# Grade 7 Physical Education Reviewer

I. Physical Fitness  
- Components: Strength, Endurance, Flexibility, Balance, Coordination  
  
II. Exercise  
- Types: Aerobic (running, swimming), Anaerobic (lifting), Flexibility (stretching)  
- Benefits: Improves health, strengthens heart, reduces stress  
  
III. Sports  
- Team Sports: Basketball, Volleyball, Soccer  
- Individual Sports: Badminton, Athletics, Swimming  
  
IV. Safety and First Aid  
- Warm-up before and cool-down after activity  
- Basic first aid: sprains, cramps, dehydration  
  
V. Healthy Lifestyle  
- Balanced diet, proper rest, hygiene, and mental health