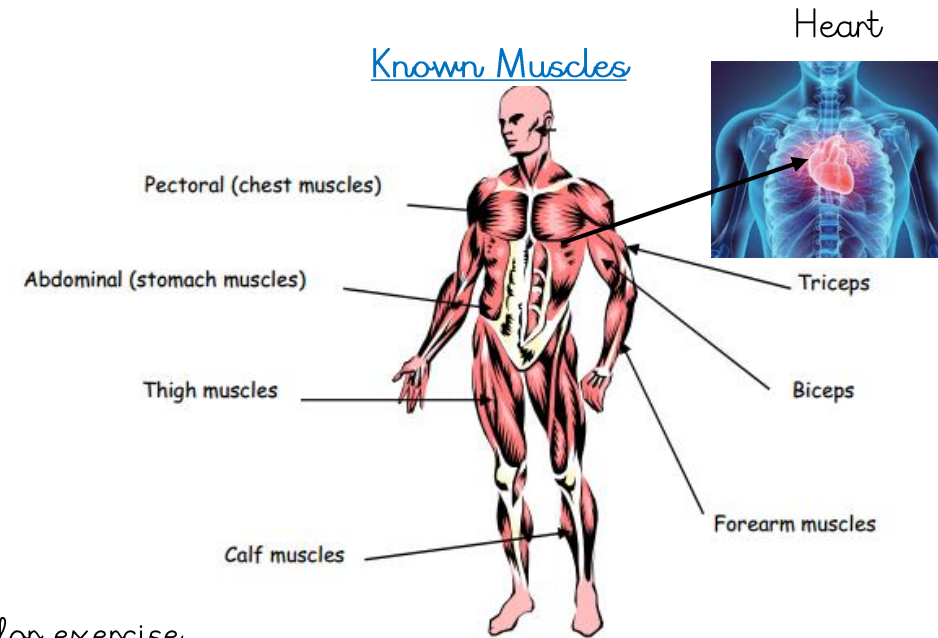


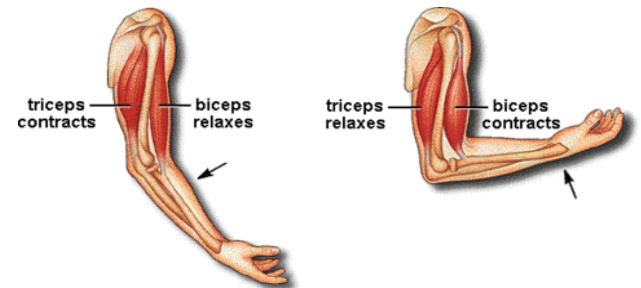
# Year 3 Physical Education Must Knows

## Body changes in exercise

When we exercise our body changes. We get hot and sweaty. Also our muscles demand more oxygen and our body responds by increasing our breathing rate. Our heart beats faster in order to pump blood around our bodies to our muscles.



## Arm Muscles (Triceps and Biceps)



## Fundamental Movement Skills (ABC's)

### Agility

Ability to change direction quickly



### Balance

Hold a position without falling



### Co-ordination

Move two or more body parts smoothly such as hitting a ball



## Top Vocabulary

**patience** - remaining calm, even when you've been waiting a long time for someone to do something.

**expression** - the way we demonstrate and convey our emotion in dance through movements and body language.

**sequences** - repeated and/or organized patterns of movement.

**consistency** - been able to repeat something successfully.

**oxygen** - is a chemical in the air that we breathe. We need it to survive.

**muscle** - tissue in the body that moves parts of the body

**compete** - when you take part in a competition or game with the aim of winning.

**personal best** - when you try to achieve your best time or score in a game. You are competing against yourself.

**mental health** - physical activity helps our mental health and well-being

**heart** - a large muscle situated in the chest that pumps blood around our bodies