

Knowledge Organiser

Year 3

PE

Must: Use these words
in context.

- Sprint
- Distance
- Hurdles
- Landing
- Accuracy
- Underarm
- Overarm
- Control
- Speed
- Agility
- Teamwork

Websites

<https://www.bbc.co.uk/cbeebies/grownups/fun-exercises-to-do-at-home-with-kids>

The Body Coach—<https://www.youtube.com/watch?v=IECOJf4oVtE>

Remember to stay safe online!



What should we know?

- What different events will be completed on our Sports Day.
- The difference between a sprint and long distance running.
- Why we warm up before any physical activity.
- How to accurately throw a shot put and a javelin.
- How to stay cool while exercising in warm weather.

Could...Go The Extra Mile

- Can you create your own 'Sports Day' inspired event for your friends and family? You could even take photos!
- Can you record and present your data by creating a bar chart or table?
- Could you create your own warm-up that athletes can use before events?
- Create a Saltergate Spirit poster to use on our Sports Day.
- Practise developing your athletics skills at home from what you have learnt in lessons.