



Year 3 - Summer 2- PE Knowledge Organiser

What I already know...

Warm up, cool down, stretching
 Running at different speeds
 Throwing javelins and different sized balls

What I will learn...

- To develop strength, technique, control and balance through athletics.
- To compare and improve performances.
- The different types of throw
- To jump for distance



Key Vocabulary

accuracy	how close the object is to a target.
baton	the equipment used in a relay.
control	performing a skill with good technique.
event	the name of different athletic activities.
further	a greater distance.
personal best	an individual target.
power	speed and strength combined.
relay	a team of runners passing a baton
speed	how fast you are travelling.
strength	the amount of force you can use.
technique	the action used correctly



Making a difference at The Merton

In this PE unit children will take part in the three main elements of athletics; running, jumping and throwing. They will build on previously learnt skills to learn how to pass a baton in relay races and improving their technique to jump for distance. This will culminate in sports day practice, heats to qualify for finals and then Sports Day itself.

How to be an athlete:

- Control - having control over your body and performing actions with good technique.
- Balance - maintaining good balance as you perform actions at speed.
- Speed - moving at a fast pace.
- Power - combining speed with strength and good technique.