf

Kindness, Integrity and Tenacity