

PHYSICAL EDUCATION

TERM 4

GRADE:3

SWIMMING SECTION:

In swimming there are 4 FINA strokes.

When your face is under water, you must blow bubbles.

As soon as you enter the pool area, you must wait for instructions from teacher/ coach/ parents

Never run near the pool edges.

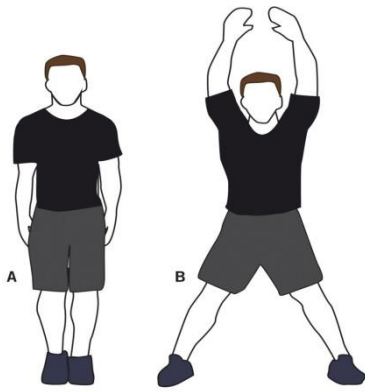
Don't push or fight with friends or siblings.

Don't jump in the water as soon as you get to the pool area.

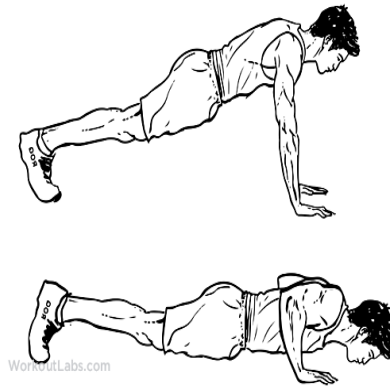
The items our swimming bag should have in it.



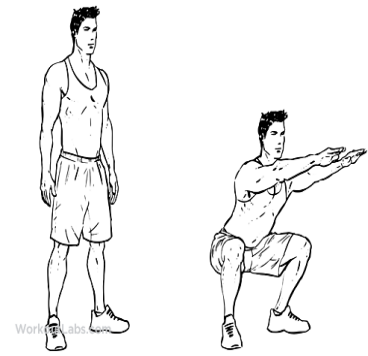
FITNESS MOVEMENTS:



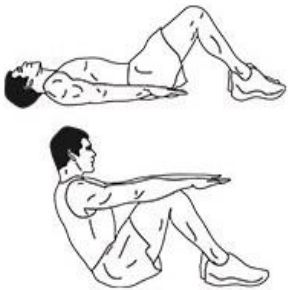
1. Jumping jack



2. Push ups



3. Squat



4. Sit ups



5. Running

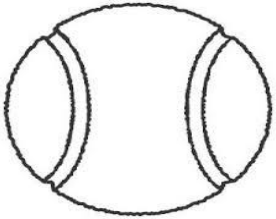
General knowledge:

A-

- 1- We play a soccer game with soccer ball.
- 2- We play a volleyball game with volleyball.
- 3- We play a netball game with netball.
- 4- We play a tennis game with tennis ball.



Soccer ball



Tennis ball



Volleyball



Netball

B-We use our finger pads to volley the ball in a volleyball game.

C-We use our forearms to dig the ball in a volleyball game.

D-When you are balancing on the beam or the rope, keep your body upright and straight.

E-When you hop over the hurdle, stop and jump with both feet.