

YEAR 3 PE - Knowledge Organiser



Gymnastics



Gymnastics

In gymnastics the children complete a series of workshops in which the children move around independently and use equipment to aid in their stage of a skill.

Key Vocabulary

Shape
Tuck
Star
Straight
Pike
Straddle
Roll
Jump
Balance
Forwards
Backwards
Cartwheel



I can name the 5 basic shapes in gymnastics

I can describe and perform a chosen roll

I can describe and perform a chosen jump

I can describe the coaching points for a cartwheel

I can describe and perform an individual balance as well as a group balance



Key Vocabulary

Shoulder Pass
Chest Pass
Bounce Pass
Position
C - Centre
GD - Goal Defence
GA - Goal Attack
GS - Goal Shooter
GK - Goal Keeper
Partner
Court
Shoot

Netball

In netball the children play stuck in the mud with restrictions on who they can tag and who can tag them based on netball pairings on court. The children complete numerous games and challenges to perfect their use of different types of passes.

Netball



I can name and describe the 3 main passes used in netball
I can choose the appropriate netball pass to use in a minigame



I can name some positions played in netball
I can identify some positional partners in netball
I know that in netball I do not move with the ball
I know the basic shooting technique

