



# Y5 PE Knowledge Check

## Stoolball

- 1** How long has stoolball been played for? 100 years? 200 years? Over 500 years?
- 2** How many balls in an over in stoolball?
- 3** What technique is used for bowling?
- 4** To be bowled out specifically what must be hit on the wicket?
- 5** When running between wickets what must you do at each end?



# Y5 PE Knowledge

PE@Chesswood

## Athletics

- 1** Agility is the ability to accelerate, change direction easily.
- 2** As Mo Farah runs long distances, he has very good xxxxxxxx?
- 3** Why was this a failed attempt?





# Y5 PE Knowledge

- 4 As a shot putter you need lots of xxxxxxxxxxxxxxxx?
- 5 Watch the runner in lane 4 – does she use the same lead leg to take each hurdle?





# Y5 PE Knowledge Check

## Swimming

- 1** What is the technique called to keep your head above water in a vertical position?
- 2** What stroke is missing from the main 4 – backstroke, breaststroke, crawl, .....?
- 3** What stroke is this?
- 4** What is the job of the person who keeps people safe in a swimming pool?
- 5** Adam Peaty is known for swimming which stroke?  
(He is the Olympic champion and World record holder over 25m, 50m)





# Y5 Answers

## Stoolball

**1** How long has stoolball been played for? 100 years? 200 years? Over 500 years?

**Over 500 years**

**2** How many balls in an over in stoolball?

**8 balls**

**3** What technique is used for bowling?

**Under arm (smoot action)**

**4** To be bowled out specifically what must be hit on the wicket?

**Front or top**

**5** When running between wickets what must you do at each end?

**Touch each wicket (any part of it)**



# Y5 Answers

## Athletics

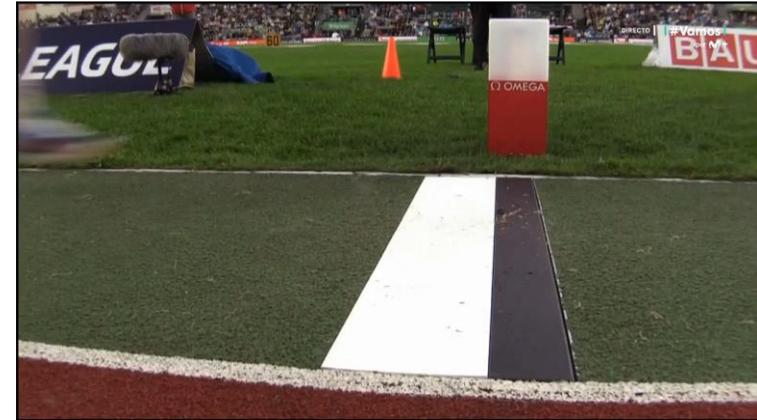
- 1 Xxxxxx is the ability to accelerate, change direction easily.

**Agility**

- 2 As Mo Farah runs long distances, he has very good xxxxxxxx?

**Stamina**

- 3 Why was this a failed attempt?



- 4 As a shot putter you need lots of xxxxxxxxxxxxxxxx?

**Explosive Power**

- 5 Watch the runner in lane 4 – does she use the same lead leg to take each hurdle? **Yes – her left leg**



# Y5 Answers

## Swimming

- 1** What is the technique called to keep your head above water in a vertical position?  
**Treading water**
- 2** What stroke is missing from the main 4 – backstroke, breaststroke, crawl, .....?  
**Butterfly**
- 3** What stroke is this?  
**Butterfly**
- 4** What is the job of the person who keeps people safe in a swimming pool?  
**Lifeguard**
- 5** Adam Peaty is known for swimming which stroke?  
(He is the Olympic champion and World record holder over 25m, 50m) **Breaststroke**

