



Year 7 Summer Support 2020-21

NCFE PE

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Advice and support for all PE students Regular independent study will aid the recall of knowledge and enhance your skills to ensure targets are met next year	Tick when complete
<ul style="list-style-type: none"> • Change into your PE kit or some sports gear • Find a space to complete your circuit training • Have with you a drink or water • Complete the Hadley warm up • Complete the circuit twice a week every week of the summer holidays. • Record your results on the record sheet attached. • Make sure you cool down • To prevent boredom you could design your own circuit training session 	
Study areas to practise or complete Important deadlines to note	Tick when complete
Ensure you understand the importance of a warmup. (Carry out a warm up for 10 minutes)	
Ensure you understand the importance of a cool down. (Carry out a Cool down for 10 minutes)	
Ensure that you complete at least 1 hours exercise twice a week every week of the summer holiday	
Ensure you understand how your heart rate changes when you exercise	
Ensure you understand how your breathing rate changes when you exercise	
Ensure that you understand what the muscles are that you are working on in your circuit	
Ensure that you understand what circuit training is and how this improves your fitness	