



- What does PE look like at DMS?
- What are the basic rules and tactic in the sports we play? (TG)
- How can we dance with rhythm and control and show some awareness of style and music? (Dan)
- What is a healthy mind and how do I get help if needed? (MH)
- How do we problem solve on our own and in a group? (OAA)

Y5

- How can we remain safe whilst taking part in sport? (ATH)

- What are the types of jumps and how are they used? (ATH)
- How can we outwit an opponent? (TG,NG, S&F)
- What is a balance and how can we use with a partner? (GYM)
- How can we play basic strokes? (NG)
- What is fitness and it's characteristics? (FIT)

Y6

- What makes a good athletics performance? (ATH)
- Can we swim 25m with a variety of stroke? (SWIM)

Y7

- What are the principle of attack and defence? (TG,NG, S&F)
- How can we improve my performance in an event (ATH)
- What are the more complex rules and tactic? (All)

Y8

- What makes a good official and coach? (ALL)
- Why is it important to continue exercise after year 8? (ALL)

- Can I communicate with others and orientate a map? OAA
- How to perform basic agility/vaults on the floor and apparatus? (GYM)
- Can I recognise how exercise affect my body? (FIT)

- How can we control our bodies during flight? (GYM)
- Can I perform a specific warm up? (ALL)
- How can I use my knowledge to help others? (ALL)
- Can I use my knowledge to complete the PE transfer exam?

