



YEAR 3 PE – Knowledge Organiser



Tennis

I can use a tennis racket confidently
I can land on my right and left feet
I can control the tennis ball using my racket
I can throw and catch a tennis ball
I can use a push serve in a tennis game
I can use an upward tapping action with my ball and racket

Tennis Key Vocabulary

Tennis Racket
Tennis Ball
Push Serve
Right
Left
Hop
Jump
Upwards
Tap
Throw
Catch
Land
Control

OAA

I can play games based on teamwork
I can play games based on listening
I can play games based on communication
I can identify key areas of the school and make my way to that location
I can complete a simple orienteering course



OAA Key Vocabulary

Teamwork
Listening
Communication
Orienteering
Photograph
Map
School
Clip
Letter
Resilience
Determination

Health and Fitness

I can describe how exercise affects my body
I know that exercise is key to a healthy heart
I can complete a fitness circuit that exercises different muscles in my body
I know that yoga can improve my flexibility and core strength
I know that yoga and stretching is good way to avoid injury



Health and Fitness Key Vocabulary

Exercise, fitness, circuit, muscle, heart, heart rate, healthy, flexibility, yoga, stretching, core strength