



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:

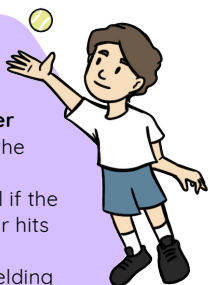
Batter

- 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



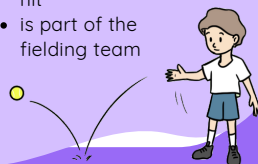
Fielder

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



Bowler

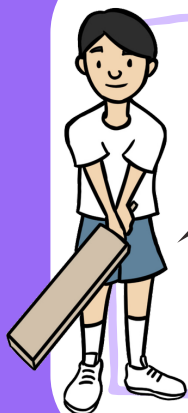
- throws the ball for the batter to hit
- is part of the fielding team



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.

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on 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?

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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.



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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:

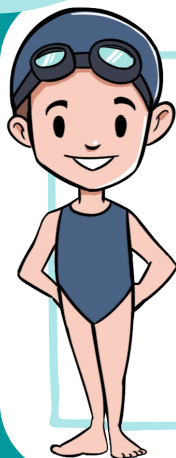
- If you see someone in trouble call 999 or 112
- Never enter the water to save others
- Look for something you can throw to help them float like a life ring
- Keep watch until help arrives



Key Vocabulary



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



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

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

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.



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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.

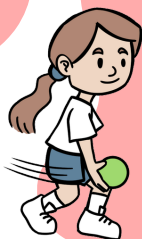
Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

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



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.

Healthy Participation

- Put unused balls in a safe place.



Rules

Tactics

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

Rules help you to play fairly.

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

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

Home Learning



Find more games that develop these skills in the Home Learning Active Families tab on 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.

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



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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

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.



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This unit will help you to:

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

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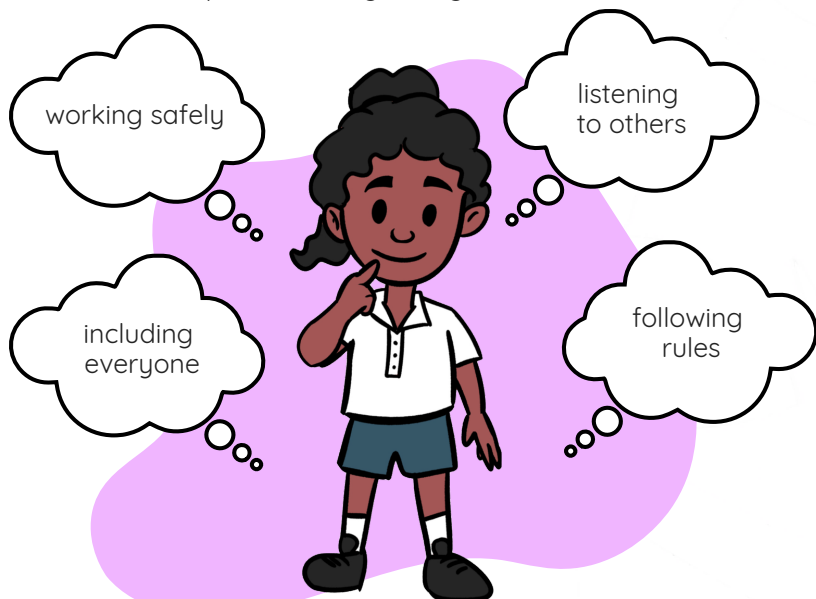
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Knowledge Organiser

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



Key Vocabulary



challenge	listen
co-operate	plan
instruction	share
lead	talk



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



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
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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

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?



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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



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 your trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.



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



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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

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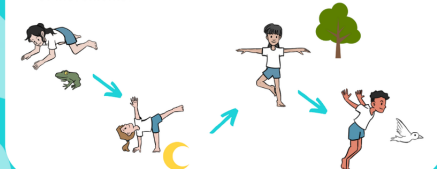


Nature Walk

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?



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