

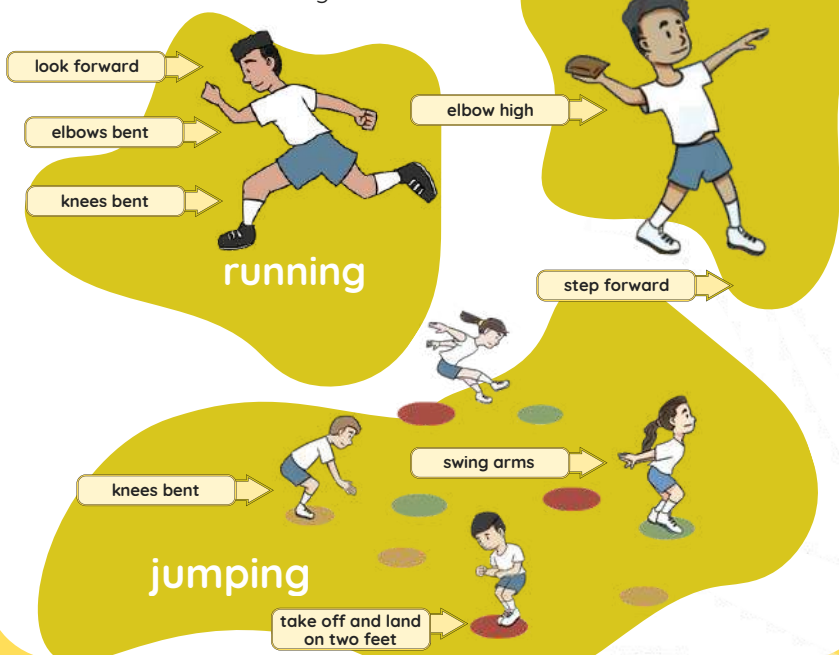


Get Set 4  
Education

# Knowledge Organiser Athletics Year 1

## About this Unit

Athletics is made up of running, jumping and throwing.



## Key Vocabulary

balance	hop	safely
bend	jog	target
control	jump	time
direction	leap	underarm
further	overarm	walk
	quickly	

## Ladder Knowledge



### Running:

Swing your arms, it will help you to run faster.

### Jumping:

Landing on the balls of your feet helps you to land with control. Bend your knees, it will help you to jump further.

### Throwing:

Stepping forward with your opposite foot to throwing hand will help you to throw further.

## Movement Skills

- run
- balance
- agility
- co-ordination
- hop
- jump
- leap
- throw

This unit will also help you to develop other important skills.

**Social** work safely, collaboration  
**Emotional** perseverance, independence, honesty, determination  
**Thinking** reflection, comprehension, select and apply skills

## Rules

Rules help you to play fairly.

## Healthy Participation



- Behave and move in a safe way.
- Wait to take turns when told to.



If you enjoy this unit why not see if there is an athletics club in your local area.



## This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer
- be stronger



## Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

## Fill it Up



**What you need:** six socks and two pots

### How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
- Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?

Top tip: take small steps so that you can change direction quickly.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

# Knowledge Organiser

## Athletics Year 2

### About this Unit

Athletics is made up of running, jumping and throwing.



### Key Vocabulary



overarm

aim	height	sprint
distance	jog	take off
far	jump	target
fast	landing	throw



If you enjoy this unit why not see if there is an athletics club in your local area.

### Ladder Knowledge



#### Running:

Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

#### Jumping:

Swinging your arms forwards will help you to jump further.

#### Throwing:

Throw in a straight line by pointing your throwing hand at your target as you let go of the object.

### Movement Skills

- run
- jump for distance
- jump for height
- throw for distance
- throw for accuracy

This unit will also help you to develop other important skills.

**Social** communication, work safely, support others

**Emotional** determination, independence

**Thinking** comprehension, observe and provide feedback, explore ideas, select and apply skills

### Rules

Follow the rules when working with others.

### Healthy Participation



- Behave and move in a safe way.
- Wait to take turns when told to.



This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer
- be stronger

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Mousetrap

**What you need:** 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

#### How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

[www.getset4education.co.uk](http://www.getset4education.co.uk)



Head to our youtube channel to watch the skills videos for this unit.



@getset4education136



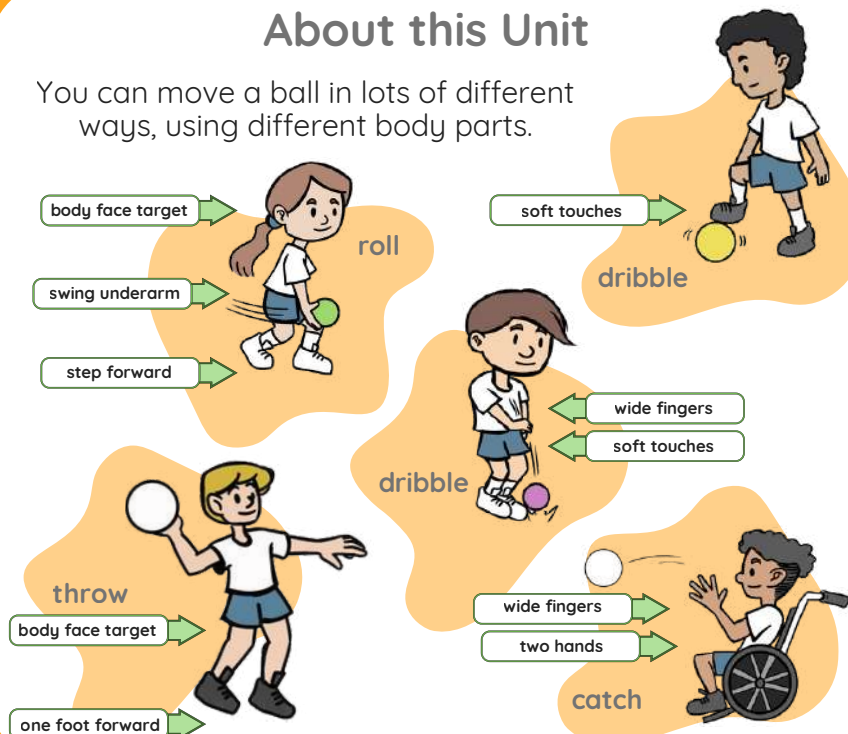
Get Set 4  
Education

# Knowledge Organiser

## Ball Skills Y1

### About this Unit

You can move a ball in lots of different ways, using different body parts.



### Ladder Knowledge



#### Sending:

Face your body towards your target when rolling and throwing underarm. It will help you to balance.

#### Catching:

Watch the ball as it comes towards you.

#### Tracking:

Move your feet to get in the line with the ball.

#### Dribbling:

Moving with a ball is called dribbling. You can dribble with your hands and with your feet.

### Movement Skills

- dribble with hands
- roll
- throw
- catch
- dribble with feet
- track

This unit will also help you to develop other important skills.

**Social** communication, support others, co-operation

**Emotional** perseverance, honesty, determination

**Thinking** exploration, make decisions, comprehension, use tactics

### Strategies

For all ball skills use these tips:

Track the ball as it comes towards.  
Point your hand or foot towards your target when sending the ball.  
Cushion the ball as you receive it.

### Healthy Participation

- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

### Key Vocabulary



catch	safely	swing
control	score	target
dribble	space	track
ready position	soft	underarm
roll		

If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.



This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Bottle Skittles



**What you need:** plastic bottles, a pair of socks, 1 or more players

#### How to play:

- Use empty plastic bottles as skittles. Set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Playing with more people?  
See how many throws it takes each player to knock down all of the skittles.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. @getset4education136





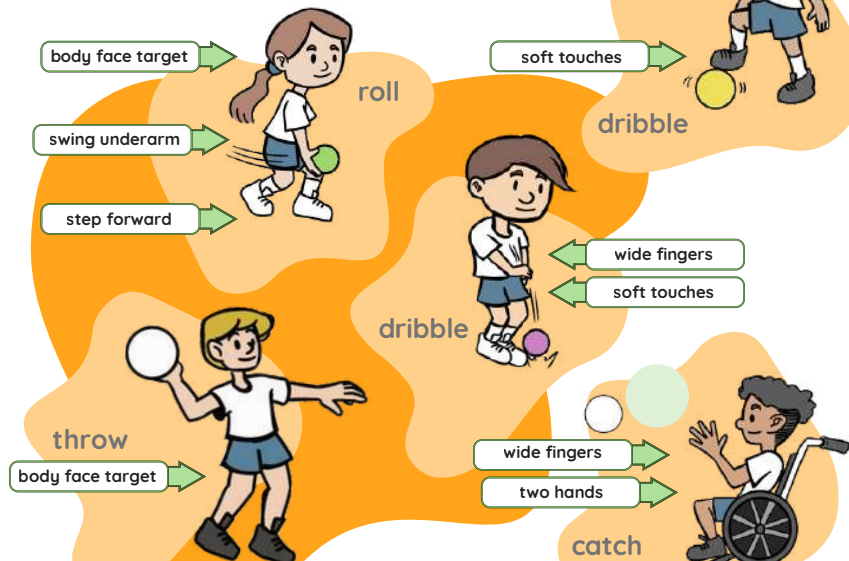
Get Set 4  
Education

# Knowledge Organiser

## Ball Skills Y2

### About this Unit

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your ball skills with practise.



### Key Vocabulary



bounce

catch

collect

control

dribble

kick

prepare

receive

release

roll

target

touch

underarm

### Ladder Knowledge



#### Sending:

Step forward with your opposite foot to throwing arm. This will help you to balance.

#### Catching:

Use wide fingers and pull the ball into your chest to catch securely.

#### Tracking:

It is easier to move towards a ball to track it than chase it.

#### Dribbling:

Keep your head up when dribbling to see the space and other players.

### Movement Skills

- roll
- track
- dribble with feet
- kick
- throw
- catch
- dribble with hands

This unit will also help you to develop other important skills.

**Social** inclusion, communication, collaboration, leadership

**Emotional** independence, honesty, perseverance, determination

**Thinking** comprehension, select and apply skills, use tactics

### Strategies

For all ball skills use these tips:

Track the ball as it comes towards.  
Point your hand or foot towards your target when sending the ball.  
Cushion the ball as you receive it.

### Healthy Participation

- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.



### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Sock Boule



**What you need:** a target object, rolled up socks, 2 or more players

#### How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.
- First player to 5 points wins.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



### This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

# Knowledge Organiser

## Dance Year 1

### About this Unit

Here are some themes that you may explore in this dance unit...

#### The Weather

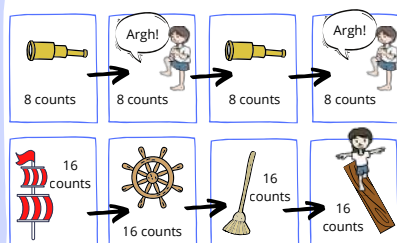


How would these toys move?

#### TOYS



#### Pirates



#### On Safari



### Ladder Knowledge



#### Actions:

Actions can be linked to create a dance.

#### Dynamics:

You can create fast and slow actions to show an idea.

#### Space:

There are different directions and pathways within space.

#### Relationships:

When dancing with a partner it is important to be aware of each other and keep in time.

#### Performance:

Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished.

### Movement Skills

- actions
- dynamics
- space
- relationships

This unit will also help you to develop other important skills.

**Social** respect, work safely, collaboration, communication

**Emotional** empathy, confidence, acceptance, determination, kindness

**Thinking** creativity, select and apply actions, copy and repeat actions, provide feedback, recall

### Strategies

Use big, clear actions. It will help the audience to see you clearly.

### Healthy Participation



- You should be bare foot for dance.
- Ensure you always work in your own safe space when working on your own.

If you enjoy this unit why not see if there is a dance club in your local area.



### Key Vocabulary

action	direction	
balance	fast	quickly
beat	level	slow
copy	pathway	slowly
counts	pose	timing



### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



#### Animal Dance

##### How to play:

- Create a short dance that uses the movements of an animal of your choice.
- Try not to just act like the animal, but use their movements e.g. the way they crawl, walk, sleep or jump.
- Think about how quickly or slowly they move.
- Think about how they move e.g. bouncy, smoothly.
- Choose some music that suits your animal too.

Show your dance to a family member or friend.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible

Head to our youtube channel to watch the skills videos for this unit.

[@getset4education136](https://www.youtube.com/@getset4education136)

# Knowledge Organiser

## Dance Year 2

### About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

**Structuring the Dance**

- **Getting nectar** (balance): 8 counts
- **Waggle dance** (movement in the hoop): 8 counts
- **Busy bees** (travel): 8 counts
- **Landing time** (around the hoop): 8 counts

**Secret Garden**

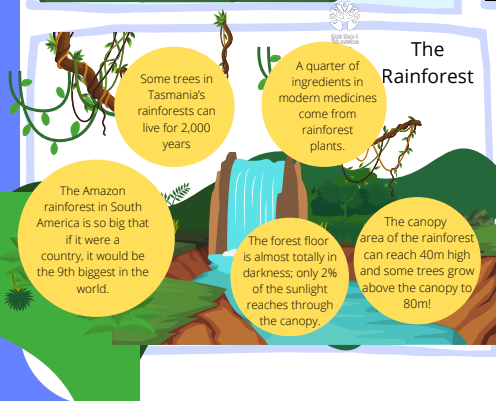


Welcome to the circus!



**The Rainforest**

- Some trees in Tasmania's rainforests can live for 2,000 years
- A quarter of ingredients in modern medicines come from rainforest plants.
- The Amazon rainforest in South America is so big that if it were a country, it would be the 9th biggest in the world.
- The forest floor is almost totally in darkness; only 2% of the sunlight reaches through the canopy.
- The canopy area of the rainforest can reach 40m high and some trees grow above the canopy to 80m!



**JACK FROST**

- Start position, 8 counts
- Leaping actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Finishing position 8 counts



### Ladder Knowledge



#### Actions:

Placing actions in a particular order will help you to tell the story of your dance.

#### Dynamics:

You can change the way you perform actions to show an idea.

#### Space:

You can use different directions, pathways and levels in your dance.

#### Relationships:

Use counts of 8. It will help you to stay in time with your partner and the music.

#### Performance:

Use facial expressions it will help to show the mood of your dance.

### Movement Skills

- actions
- dynamics
- space
- relationships

This unit will also help you to develop other important skills.

**Social**  
**Emotional**  
**Thinking**

respect, collaboration, work safely, communication

independence, confidence, perseverance, determination

provide feedback, comprehension, reflection, observation, creativity

### Strategies

Keep practicing your dance. It will get better everytime.

### Healthy Participation



- You should be bare foot for dance.
- Ensure you always work in your own safe space when working on your own.



### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

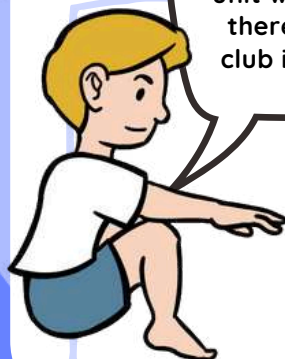


### Key Vocabulary

action	expression	
counts	level	perform
create	matching	speed
direction	mirroring	timing
dynamics	pathway	unison



If you enjoy this unit why not see if there is a dance club in your local area.



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible

### Newspaper Dance

**What you need:** 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

#### How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136



# Knowledge Organiser

## Fitness Year 1

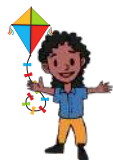
### About this Unit

There are lots of things that can change our mood. How would each of the events below change your mood?



spending time with family

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises we can do e.g.



### Key Vocabulary



active	exercise	mood
bones	fast	muscles
brain	healthy	quick
breathing	heart	safe
calm	memory	strong

If you enjoy this unit why not see if there is an athletics club in your local area.



### Ladder Knowledge



#### Agility:

Bending your knees will help you to change direction.

#### Balance:

Looking ahead will help you to balance.

#### Co-ordination:

Using the opposite arm to leg at the same time helps you to perform skills such as running and throwing.

#### Speed:

Swinging your arms will help you to run faster.

#### Strength:

Exercise helps you to become stronger.

#### Stamina:

Moving for a long time can make you feel hot and breathe faster.

### Movement Skills

- run
- jump
- co-ordination
- stamina
- strength
- agility
- balance

This unit will also help you to develop other important skills.

**Social** communication, co-operation, support, work safely, kindness  
**Emotional** kindness, perseverance, honesty, independence, determination  
**Thinking** comprehension, creativity, problem solving, reflection, feedback

### Strategy

Keep trying lots of different activities outside of school to find something you enjoy.

### Healthy Participation



Behave and move in a safe way.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### What's the Time Mr Wolf?



What you need: 2 or more people

#### How to play:

- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
  - Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
  - Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
  - If Mr Wolf calls 'dinner time!', everyone must run away from Mr Wolf.
  - Whoever is caught returns to the start line.
- The winner is the player who touches Mr Wolf.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



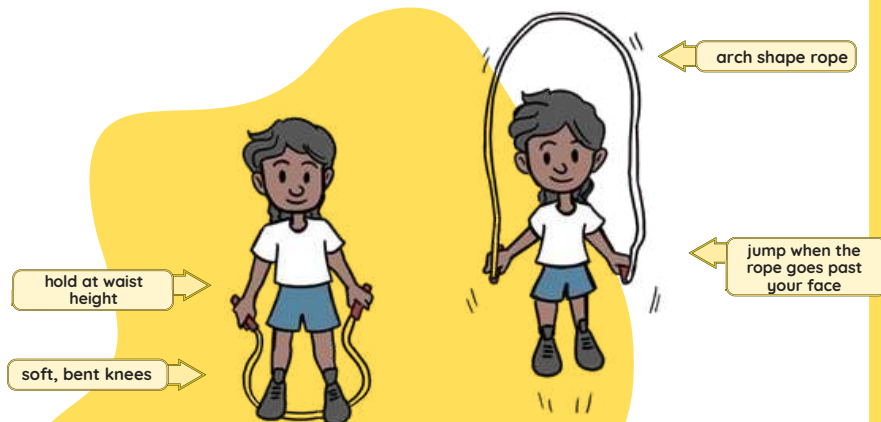
@getset4education136

# Knowledge Organiser

## Fitness Year 2

### About this Unit

Being fit means keeping your body strong and full of energy. Just like how we take care of our toys to keep them working well, we need to take care of our bodies too. When we're fit, our bodies can do lots of fun things like running, playing, and exploring.



### Ladder Knowledge



**Agility:**  
Using small quick steps will help you to change direction.

**Balance:**  
You can squeeze your muscles to help you to balance.

**Co-ordination:**  
Some skills require you to move body parts at different times such as skipping.

**Speed:**  
Take shorter steps to jog and bigger steps to run.

**Strength:**  
Strength helps us with everyday tasks such as carrying our school bag.

**Stamina:**  
You need to run slower if running for a long time.

### Movement Skills

- run
- stamina
- skip
- co-ordination
- agility
- strength
- balance

This unit will also help you to develop other important skills.

**Social** encourage others, communication

**Emotional** perseverance, determination

**Thinking** comprehension, identify strengths and areas for improvement

### Strategy

Keep trying lots of different activities outside of school to find something you enjoy.

### Healthy Participation

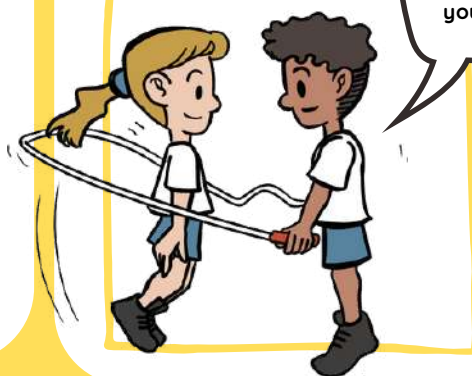


Behave and move in a safe way.

### Key Vocabulary



bend	jump	steady
breath	land	strong
exercise	speed	time
jog	sprint	tired



This unit will help you to:

- change direction quickly
- balance
- move different body parts at the same time
- be faster
- move for a long time
- be stronger

**Home Learning** Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### What's that Word?



**What you need:** people you live with

#### How to play:

- As a household choose three words that you are going to be your 'what's that' words for the day. e.g CAN, YOU and TV.
- Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises.
- Don't forget to remind them by saying:

What's that word?

[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

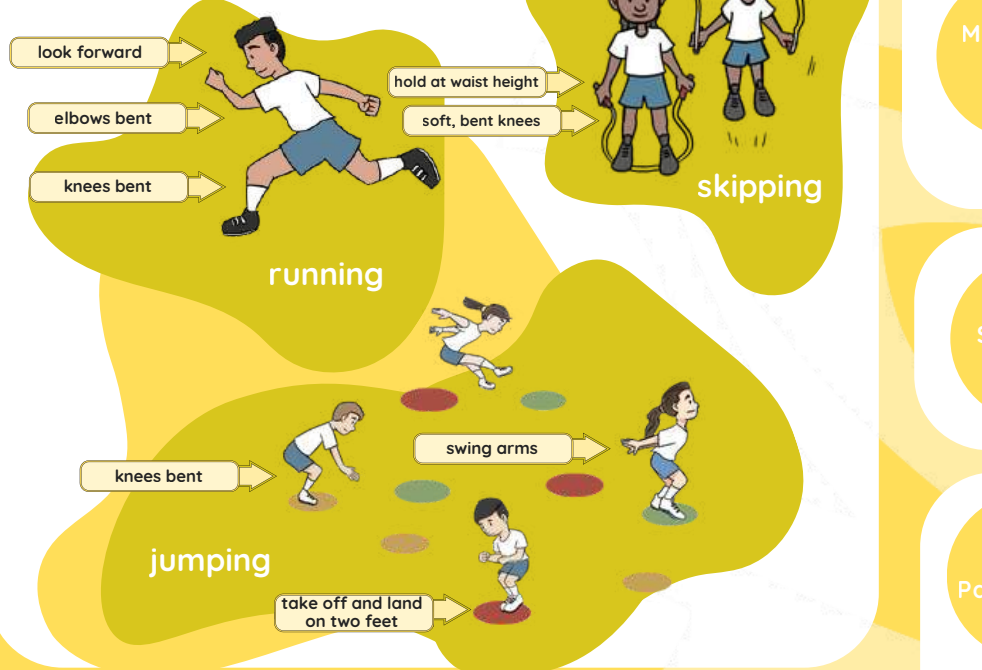


# Knowledge Organiser

## Fundamentals Year 1

### About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



### Ladder Knowledge



#### Running:

Bending your knees will help you to change direction. If you swing your arms it will help you to run faster.

#### Balancing:

Looking ahead will help you to balance. Landing on your feet helps you to balance.

#### Jumping:

Landing on the balls of your feet helps you to land with control.

#### Hopping:

Hop with a soft bent knee.

#### Skipping:

Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.

### Movement Skills

- balance
- jump
- hop
- run
- speed
- agility
- dodge
- skip
- co-ordination

This unit will also help you to develop other important skills.

**Social**  
**Emotional**  
**Thinking**

collaboration, work safely, support others  
determination, self regulation, honesty, perseverance  
comprehension, select and apply skills

### Strategies

Just like learning new words or playing a game, you need to practice. Try running, hopping, skipping, jumping, and balancing every day!

### Healthy Participation



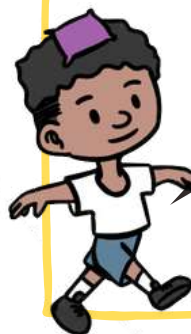
Behave and move in a safe way.

### Key Vocabulary



bend  
direction  
dodge  
fast  
hop  
jog  
jump  
land  
ready position  
skip  
challenge  
swing

If you enjoy this unit why not see if there is an athletics club in your local area.



This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Skipping Challenges



**What you need:** a skipping rope or a dressing gown rope (tie two together to make it longer)

**Challenge 1:**  
How many skips can you complete in a row?

**Challenge 2:**  
Can you skip 5 times on your right foot and then 5 times on your left foot?

**Challenge 3:**  
Can you skip with high knees, one foot and then the other?

**Challenge 4:**  
Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

**Challenge 5:**  
Can you skip backwards?



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.

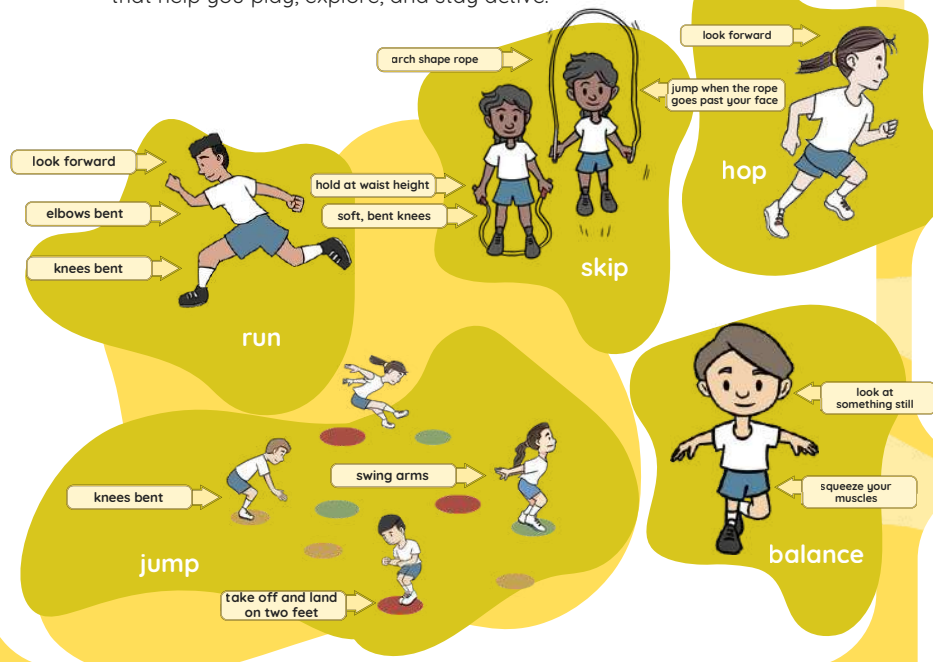


@getset4education136

# Knowledge Organiser Fundamentals Year 2

## About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.



## Ladder Knowledge



**Running:**  
Bending your knees helps you to stop in a balanced position. Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

**Balancing:**  
Squeezing your muscles helps you to balance.

**Jumping:**  
Swinging your arms forwards will help you to jump further.

**Hopping:**  
If you look straight ahead it will stop you from falling over when you land.

**Skipping:**  
Swing opposite arm to leg to help you to balance when skipping without a rope.

## Movement Skills

- run
- speed
- agility
- dodge
- balance
- jump
- hop
- skip

This unit will also help you to develop other important skills.

**Social** collaboration, respect, take turns, communication, encourage others

**Emotional** determination, honesty, perseverance

**Thinking** comprehension, make decisions, creativity, use tactics, recall

## Strategy

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

## Healthy Participation



Behave and move in a safe way.

## Key Vocabulary



balance		
dodge	land	sprint
hop	run	swing
hurdle	skip	take off
jump	speed	weight

If you enjoy this unit why not see if there is an athletics club in your local area.



## This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- be stronger

## Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



## Footwork Frenzy



What you need: 6 socks

### How to play:

- Place the socks in a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below three times to complete challenge.
  1. Run through the gaps, placing one foot in each. Go as quickly as you can.
  2. Jump two footed in each gap? Then backwards.
  3. Jump feet wide, then feet together in the gaps.
  4. Hopscootch. 1 foot, two feet, 1 foot, 2 feet etc
  5. Rotate to turn sideways on each jump in the gaps.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



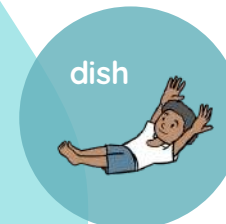
@getset4education136

# Knowledge Organiser

## Gymnastics Year 1

### About this Unit

In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.



### Key Vocabulary



action	jump	speed
balance	level	squeeze
control	point	star
direction	roll	straight
	shape	travel

### Ladder Knowledge



#### Shapes:

You can improve your shapes by extending parts of your body.

#### Balances:

Balances should be held for 5 seconds.

#### Rolls:

You can use different shapes to roll.

#### Jumps:

Landing on the balls of your feet helps you to land with control.

### Movement Skills

- travelling actions
- shapes
- balances
- shape jumps
- barrel roll
- straight roll
- forward roll

This unit will also help you to develop other important skills.

- Social** respect, collaboration, sharing, work safely
- Emotional** confidence, self regulation, perseverance
- Thinking** comprehension, select and apply action, creativity

### Strategy

Use a starting and finishing position so that people know when your sequence has begun and when it has ended.

### Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Crabs and Scorpions



**What you need:** two markers, one player, one person to time

#### How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Transport the socks one at a time from one marker to the other.
- How many socks can you move in 2 minutes?

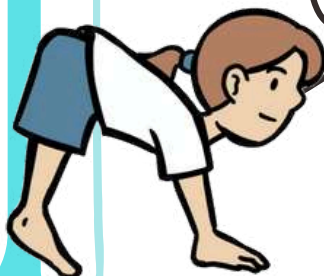
#### Rules:

- Socks must be carried on stomach on the way there (crab)
- Players must travel back on their hands and feet stomach facing down (scorpion).



[www.getset4education.co.uk](http://www.getset4education.co.uk)

If you enjoy this unit why not see if there is a gymnastics club in your local area.



### This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136





Get Set 4  
Education

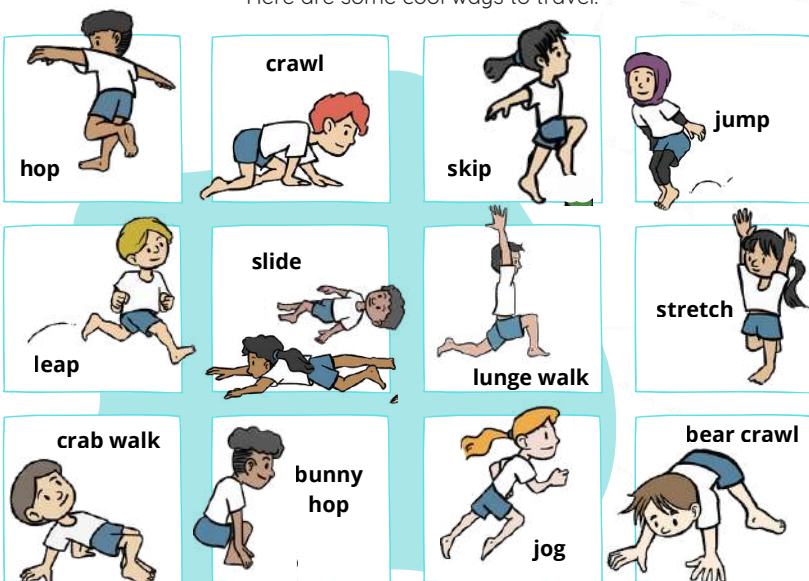
# Knowledge Organiser

## Gymnastics Year 2

### About this Unit

In gymnastics you learn to move your body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.

Here are some cool ways to travel.



### Key Vocabulary



balance		
direction	pike	speed
level	roll	star
link	sequence	straddle
pathway	shape	tuck

### Ladder Knowledge



#### Shapes:

Some shapes link well together.

#### Balances:

Squeezing your muscles helps you to balance.

#### Rolls:

There are different teaching points for different rolls.

#### Jumps:

Looking forward will help you to land with control.

### Movement Skills

- shapes
- balances
- travelling actions
- shape jumps
- barrel roll
- straight roll
- forward roll

This unit will also help you to develop other important skills.

**Social**

leadership, work safely, respect

**Emotional**

confidence, independence

**Thinking**

select and apply actions, creativity

### Strategy

Use shapes that link well together, it will help your sequence to flow.

### Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Gymnastics Obstacle Course



**What you need:** a dressing gown rope, two pillows and toy

#### How to play:

- Create a gymnastics course by placing out the rope, pillows and toy.
- Balance along the rope, jump and land on each of the pillows then create a balance by creating the same shape as your chosen toy.
- Place the items further apart and link your actions using different travelling actions e.g. crawl, spin, hop, lunge etc.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

If you enjoy this unit why not see if there is a gymnastics club in your local area.



### This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136



Get Set 4  
Education

# Knowledge Organiser

## Invasion Year 1

### About this Unit

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.

In invasion games, if your team has the ball you are called attackers. If your team doesn't have the ball you are defenders.

My team has the ball, I am an attacker

My team needs to score goals



My team doesn't have the ball, I am a defender

My team needs to try to stop goals



Look at the images below, who are the attackers and who are the defenders?



### Key Vocabulary



attacker

marking

defender

points

dodge

score

goal

space



If you enjoy this unit why not see if there is a club in your local area that plays an invasion game. This could be a basketball, football, handball, hockey, netball or tag rugby club.

### Ladder Knowledge



#### Sending & receiving:

look at your partner before sending the ball.

#### Dribbling:

moving with a ball is called dribbling.

#### Space:

being in a good space helps you to pass the ball.

#### Attacking:

moving away from a partner helps your team to pass you the ball.

#### Defending:

staying with a partner makes it more difficult for them to receive the ball.

### Movement Skills

- dribble
- throw
- catch
- kick
- receive
- run
- change speed
- change direction

This unit will also help you to develop other important skills.

**Social** supporting others, communication, co-operation, kindness

**Emotional** perseverance, confidence, honesty

**Thinking** comprehension, identifying strengths and areas for development, select and apply

### Rules

Rules help you to play fairly.

### Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Spread out

Stay with a partner

Keep the ball

Send the ball quickly to a teammate

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Touch Down

What you need: two players, two markers and a ball

#### How to play:

- Place the two makers approx. 8 big steps apart.
- One person begins at one marker with the ball, other person begins in the middle.
- Person with the ball attempts to score by running and placing it on top of their opponent's marker.
- If their opponent tags the person with the ball, they have to start again at their marker.
- Have three attempts to score then switch roles.
- Make this harder by dribbling the ball with feet or hands.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

# Knowledge Organiser

## Invasion Year 2

### About this Unit

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.

In invasion games, the team that is in possession of the ball (the team that has the ball) are the attackers. The team that is not in possession of the ball (the team that does not have the ball) are the defenders.

I need to try to score goals

I need to try to move towards the goal

My team need to keep the ball

I need to stop the other team from scoring

My team need to try to get the ball



Which person is the attacker and which person is the defender?

### Key Vocabulary



attack	opponent	score
defend	possession	shoot
defender	receive	tactic
goalkeeper	send	teammate
mark		



If you enjoy this unit why not see if there is a club in your local area that plays an invasion game. This could be a basketball, football, handball, hockey, netball or tag rugby club.

### Ladder Knowledge



**Sending & receiving:**  
controlling the ball before sending it will help you to get it to the right place or person.

**Dribbling:**  
keeping your head up will help you to see where defenders are.

**Space:**  
moving into space away from defenders helps you to pass and receive a ball.

**Attacking:**  
when your team is in possession of the ball you are an attacker and we can score.

**Defending:**  
when your team is not in possession of the ball, you are a defender and need to try to get the ball. Standing between the ball and the attacker will help you to stop them from getting the ball.

### Movement Skills

- dribble
- throw
- catch
- kick
- receive
- run
- change speed
- change direction

This unit will also help you to develop other important skills.

**Social**

communication, kindness, support others, co-operation, respect, collaborate

**Emotional**

empathy, perseverance, honesty, integrity, independence

**Thinking**

creativity, select and apply, comprehension, problem solving, provide feedback

### Rules

Know how to score points for each game and follow simple rules.

### Tactics

#### Attacking tactics

- Move into space towards goal
- Make quick decisions to pass
- Communicate with each other to let a teammate know you are free.

#### Defending tactics

- Mark an opponent
- Stand in between the attacker and the ball
- Have someone take on the role of goalkeeper.

### Healthy Participation



- Make sure any equipment not used is stored out of the way.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Protect the Gate

**What you need:** 2 players min, three objects and a ball or pair of rolled up socks.

#### How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- The defender attempts to stop the ball from going through the triangle.
- Six attempts then change roles.

What was your score /6?

[www.getset4education.co.uk](http://www.getset4education.co.uk)



Head to our youtube channel to watch the skills videos for this unit.



@getset4education136





Get Set 4  
Education

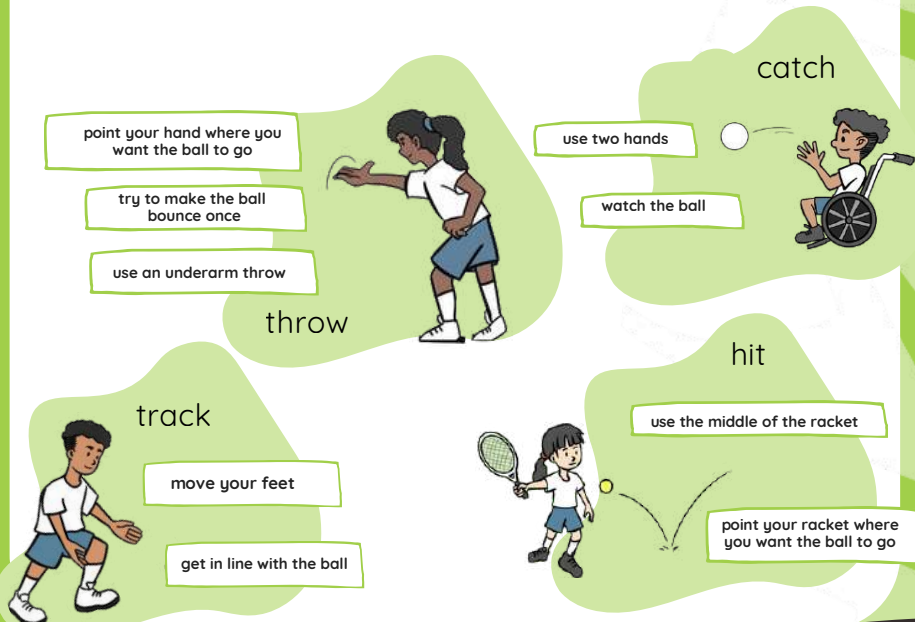
# Knowledge Organiser

## Net and Wall Games Year 1

### About this Unit

Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return.

Examples include tennis, badminton, volleyball, squash.



### Key Vocabulary



net	ready position
partner	score
point	track
racket	underarm



### Ladder Knowledge



#### Hitting:

use the centre of the racket for control.

#### Feeding:

use an underarm throw to throw to a partner.

#### Rallying:

throwing/hitting to your partner with not too much power will help them to return the ball.

#### Footwork:

using a ready position will help you to move in any direction.

### Movement Skills

- throw
- catch
- hit
- track

This unit will also help you to develop other important skills.

#### Social

support others, work safely, communication, co-operation

#### Emotional

perseverance, independence, determination

#### Thinking

comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

### Rules

### Rules help you to play fairly.

Tactics are a plan that help us to do what we want to do when playing games.

### Tactics



Track the ball as it comes towards you

### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Hot Spots

**What you need:** two players, six markers and a ball



#### How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- The game is played until one pupil has all of the cones.
- Make this easier by using a bigger ball.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



### This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit. @getset4education136



Get Set 4  
Education

# Knowledge Organiser

## Net and Wall Games Year 2

### About this Unit

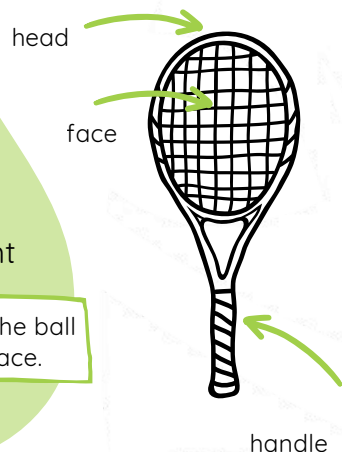
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



#### Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



### Ladder Knowledge



#### Hitting:

watch the ball as it comes towards you to help you to get ready to hit it.

#### Feeding:

use enough power when throwing to let the ball bounce once before your partner returns it.

#### Rallying:

sending the ball towards your partner will help you to keep a rally going.

#### Footwork:

using a ready position helps you to react quickly and return/catch a ball.

### Movement Skills

- throw
- catch
- hit
- track

This unit will also help you to develop other important skills.

**Social**  
**Emotional**  
**Thinking**

co-operation, respect, support others

honesty, persevere

select and apply, reflection, decision making, comprehension

### Rules

Know how to score points for each game and follow simple rules.

### Tactics

Using tactics makes it difficult for my opponent.

#### Attacking tactics

- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

#### Defending tactics

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing



### Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Key Vocabulary



against

defend

partner

point

quickly

ready position

receive

return

trap

If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

### Catch Tennis

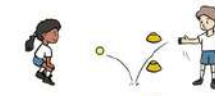
What you need: two players, three markers and a ball

#### How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

#### To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



Head to our youtube channel to watch the skills videos for this unit.



@getset4education136



Get Set 4  
Education

# Knowledge Organiser Parkour Year 1

## About this Unit

Parkour is like pretending you're a superhero! It's when people move around using their bodies in fun ways. Instead of just walking, they might jump over a bench, climb up a wall, run across a playground really fast or balance on a rail.

It's kind of like making the whole world into a playground!  
How awesome is that?



## Key Vocabulary



balance	direction	link
challenge	focus	movement
control	land	sequence
co-operation	level	share

## Ladder Knowledge



### Locomotion:

Understand that bending my knees will help me to change direction.  
Understand that if I swing my arms, it will help me to run faster.

### Jumping & landing:

Know that landing on the balls of my feet helps me to land with control.

### Vaulting:

Understand that exercise helps me to become stronger.

### Balance:

Know that looking ahead and landing on my feet helps me to balance.

## Movement Skills

- balance
- crawl
- hop
- jump
- land
- leap
- run
- slide
- step



This unit will also help you to develop other important skills.

**Social**  
**Emotional**  
**Thinking**

take turns, work safely with others, help friends  
confidence, pride, resilience, bravery, patience  
create, copy, repeat, reflect, problem solve

## Strategy

Know that listening to the rules of how to use equipment helps to keep me safe.

## Healthy Participation



- Only attempt skills your teacher has taught you.
- Ensure your experimenting stays safe, with adult supervision.
- Always work through progressions.

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

## Home Learning



### River Reach



#### What you need:

Two pieces of rope, soft belts or socks to mark the 'river bank'.

#### How to play:

- Lay out a line of rope, soft belt or sock.
- Starting on 2 feet, jump as far as you can to cross the second line.
- If you make it, gradually move the second line further away!
- Keep going until you can't make it across without landing in the "water".
- Can you challenge your parent/guardian/sibling to beat your best river jump?

Rules: you must stay upright and land in a sticky landing on 2 feet.

Top tip: swing your arms to gain extra power on your jump.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



If you enjoy this unit why not see if there is a parkour club in your local area.

How will this unit help your body?

balance,  
co-ordination,  
flexibility, strength

Head to our youtube channel to watch the skills videos for this unit: [@getset4education136](https://www.youtube.com/@getset4education136)





Get Set 4  
Education

# Knowledge Organiser

## Parkour Year 2

### About this Unit

Parkour is like being an explorer who finds new ways to move through the world. People use their bodies to jump, climb, balance, and run as they travel from place to place. It's about being creative and brave, and seeing everyday spaces (like playgrounds, benches, and walls) as part of your own adventure!

You will be developing your skills of balancing and moving in this unit so you can start to link moves together without pausing!



### Key Vocabulary



ahead	create	strength
change	pathway	support
choose	speed	weight
communicate	steady	

### Ladder Knowledge



#### Locomotion:

Know that bending my knees helps me to stop in a balanced position. Know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster.

#### Jumping & landing:

Understand that looking forward will help me to land with control.

#### Vaulting:

Know that strength helps us with everyday tasks such as carrying our school bag.

#### Balance:

Understand that squeezing my muscles helps me to balance.

### Movement Skills

- balance
- barrel roll
- crawl
- hop
- jump
- land
- run
- weight on hands

This unit will also help you to develop other important skills.

**Social** take turns, work safely with others, communicate, listen.

**Emotional** confidence, pride, resilience, bravery, kindness.

**Thinking** create, copy, problem solve, change.

### Strategy



Know that taking turns on equipment helps to keep me safe.

### Healthy Participation



- Only attempt skills your teacher has taught you.
- Ensure your experimenting stays safe, with adult supervision.
- Always work through progressions.

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Home Learning



#### Rooftop Rumble



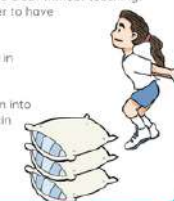
**What you need:**  
A selection of stackable cushions or pillows.

#### How to play:

- Place the cushion/pillow on the floor. This is your 'rooftop'.
- From 2 feet, jump high to clear the cushion/pillow and land a sticky landing on 2 feet.
- After each round, raise the cushion/pillow with another.
- How many cushions/pillows can you clear without touching?
- Challenge your sibling/parent/carer to have a go at rooftop rumble!

**Rules:** you must stay upright and land in a sticky landing on 2 feet.

**Top tip:** bend your knees, tucking them into your chest and swing your arms to gain extra power on your jump.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



If you enjoy this unit why not see if there is a parkour club in your local area.



How will this unit help your body?

balance,  
co-ordination,  
flexibility, strength

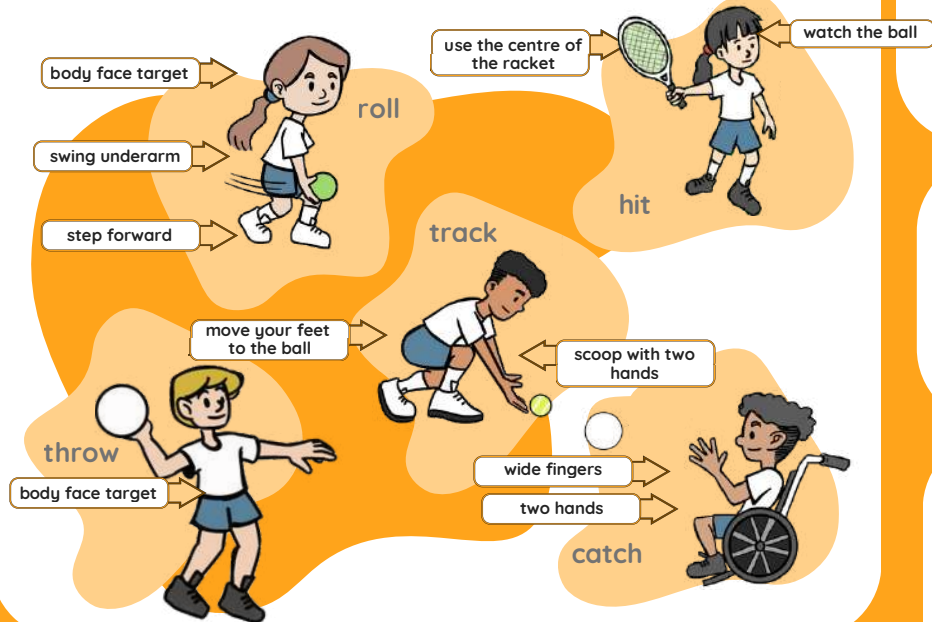
Head to our youtube channel to watch the skills videos for this unit: [@getset4education136](https://www.youtube.com/@getset4education136)

# Knowledge Organiser

## Sending and Receiving Year 1

### About this Unit

When we talk about sending a ball, we mean throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when your friend sends the ball your way, you use your hands, feet or racket to catch it or stop it from rolling away. It's like giving the ball a gentle hug when it comes to you.



### Ladder Knowledge



### Sending:

Face your body towards your target when sending to help you to balance.  
Look at your partner before sending the ball.

### Receiving:

Watch the ball as it comes towards you.

### Movement Skills

- roll
- throw
- catch
- track
- kick
- receive with feet
- send with racket

This unit will also help you to develop other important skills.

**Social** support others, communication

**Emotional** determination, honesty, independence

**Thinking** comprehension, select and apply skills

### Strategies

For all ball skills use these tips:

Track the ball as it comes towards.  
Point your hand or foot towards your target when sending the ball.  
Cushion the ball as you receive it.

### Healthy Participation

- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Plane in Flight

**What you need:** a sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors, an adult to help you cut.

#### How to play:

- Draw circles of different sizes on the sheet of newspaper.
- Ask an adult to help you cut them out.
- Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
- Tape your newspaper so that it hangs in a doorway and name each of the holes after a country.
- Stand 3m away and throw your aeroplane so that it travels through every country.

[www.getset4education.co.uk](http://www.getset4education.co.uk)

### Key Vocabulary



catch	overarm	score
defender	partner	send
distance	pass	throw
far	ready position	underarm



If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.

### This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

Head to our youtube channel to watch the skills videos for this unit.



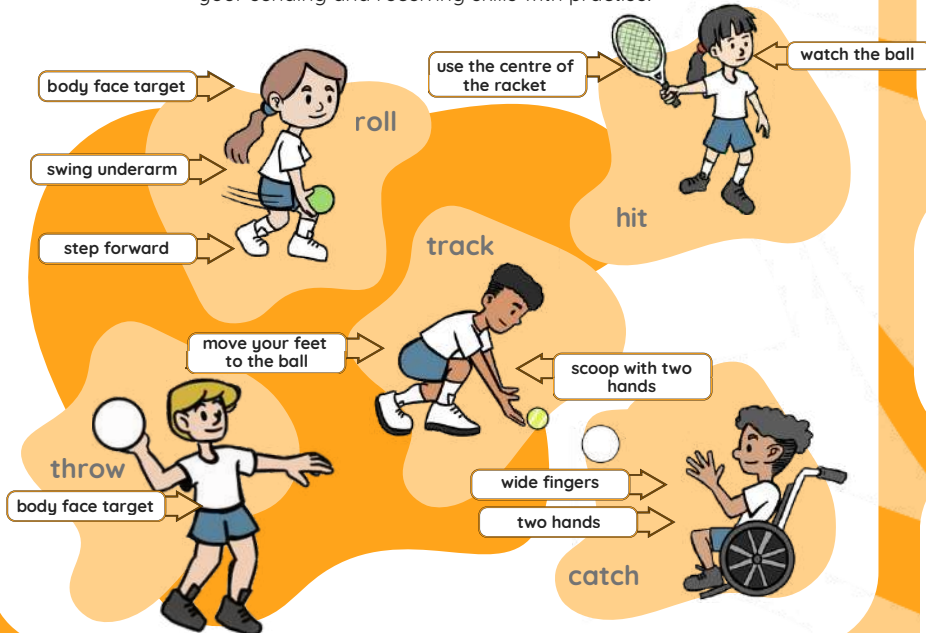
@getset4education136

# Knowledge Organiser

## Sending and Receiving Year 2

### About this Unit

Sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practise.



### Ladder Knowledge



### Sending:

Control the ball before sending it. Stepping with opposite foot to throwing arm will help you to balance.

### Receiving:

Use wide fingers and pull the ball in to your chest to help to securely catch.

### Movement Skills

- roll
- track
- catch
- receive with feet
- kick
- send and receive with a racket

This unit will also help you to develop other important skills.

- Social** communication, collaboration, leadership
- Emotional** honesty, determination
- Thinking** identifying how to improve, comprehension

### Strategieis

For all ball skills use these tips:

Track the ball as it comes towards. Point your hand or foot towards your target when sending the ball. Cushion the ball as you receive it.

### Healthy Participation



- Make sure unused balls are stored in a safe place.
- Make sure you work in a safe space and show an awareness of others as you use the ball.

### Key Vocabulary



catch		
distance	receive	target
kick	roll	throw
ready position	send	track

If you enjoy this unit why not see if there is a ball game e.g. a tennis club in your local area.



### This unit will help you to:

- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Complete the Clock

What you need: twelve markers, one ball

#### How to play:

- Create a circle with the markers. Identify where the numbers would be if it was a clock.
- Kick your ball through each of the gaps.
- Repeat, this time once through 1 o'clock, twice through 2 o'clock, all the way to twelve times through 12 o'clock.

Make this harder by asking someone to time you. How quickly you can complete the clock?



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)



# Knowledge Organiser

## Striking and Fielding Year 1

### Ladder Knowledge



#### Striking:

the harder you strike, the further the ball will travel.

#### Fielding:

throwing the ball back is quicker than running with it.

#### Throwing:

use an overarm throw to throw over longer distances.

#### Catching:

watch the ball as it comes towards you.

### About this Unit

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.



#### overarm throw

- elbow high
- step forward with your opposite foot



#### underarm throw

- use a straight arm
- step forwards with your opposite foot

#### catch

- watch the ball
- catch with two hands
- move your feet to the ball



#### track

- move your feet to the ball
- scoop with two hands



#### hit

- watch the ball
- use the centre of the bat



### Movement Skills

- underarm throw
- overarm throw
- catch
- track
- bat

This unit will also help you to develop other important skills.

**Social**

communication, collaboration, support and encourage others, kindness

**Emotional**

manage emotions, honesty, perseverance

**Thinking**

comprehension, use tactics, select and apply, decision making

### Rules

### Rules help you to play fairly.

Tactics are a plan that help us to do what we want to do when playing games.

### Tactics

Spread out

Hit the ball into space

Throwing the ball is quicker than running with it



### Healthy Participation

- Always keep a safe distance between yourself and a batter.
- Handle the bat in the way suggested by the teacher at all times.



### Key Vocabulary



batter

batting

bowl

bowler

fielder

fielding

hit

out

ready position

track

underarm / overarm

If you enjoy this unit why not see if there is a club in your local area that plays a striking and fielding game. Examples could be a cricket or rounders club.



### This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Field to Stop

**What you need:** two players, a markers and a ball or pair of rolled up socks.

#### How to play:

- Place the marker in a space and stand next to it.
- One player is the batter with the ball, the other player is the fielder.
- The batter rolls the ball into the space and then scores points by sitting down and standing up (one point for each time they do this).
- The fielder runs to collect the ball, holds it in the air and shouts 'stop'.
- Batter to confirm their score and then change roles.
- Play again, with throwing.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.

@getset4education136



Get Set 4  
Education

# Knowledge Organiser

## Striking and Fielding Year 2

### About this Unit

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.

There are different roles on a batting and fielding team:

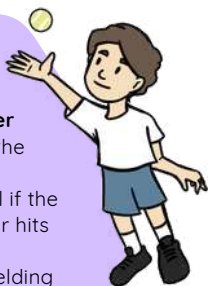
#### Batter

- hits the ball
- tries to score points
- is part of the batting team



#### Backstop/ wicket keeper

- stands behind the batter
- collects the ball if the batter misses or hits behind
- is part of the fielding team



#### Fielder

- stands in space in the field
- collects the ball the batter has hit
- is part of the fielding team



#### Bowler

- throws the ball for the batter to hit
- is part of the fielding team



### Key Vocabulary



backstop	fielder	runs
batter	fielding	stump
batting	hit	tactics
bowler	out	teammate
collect	rules	track



If you enjoy this unit why not see if there is a club in your local area that plays a striking and fielding game. Examples could be a cricket or rounders club.

### Ladder Knowledge



#### Striking:

the batter is the person who hits the ball and tries to score. Striking the ball quickly will increase the power.

#### Fielding:

there are different roles on a fielding team such as a fielder, a bowler and a backstop or wicket keeper. Move towards the ball to collect it to limit a batter's points.

#### Throwing:

stepping with your opposite foot to throwing arm will help you to balance.

#### Catching:

use wide fingers and pull the ball in to your chest to help you to securely catch.

### Movement Skills

- underarm throw
- overarm throw
- catch
- track
- bowl
- bat

This unit will also help you to develop other important skills.

#### Social

communication, encourage others, collaboration

#### Emotional

honesty, perseverance, determination, acceptance

#### Thinking

use tactics, comprehension, select and apply, decision making

### Rules

Know how to score points for each game and follow simple rules.

### Tactics

#### Attacking (batting) tactics:

- Try to hit the ball away from the fielders
- Make quick decisions about whether to run

#### Defending (fielding) tactics:

- Spread out
- Make quick decisions about where to send the ball
- Know that moving towards the ball to collect is easier than running after a ball
- Throwing the ball back is quicker than running with it

### Healthy Participation



- Always keep a safe distance between yourself and a batter.
- Handle the bat in the way suggested by the teacher at all times.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Roller Ball



**What you need:** two or more players, two objects for markers and a ball or pair of rolled up socks.

#### How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- Four turns then change over.



**Who has the highest score?**

[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136



Get Set 4  
Education

# Knowledge Organiser

## Swimming Year 1 and Year 2

### About this Unit

Swimming is an important life skill. It is a great way to exercise, have fun with friends and go on adventures but first things first, learning to swim helps keep you safe around water.

If you know how to swim, you can have fun in the pool, at the beach, or in a lake all while staying safe.

#### Stop and think:

- Water is always moving
- The water is colder than you think
- Edges can be dangerous
- There may be dangers under water



#### Float:

- If you fall in, float until you feel calm
- Signal for help, raising one hand in the air and shouting for help
- If you can, swim to safety or hold on to something that floats

So, here are four key messages to help you to stay safe:

lifeguard  
patrol area  
flag



#### Stay together:

- Never swim alone
- Find a safe place to go: only swim in the sea where there is a lifeguard
- Plan your activity: check weather, tide times, get local advice and wear the right clothing

#### Call 999 or 112:

- If you see someone in trouble call 999 or 112
- Never enter the water to save others
- Look for something you can throw to help them float like a life ring
- Keep watch until help arrives



If you enjoy this unit why not see if there is a swimming club in your local area.



### Key Vocabulary



back	float	
blow	front	rules
breath	glide	safely
bubbles	kick	splash
enter	pull	travel
exit	pulling	under

### Ladder Knowledge



#### Strokes:

**Year 1:** using cupped hands will help you to swim, as the water cannot escape between your fingers.

**Year 2:** moving your arms quickly will help you to move through the water.

#### Breathing:

**Year 1:** take a big breath before submerging.

**Year 2:** inhale through your mouth when your face is above water and exhale through your mouth or nose when your face is underwater.

#### Water safety:

**Year 1:** floating can help you to stay safe.

**Year 2:** floating uses less energy than swimming.

### Movement Skills

- float
- travel
- submerge
- kick
- pull
- glide

This unit will also help you to develop other important skills.

**Social**

working safely, co-operation, collaboration, support and encourage others, respect

**Emotional**

confidence, determination, perseverance

**Thinking**

create, comprehension, exploration, select and apply, planning, decision making, provide feedback

### Rules

Walking on poolside helps to keep you safe.

Safely enter and exit the pool either by the side or using the steps.

Each pool will have it's own rules. Make sure you learn the rules of your pool.

### Healthy Participation



- Always swim with an adult.
- Wait for a lifeguard before entering the water.
- Don't run around a poolside.



This unit will help you to:

- balance
- move different body parts at the same time
- be flexible
- be faster
- move for longer
- be stronger

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Deliver the post

**What you need:** a swimming pool with a lifeguard, a supervising adult, a kickboard and some waterproof objects

#### How to play

- Begin on one side of the pool and place a number of objects on the poolside.
- Taking one object at a time, place it on your kickboard and holds your kickboard across your chest.
- Kick on your back to the opposite side of the pool to deliver your object, then swim back to pick up the next object.
- Repeat: until all of the objects have been delivered to the other side.
- Playing with someone else? Have a race to see who can deliver all objects first.

Make this harder by not using a kickboard and carrying the object.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



# Knowledge Organiser

## Target Games Year 1

### About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

In this unit, you will use underarm and overarm throwing to take part in lots of different challenges.



#### overarm throw

- elbow high
- step forward with your opposite foot
- use for distance



#### underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

### Key Vocabulary

balance

distance

further

overarm

point

score

swing

throw

underarm



### Ladder Knowledge



### Throwing:

use an overarm throw for distance and an underarm throw for accuracy. Stand with opposite foot to throwing arm forwards.

### Movement Skills

- underarm throw
- overarm throw

This unit will also help you to develop other important skills.

**Social** collaboration, leadership, work safely, encourage others

**Emotional** perseverance, honesty

**Thinking** comprehension, select and apply, creativity

### Rules

Rules help you to play fairly.

### Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Choose targets that are worth more points

Use an overarm throw for targets further away



If the target is small, use an underarm throw because it is more accurate

### Healthy Participation



- Put unused balls in a safe place.

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Socks in Pots!



**What you need:** three pairs of socks and three or more pots or pans



#### How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

[www.getset4education.co.uk](http://www.getset4education.co.uk)



If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf club.



### This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

# Knowledge Organiser

## Target Games Year 2

### About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

#### overarm throw

- elbow high
- step forward with your opposite foot
- use for distance

#### roll

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target

#### underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

#### strike

- swing with straight arms
- feet shoulder width apart
- finish with your club pointing where you want the ball to go

### Key Vocabulary



accurate

release

ahead

strike

aim

target

opponent

teammate

overarm

underarm

If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf club.

### Ladder Knowledge



#### Throwing:

stepping with opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

#### Striking:

finish with your object/hand pointing at your target.

### Movement Skills

- roll
- overarm throw
- underarm throw
- strike
- dodge
- jump

This unit will also help you to develop other important skills.

**Social** congratulate, support others, co-operation, kindness

**Emotional** manage emotions, honesty

**Thinking** identify areas of strength and areas for development, select and apply, comprehension, decision making

### Rules

Know how to score points for each game and follow simple rules.

### Tactics

Use and apply simple tactics. They help us to make a plan to complete a challenge.

### Healthy Participation



- Make sure unused balls are stored safely.
- If hitting a ball make sure there is a safe space.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Bowls

**What you need:** two players, a marker and three pairs of socks each

#### How to play:

- Play against another player.
- Place a target marker an agreed distance from a start line.
- Takes turns to roll or throw your sock towards the target marker.
- Whoever lands closest to the target marker wins the round.
- Play first to ten points.



[www.getset4education.co.uk](http://www.getset4education.co.uk)



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

Head to our youtube channel to watch the skills videos for this unit.



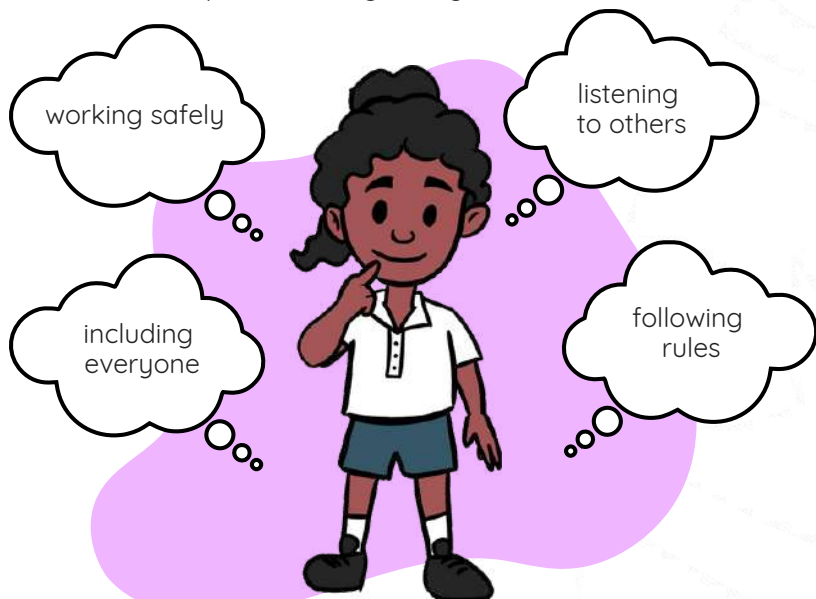
@getset4education136

# Knowledge Organiser

## Team Building Year 1

### About this Unit

Being able to work as a team is an important skill.  
What helps to make you a good team mate?



### Ladder Knowledge



#### Problem solving:

working well with others will help you to solve challenges.

#### Navigational skills:

deciding which way to go before starting will help you.

#### Communication:

using short instructions when telling a partner what to do will help them to understand.

#### Reflection:

we can always be better, we just need to look for how.

### Movement Skills

- balance
- co-ordination
- run
- jump
- hit

This unit will also help you to develop other important skills.

**Social** trust, communication, inclusion

**Emotional** confidence, determination

**Thinking** identify, comprehension, reflection, planning

### Rules

Rules help you to play fairly.

### Healthy Participation



- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

### Home Learning

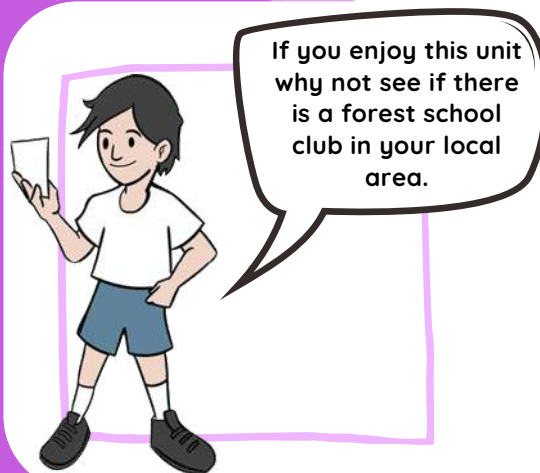


Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Key Vocabulary



challenge	listen
co-operate	plan
instruction	share
lead	talk



This unit will help you to:

- balance
- move different body parts at the same time
- be faster

### Alphabet walk



Play: Outside

#### How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', the Z the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'







Get Set 4  
Education

# Knowledge Organiser Team Building Year 2

## About this Unit

Being able to work as a team is an important skill. What does good team work look like?



### Respect:

They teach you to be more understanding of others and to share responsibilities between you.



### Communication:

Learning to listen to others, giving and following instructions and sharing ideas.



### Problem solving:

You get to learn from others and share ideas to find the best answer to solve a problem.



### Working together:

Being able to share ideas and work together to come up with a plan.

## Key Vocabulary



communicate

plan

include

solve

instructions

successful

map

support



If you enjoy this unit why not see if there is a forest school club in your local area.

## Ladder Knowledge



### Problem solving:

listening to each other's ideas might give you an idea you hadn't thought of.

### Navigational skills:

a map tells us where we are.

### Communication:

using encouraging words when speaking to a partner or group will help them to trust you.

### Reflection:

talking about what you have done well and what you could improve will help you if you play again.

## Movement Skills

- run
- jump
- balance
- co-ordination

This unit will also help you to develop other important skills.

**Social**  
**Emotional**  
**Thinking**

support and encourage others, communication, inclusion, trust, kindness

perseverance, confidence, determination, accepting

comprehension, identify strengths and areas for development, problem solving

## Rules

Listen carefully to the rules of each game so that you can use them.

## Healthy Participation



- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

## Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



## Magic Carpet



**What you need:** Ten socks, one towel per player, one or more players.

### How to play:

- Mark a distance of 5m - 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else? Who can transport the most socks?

How else can you make the carpet move?



[www.getset4education.co.uk](http://www.getset4education.co.uk)



This unit will help you to:

- balance
- move different body parts at the same time
- be faster

# Knowledge Organiser

## Yoga Year 1

### About this Unit

Yoga is a type of exercise that uses balances (called poses) and breathing to help your body and mind stay healthy and strong.....It's like a secret superpower!

Imagine stretching your body like a playful cat or pretending to be a tree swaying in the wind. Each movement or pose has a name. By doing these poses, you can make your muscles stronger, feel more relaxed and improve how flexible you are.

### Start...

'I am ready to be mindful'  
(hands on heads)

'I am ready to share my ideas'  
(hands on throat)

'I am ready to try my best'  
(hands on heart)



Each lesson you will start and finish your lesson sitting with crossed legs.

You will say.....

### Finish...

'I think kind thoughts'  
(hands on heads)

'I speak kind words'  
(hands on throat)

'I act with a kind heart'  
(hands on heart)

### Key Vocabulary



balance

breath

copy

feel

focus

listen

pose

slowly

stretch



If you enjoy this unit why not see if there is a yoga club in your local area.

### Healthy Participation

- Don't wear shoes or socks to make sure that you do not slip.
- Stretch slowly and breathe deeply, never force a pose.



### This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

### Ladder Knowledge



### Balance:

focusing on something still will help you to balance.

### Flexibility:

yoga helps to improve flexibility which you need in everyday tasks.

### Strength:

you can use strength to move slowly and with control.

### Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

**Social** move safely, listen to others, collaborate

**Emotional** concentration, focus, identify feelings

**Thinking** observation, copy and repeat, recognise, create, select and apply

### Strategies

- Use the start and finish sayings during your day to make good choices.
- If you feel angry, sad, mad, nervous or like you need a moment, try one of the breathing activities from your lessons.

### Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)



### Hand Breath

What you need: a quiet space

#### What to do:

- Close your mouth and breathe in and out through your nose.
- Hold out your left hand.
- With the index finger of your other hand trace the fingers of your left hand.
- Breathe in as you trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

# Knowledge Organiser

## Yoga Year 2

### About this Unit

Imagine a fun and relaxing activity that's like a magical adventure for your body and mind – that's yoga! Yoga is a special kind of exercise that makes your body strong, flexible, and happy. In yoga, you get to do different poses, kind of like pretending to be things from nature. Yoga also teaches you how to take deep, calm breaths. Breathing is like magic because it helps you feel relaxed and focused. And guess what? Yoga isn't just about moving your body and breathing. It's also about using your imagination and being mindful. Being mindful means paying close attention to how your body and mind feel in the present moment. It's like taking a little break from the busy world around you to be kind to yourself.

#### balance

look at something still

Yoga will help my body with:



#### strength

squeeze your muscles

#### flexibility

breathe out to stretch a little further

#### co-ordination

move slowly to move from one pose to another

### Key Vocabulary



breath

choose

create

flexibility

flow

focus

perform

pose

strength



If you enjoy this unit why not see if there is a yoga club in your local area.

### Ladder Knowledge



#### Balance:

you can squeeze your muscles to help you to balance.

#### Flexibility:

flexibility helps you to stretch your muscles and increase the movement in our joints.

#### Strength:

strength helps you with everyday tasks such as carrying your school bag.

### Movement Skills

- balance
- flexibility
- strength
- co-ordination

This unit will also help you to develop other important skills.

**Social** respect, leadership, work safely, collaboration  
**Emotional** confidence, perseverance, honesty, focus, identify feelings  
**Thinking** create, select and apply, comprehension, decision making, reflection

### Strategies

- Use breathing activities and poses to help you feel calm and relaxed.
- Use breathing activities and poses to help you notice how you feel about a situation.

### Healthy Participation



- Don't wear shoes or socks to make sure that you do not slip.
- Stretch slowly and breathe deeply, never force a pose.



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible
- be stronger

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

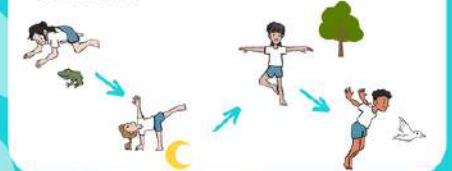


### Nature Walk

What you need: an outside space

#### What to do:

- Head outside and find four things in nature that you can use to inspire your poses. For example, a tree or a bird.
- Using your four things, can you create a pose that represents each one?
- Can you link your four poses together to create a sequence of movements?



[www.getset4education.co.uk](http://www.getset4education.co.uk)

Head to our youtube channel to watch the skills videos for this unit.



@getset4education136