



Y4 PE Knowledge Check

Basketball

- 1** Which part of the hand do you use to dribble the ball in basketball?
- 2** What are the triple threats when you have the ball?
- 3** If a player takes more than 3 steps without bouncing the ball it is called?
- 4** Stealing the ball or what are ways of winning the ball back in basketball?



Y4 PE Knowledge

PE@Chesswood

Basketball

5 This is an example of?





Y4 PE Knowledge

Gymnastics



What body position is this?



How many points is this balance?





Y4 PE Knowledge

PE@Chesswood

Gymnastics

3 What type of roll is this? (Be specific – how does she start and finish)





Y4 PE Knowledge

Gymnastics

4 What shape is this describing?

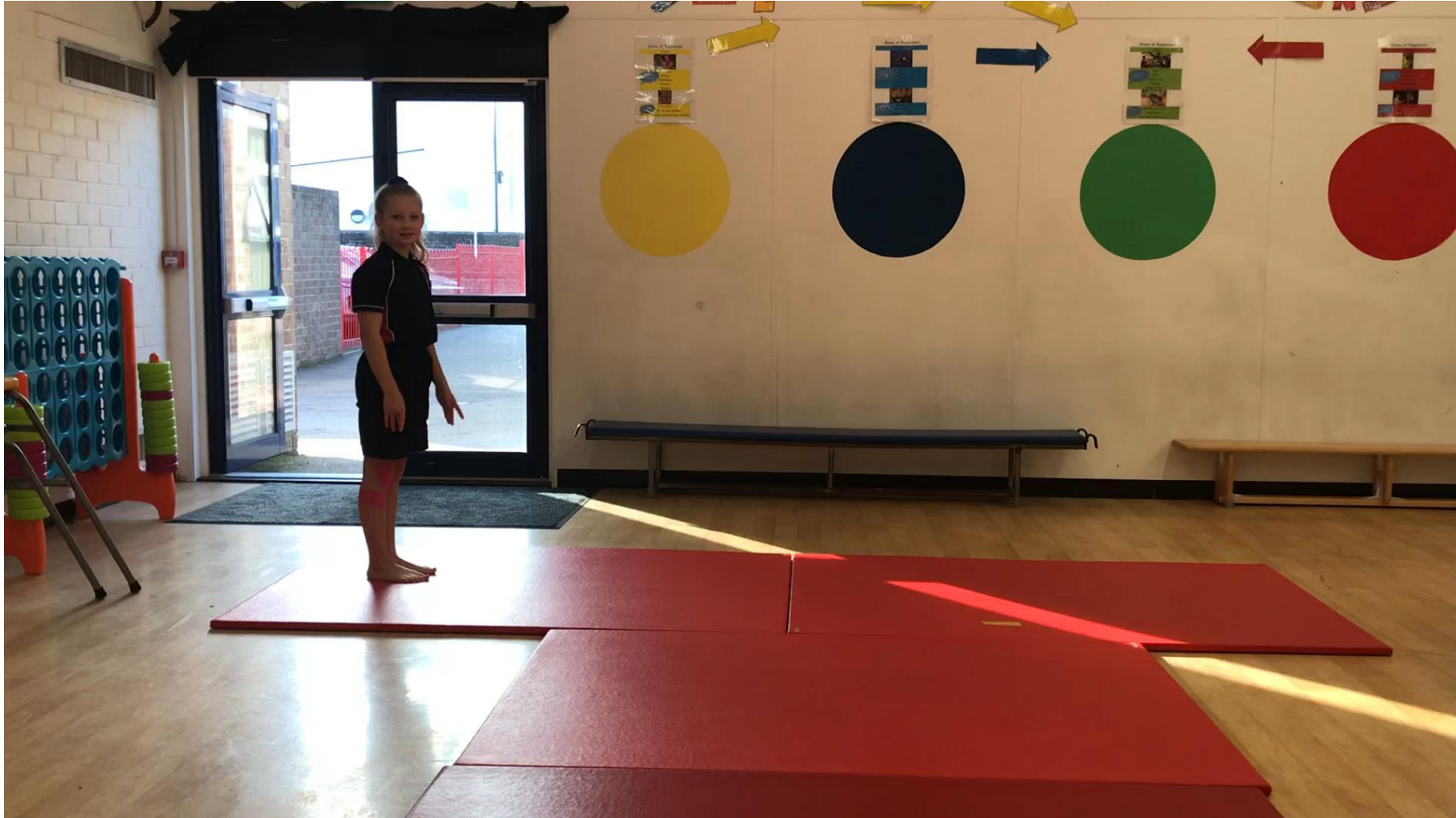
“Arms and legs fully extended at angles to create a xxxxxx shape.”



Y4 PE Knowledge

Gymnastics

5 Circle on your sheet all the elements in the sequence ?





Y4 PE Knowledge Check

Football and Rugby

- 1** When receiving the ball in football which part of the foot should you use?
- 2** Keeping the ball close to your feet when dribbling is called being in xxxxxxx of the ball?
- 3** What letter should your hands make when receiving a rugby ball?
- 4** When passing the rugby ball which part of the body should it cross?
- 5** What technique is used to avoid defenders in rugby?



Answers

Basketball

- 1 Which part of the hand do you use to dribble the ball in basketball? – **Finger tips**
- 2 What are the triple threats when you have the ball? – **dribble, shoot, pass**
- 3 If a player takes more than 3 steps without bouncing the ball it is called? – **Travelling**
- 4 Stealing the ball and what other ways can you win the ball back in basketball? – **Rebounding and interception**
- 5 Video shows – **Double Dribble**



Answers

Gymnastics

- 1 Position is – **Straddle**
- 2 Balance has – **4 points** of contact
- 3 Roll is? – **Forward roll – tuck to straddle**
- 4 Shape is – **Star Shape**
- 5 Video shows – **Star Jump, Forward Roll, Teddy Bear Roll, Shoulder Stand**



Answers

Football and Rugby

- 1** Part of the foot – **Inside / Instep**
- 2** Keeping the ball close is in – **Control**
- 3** Receiving a rugby ball use a – **W shape**
- 4** The ball should cross your – **Tummy / stomach**
- 5** **Dodging** – avoids defenders