

Knowledge Organiser Year 3

PE

Must: Use these words
in context.

- Control
- Travel
- Teamwork
- balance
- Invasion
- Throw
- Catch
- Muscles
- Heart rate
- Stretch
- Exercise
- Physical
- Speed
- Challenge
- Space

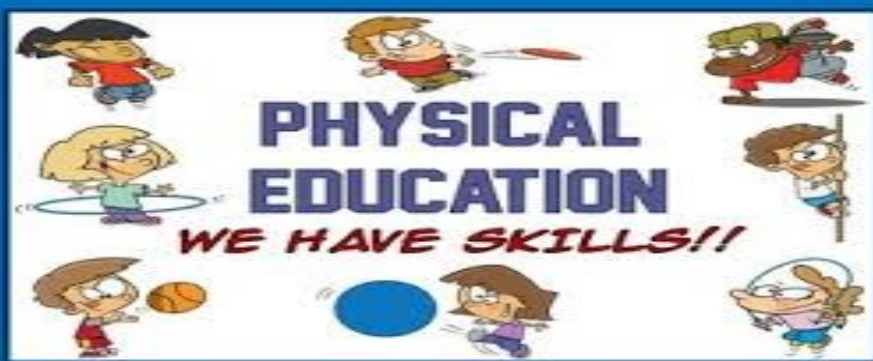
Websites

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zppvv4j>

Always remember to stay safe online. Visit the following for tips about online safety:

<https://www.bbc.co.uk/bitesize/topics/zfcvnbk/articles/zkcj92p>



What should we know?

- We should be able to confidently explain the rules for bench ball.
- Explain why it is important to warm-up before doing any PE.
- We should be able to choose the appropriate throw dependent on distance.
- We should be able to list different ways to travel e.g. run, skip, heel flicks.

Could...Go The Extra Mile!

Create a poster displaying the rules for bench ball.

Create a warm-up routine and ask members of your family to take part!

Research your favourite sports person and create a fact file to share with the class.

Search for a book on Myon, all about sport or fitness and write a review.

Design a new kit for your favourite sports team.

Design a name and logo for a new bench ball team.

Design a leaflet explaining the different ways to stay healthy and keep fit.