



# Y4 PE Knowledge Check

## Indoor Athletics

- 1** In the standing long jump, which part of the foot do you measure from?
- 2** What do you need to create with your arms to help with jumps?
- 3** How many strides do you take in the event?
- 4** Where should your thumbs end up after releasing the ball in chest push?



# Y4 PE Knowledge

## Indoor Athletics

- 5 How many speed bounces completed





# Y4 PE Knowledge

## Tri-Golf

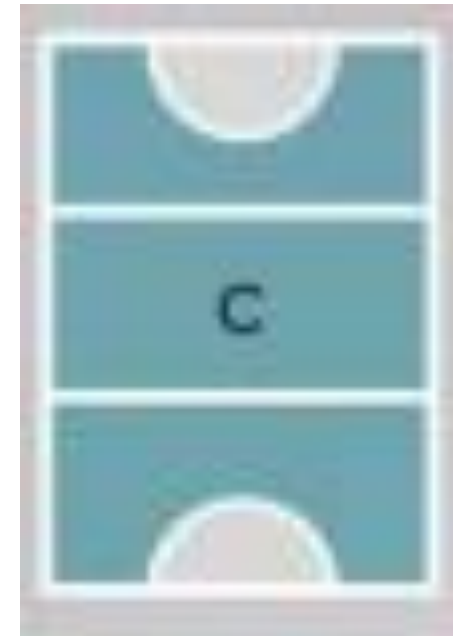
- 1** How far apart should your shoes be in the tri-golf stance?
- 2** What is the name of the technique for the swing?
- 3** How many majors are there?
- 4** Rory McIlroy was world number 1 golfer for over how many weeks?
- 5** Who plays in the Solheim Cup?



# Y4 PE Knowledge Check

## Netball

- 1 How many players on a netball team?
- 2 What is it called when you turn on your landing foot?
- 3 Where must you shoot from in netball?
- 4 What position is allowed to move here in the blue area?
- 5 Which position partners WD?





# Y4 Answers

## Indoor Athletics

- 1** In the standing long jump, which part of the foot do you measure from?  
**Heel / back of the foot**
- 2** What do you need to create with your arms to help with jumps?  
**Momentum**
- 3** How many strides do you take in the event?  
**5**
- 4** Where should your thumbs end up after releasing the ball in chest push?  
**Pointing down**
- 5** **33**



# Y4 Answers

## Tri-Golf

- 1** How far apart should your shoes be in the tri-golf stance?  
**Shoulder width**
- 2** What is the name of the technique for the swing?  
**Tick-tock**
- 3** How many majors are there?  
**4**
- 4** Rory McIlroy was world number 1 golfer for over how many weeks?  
**100 (actually 106)**
- 5** Who plays in the Solheim Cup?  
**Europe vs USA Women**



# Y4 Answers

## Netball

- 1** How many players on a netball team?  
**7**
- 2** What is it called when you turn on your landing foot?  
**Pivoting**
- 3** Where must you shoot from in netball?  
**Inside the attacking semi-circle**
- 4** What position is allowed to move here in the blue area?  
**Centre**
- 5** Which position partners WD?  
**WA (Wing Attack)**

