



## PE

- Choose and use a range of simple tactics and strategies.
  - Adapt and make rules for striking and fielding games.
- Strike a ball with intent and have an idea of where it will end up
  - Be familiar with and use the rules set.
- Identify parts of my performance that need improvement, and suggest how to achieve this
  - Understand safety aspects relating to playing Tri-Golf.
    - Show control of aim when putting.
    - Show control of aim when chipping.
    - Show control of balance when striking.

### Heart start

- Know the heart acts as a pump to circulate the blood through vessels around the body.
- Know that the pulse is an indicator of Heart rate and that it can be affected by exercise.

