#### **Queensway School- Knowledge Organiser**

#### PE Year 3, Term 1



# At the end of this unit I will know

- To recognise which activities help speed. strength and stamina
- To recognise when speed, strength and stamina are important in games
- To be able to identify the main aspects of a good performance and suggest how a performance could be improved

#### Three key questions

- **1.** Are you able to dodge a defender when running towards the goal?
- **2.** Can you pass the ball accurately and with speed?
- 3. Can you scan the field before making the decision to pass or run?

#### **Key vocabulary:**

Lateral pass: A type of pass where the ball carrier will bring the ball across their body with their arms bent and release it to a supporting player who is situated to the side of them. A lateral pass travels sideways or backwards.

**Try:** The method of scoring in rugby where the ball must be placed with downward pressure anywhere on or over the try line.

**Tag**: The piece of material that is stuck with velcro either side of a tag belt that a defending player will try and pull off to symbolise a tackle (tagging).



# Tag Rugby

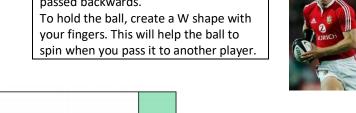
#### Rugby \$kills

When playing rugby, it is important to remember that the ball can only be passed backwards.



## Six Nations

The Six Nations Tournament is the most important competition of the year for rugby teams and fans. It is a competition between the British nations, France and Italv.





Running with the ball



**Passing Back** 

**Belt Position** 















'W' Grip

### Healthy Lifestyle

To understand the importance of a healthy active lifestyle by observing the effects on the body and how we feel after exercising e.g. what happens to our heart rate?

