```cpp
int pirPin = 7;        // Pin connected to PIR sensor OUT
int ledPin = 13;       // Pin connected to LED (optional)

void setup() {
  pinMode(pirPin, INPUT);   // Set PIR sensor pin as input
  pinMode(ledPin, OUTPUT);  // Set LED pin as output (optional)
  Serial.begin(9600);       // Start serial communication
}

void loop() {
  int motion = digitalRead(pirPin);   // Read the state of the PIR sensor

  if (motion == HIGH) {
    // Motion detected
    digitalWrite(ledPin, HIGH);   // Turn ON LED (optional)
    Serial.println("PIR Motion Detected !");
  } else {
    // No motion
    digitalWrite(ledPin, LOW);    // Turn OFF LED (optional)
    Serial.println("PIR not detected any motion");
  }

  delay(1000);   // Small delay to prevent excessive serial printing
}
```