

Y3 PE Knowledge Check

Indoor Athletics

- Where do your feet need to be before you do a standing long jump?
- What happens if you lift your feet off the floor in the chest push?

How many strides do you take in the event?

Where should your thumbs end up after releasing the ball in chest push?





Indoor Athletics



How many speed bounces completed







Road Safety



Name this safe place to cross the road?





Y3 PE Knowledge Check

What is the first thing you should do when trying to cross a road?

When walking across the road, what else should you be doing?

Which part of the scooter should you use to slow down?

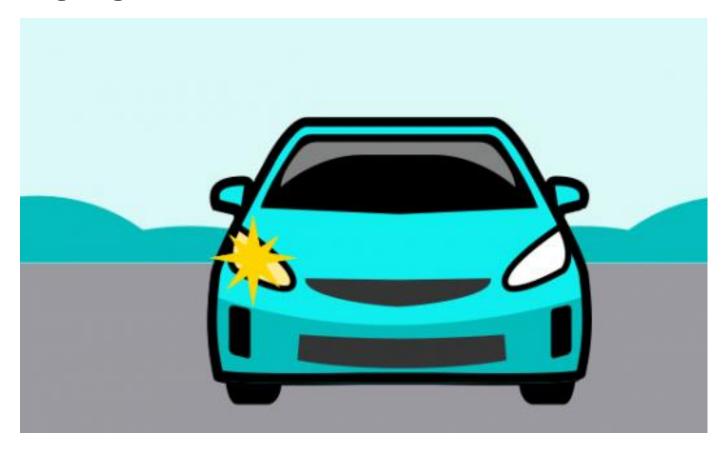




Road Safety



What is this car going to do?







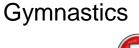
Dance

- What number is missing from the counts? 2, 4, 8, ??, 32
- Basic body actions which action is this a definition of? "Move part of your body, but not travelling."
- 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





What body position is this?



S How many points is this balance?





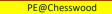




Y3 Answers

Indoor Athletics

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



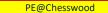


Y3 Answers

Zebra crossing

- What is the first thing you should do when trying to cross a road? Find a safe place to cross
- When walking across the road, what else should you be doing? Looking left and right and listening
- Which part of the scooter should you use to slow down?

 Brake at the back
- The car is turning (indicating)





Y3 Answers

Dance

- What number is missing from the counts? 2, 4, 8, ??, 32 16 was missing
- Basic body actions which action is this a definition of? "Move part of your body, but not travelling." Gesture
- 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
- Seated straddle
- 4 points of balance