



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

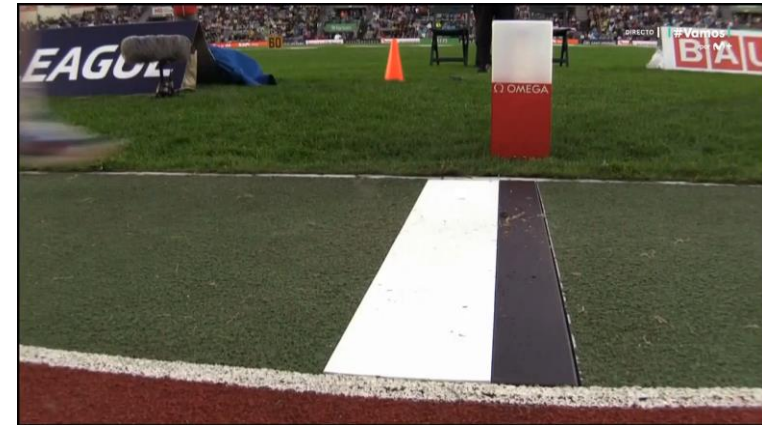
- 1 Xxxxxx is the ability to accelerate, change direction easily.

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

