



Get Set 4
Education

Knowledge Organiser

Land Based Water Safety

Year 2

About this Unit

You will learn to spot hidden and less obvious hazards in swimming pools and open water environments. You will deepen your understanding of the Water Safety Code and begin to use it in different places, including pools, beaches, rivers and canals.

Did you know?

The Water Safety Code has four important parts:

- Stop and think
- Stay together
- Float
- Call 999 in an emergency.

These simple steps can help keep you safe in, on and around water.

Always follow the **WATER SAFETY CODE**

Whenever you are in, on and around water:



Ladder Knowledge



Awareness
Water areas can be different and may have dangers such as deep water or hidden hazards.

Safe Behaviour
Staying safe near water means following signs, listening to instructions and keeping away from danger.

Getting Help
When I ask for help, I need to tell an adult what has happened and where it happened.

Self Rescue
Staying calm in water helps me float, breathe and make safe choices.

Personal, Social and Emotional

Social Emotional Thinking

This unit will develop the following skills:

cooperation, communication, turn taking, supporting others, responsibility
calmness under pressure, confidence, awareness of risk, resilience
recognition, decision making, problem solving, comparing, reacting

Physical Development

Physical Skills

- run
- balance
- throw
- hop
- jump
- land
- react



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

If children enjoy this unit why not see if there is a local leisure centre in the area for swim lessons and safety courses.



Communication and Language



Key Vocabulary

consequence	responsibility	survival
current	shore	warning
environment	slippery	waves
reach	supervision	weather
		999

Home Learning



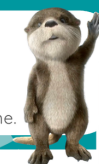
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Hidden Code

What you need:

A clock or watch,
A pair of shoes,
Something that floats,
A toy phone or mobile phone.



How to play:

- Ask a parent/carer/sibling to hide the 4 items around your home or garden.
- As you find each one, say which part of the Water Safety Code it represents.
- When you've found them all, place them in the correct order and say the whole Water Safety Code aloud.



Challenge: Can you explain why each part of the code is important?

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This unit will help children to:

- develop FMS.
- gain safety awareness around water.
- Identify hazards.
- practise safe emergency responses.

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



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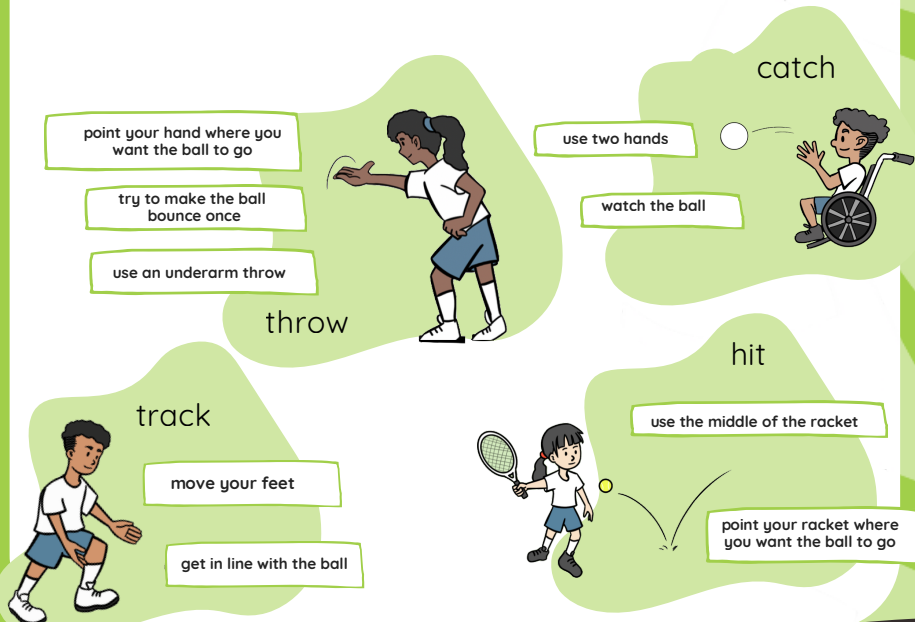
Knowledge Organiser

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

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



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



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.



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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
- move for longer

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



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Knowledge Organiser

Net and Wall Games Year 2

About this Unit

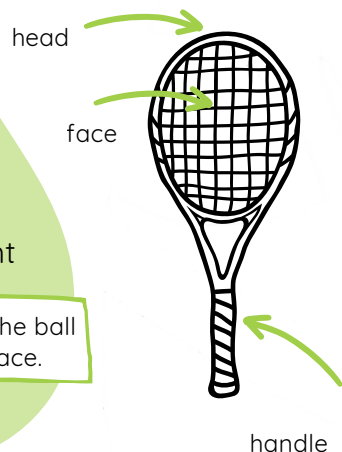
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



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



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



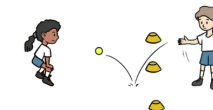
What you need: two players, three markers and a ball

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.



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



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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

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.



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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)



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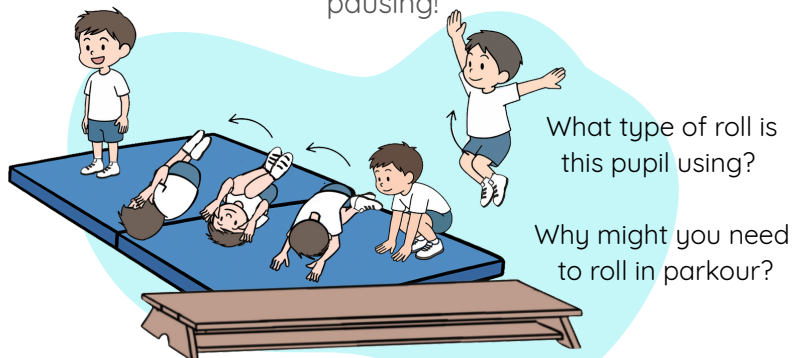
Knowledge Organiser

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, communicate, listen

Emotional confidence, pride, resilience, bravery, kindness

Thinking create, copy, problem solve, select and apply

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

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

Home Learning



Rooftop Rumble



What you need:

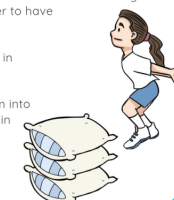
A selection of stackable cushions or pillows.

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.



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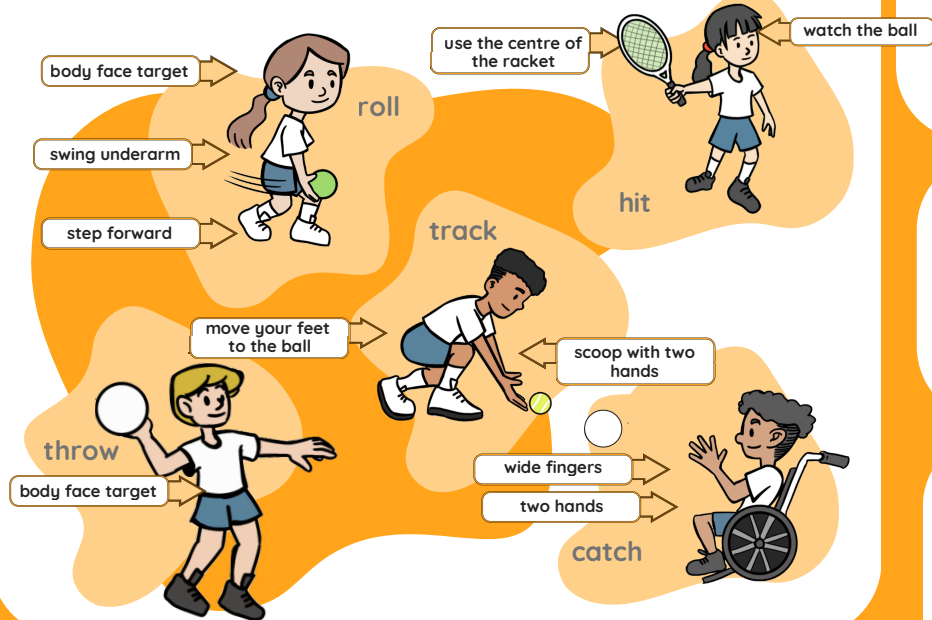
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Knowledge Organiser

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



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.



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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

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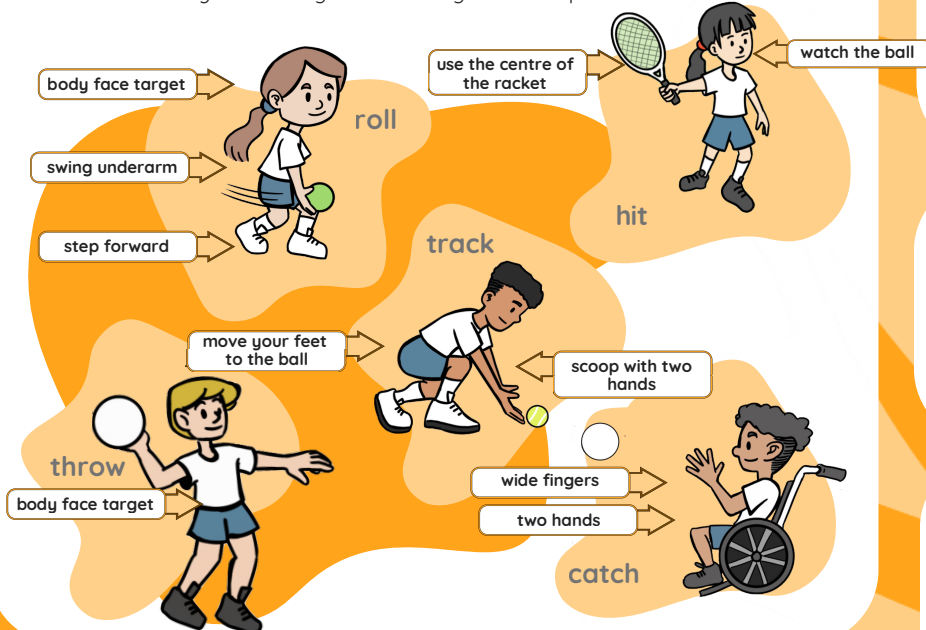
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Knowledge Organiser

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

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?



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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

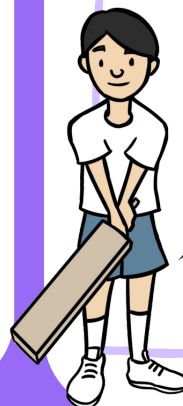
out

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



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.



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

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