



## Year 7

### Physical Education: Areas for Development

#### Revision Resources

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

Kindness, Integrity and Tenacity