



# Y3 PE Knowledge Check

## Indoor Athletics

- 1** Where do your feet need to be before you do a standing long jump?
- 2** What happens if you lift your feet off the floor in the chest push?
- 3** How many strides do you take in the event?
- 4** Where should your thumbs end up after releasing the ball in chest push?



# Y3 PE Knowledge

## Indoor Athletics

- 5** How many speed bounces completed





# Y3 PE Knowledge

## Road Safety



**Name this safe place to cross the road?**





# Y3 PE Knowledge Check

- 2** What is the first thing you should do when trying to cross a road?
- 3** When walking across the road, what else should you be doing?
- 4** Which part of the scooter should you use to slow down?



# Y3 PE Knowledge

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## Road Safety

5

What is this car going to do?





# Y3 PE Knowledge

## Dance

- 1** What number is missing from the counts?  
**2, 4, 8, ??, 32**
- 2** Basic body actions – which action is this a definition of?  
**“Move part of your body, but not travelling.”**
- 3** What is different about stillness to all the other actions?
  - a) It creates a pause in the movement
  - b) It uses your arms
  - c) It doesn't use counts



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## Gymnastics

**4** What body position is this?



**5** How many points is this balance?





# Y3 Answers

## Indoor Athletics

- 1** Where do your feet need to be before you do a standing long jump?  
**Behind the line**
- 2** What happens if you lift your feet off the floor in the chest push?  
**Foul / Disqualified**
- 3** How many strides do you take in the event?  
**5 strides**
- 4** Where should your thumbs end up after releasing the ball in chest push?  
**Pointing down**
- 5** Speed bounces  
**33**





# Y3 Answers

- 1** Zebra crossing
  
- 2** What is the first thing you should do when trying to cross a road?  
**Find a safe place to cross**
  
- 3** When walking across the road, what else should you be doing?  
**Looking left and right and listening**
  
- 4** Which part of the scooter should you use to slow down?  
**Brake at the back**
  
- 5** The car is turning (indicating)



# Y3 Answers

## Dance

- 1** What number is missing from the counts?  
**2, 4, 8, ??, 32      16 was missing**
- 2** Basic body actions – which action is this a definition of?  
**“Move part of your body, but not travelling.” – Gesture**
- 3** What is different about stillness to all the other actions?
  - a) It creates a pause in the movement**
  - b) It uses your arms
  - c) It doesn't use counts
- 4** **Seated straddle**
- 5** **4 points of balance**