

## **PE WIS Quiz - Example questions**

**Where appropriate and safe, part of your WIS Quiz could involve the children being responsible for setting out relevant equipment for the lesson.**

### **Year 1**

#### **General:**

- Can you name some different types of exercise?
- How often should we do exercise?
- Why is it important to exercise?
- How else can you keep healthy?
- How can we be sensible when moving around the hall/playground?
- What should we do before we exercise?

#### **Autumn – *Dance***

- What are the names of the different levels/speeds we use?
- What are our 4 basic dance movements?
- What do we mean by the 'canon effect'?
- How can we use our bodies using different dynamics?

#### **Spring – Gymnastics**

- How can we be safe when travelling along benches and vaults?
- What is the name of this shape/jump (*model gymnastics shapes and jumps*)

#### **Summer - Games/Sports Day**

- What can you do to be good sport?

## Year 2

Where appropriate and safe, part of your WIS Quiz could involve the children being responsible for setting out relevant equipment for the lesson.

### General:

- How does exercise help our body/mind?
- How does exercise change your breathing/heart rate/temperature?
- Why is it important to warm up before exercising?
- How else can you keep healthy?
- How should a warm-up progress? (*idea of starting slower and gradually building speed/demand*)
- Why is it important to stretch our muscles?
- Is the space we are working in safe and suitable for our lesson? Why?

### Autumn – To move our bodies purposefully (*dance*):

- What are the names of the different levels/speeds we use?
- What are our 4 basic dance movements?
- Can you name the 2 types of canon effect we use in dance?
- How can we use our bodies using different dynamics?
- What should we remember when performing/How can we give a good performance in dance?

### Spring – To know how to improve (*gymnastics*):

- How can we stay safe when using large apparatus?
- Can you name the gymnastics shapes/rolls/jumps?
- How can we create a safe landing position?

### Summer - Games/Sports Day

- What can you do to be good sport?