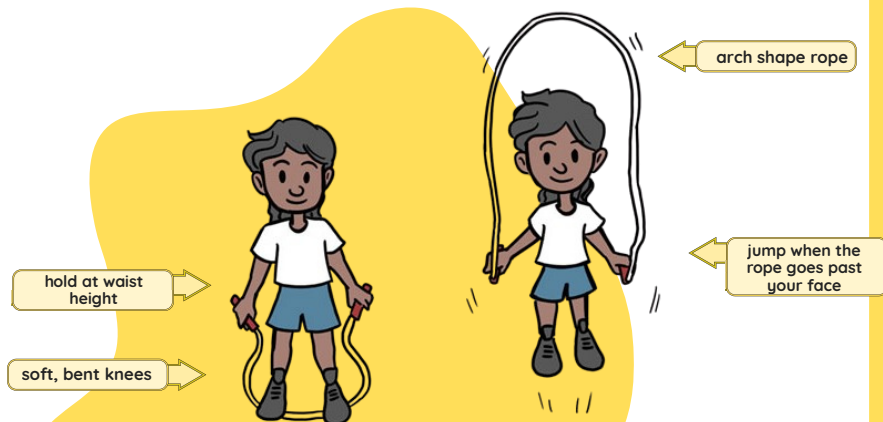


Knowledge Organiser

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

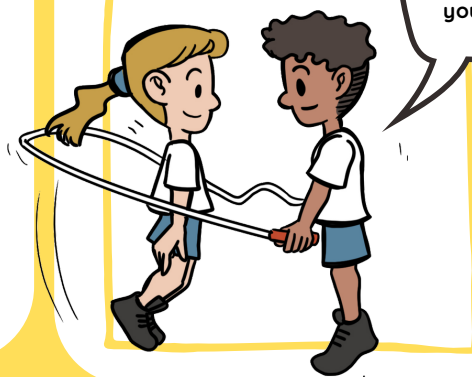


Behave and move in a safe way.

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

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

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



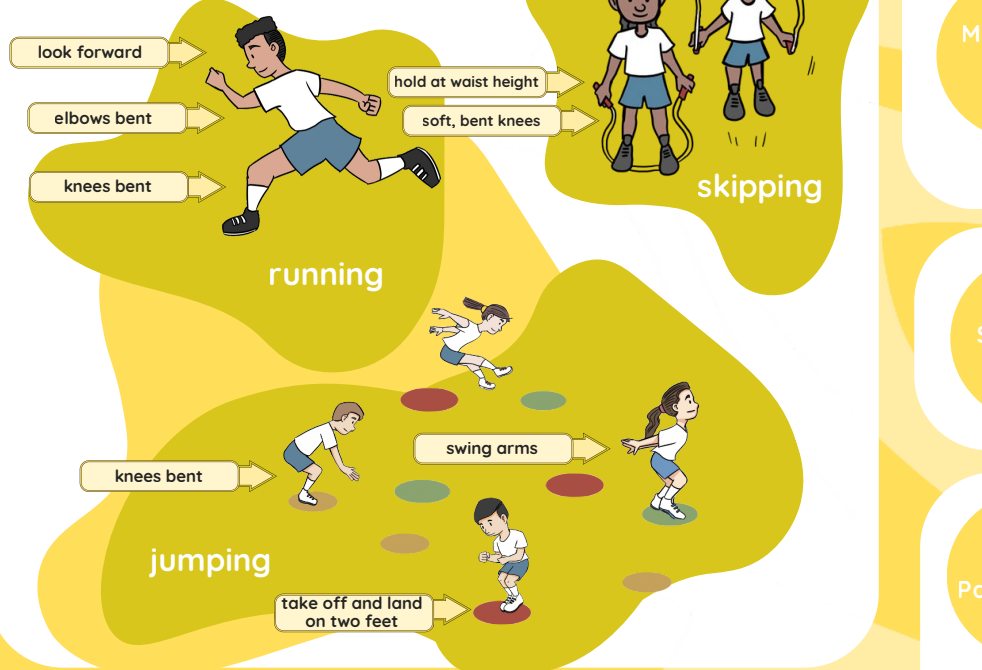
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Knowledge Organiser

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



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?



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

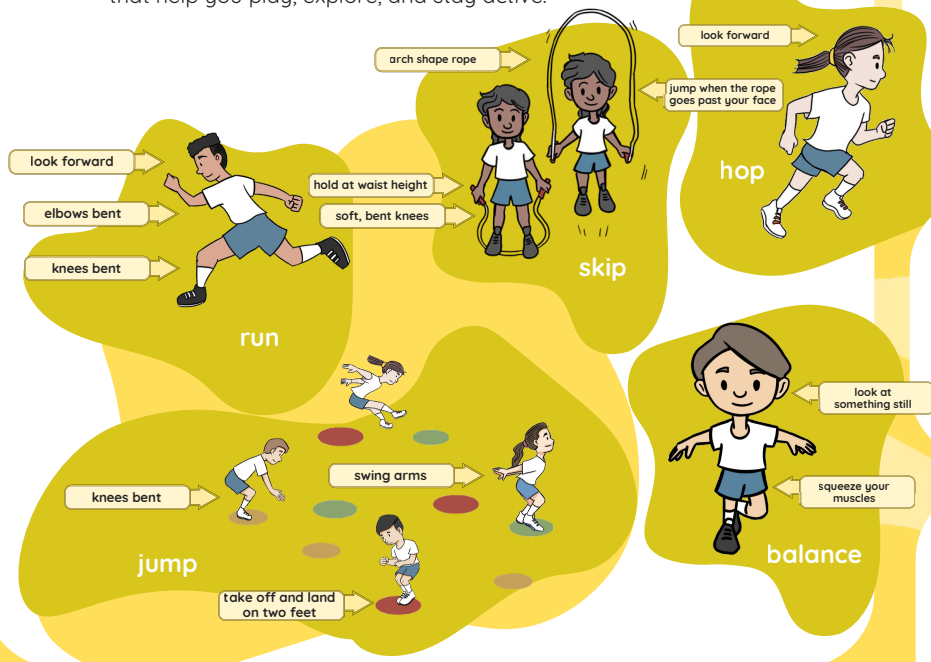


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Knowledge Organiser Fundamentals Year 2

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 skip 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.

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



Key Vocabulary



balance

dodge

hop

hurdle

jump

land

run

skip

speed

sprint

swing

take off

weight

Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on 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. Hopscotch. 1 foot, two feet, 1 foot, 2 feet etc
 5. Rotate to turn sideways on each jump in the gaps.



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This unit will help you to:

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

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



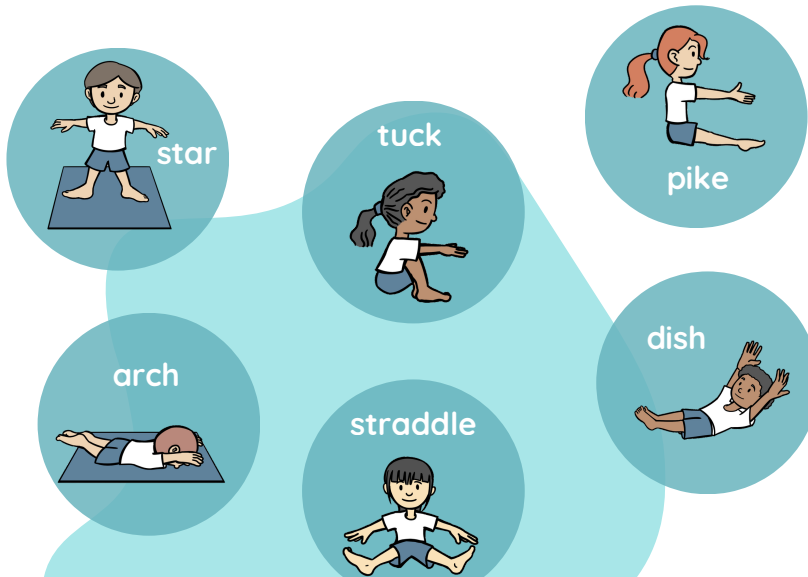
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Knowledge Organiser

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

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?

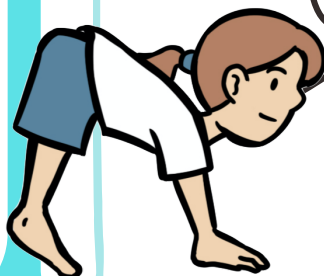
Rules:

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



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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.



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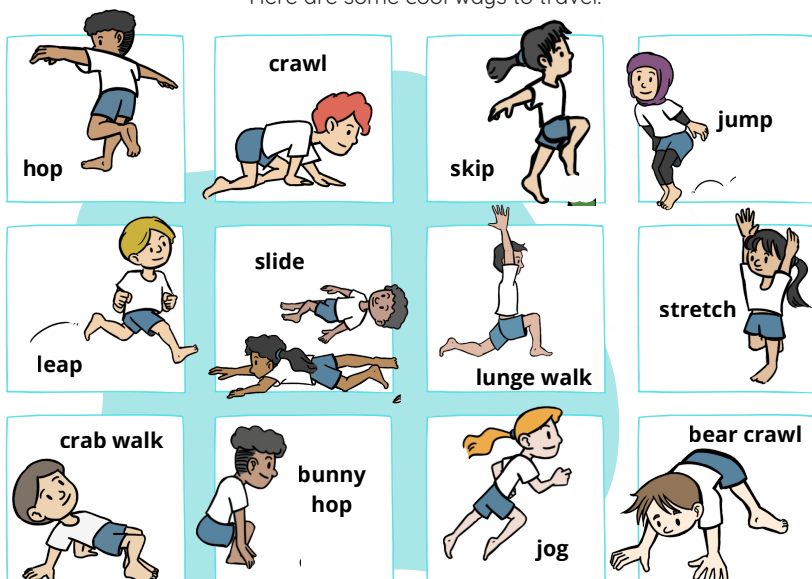
Knowledge Organiser

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.



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.

Key Vocabulary



balance

direction

level

link

pathway

pike

roll

sequence

shape

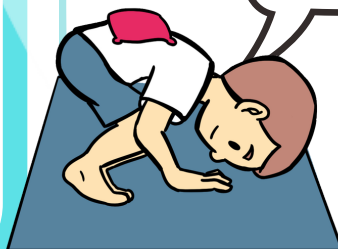
speed

star

straddle

tuck

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

Home Learning

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



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



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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?



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

Tactics

Spread out

Stay with a partner

Keep the ball

Send the ball quickly to a teammate



Healthy Participation



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

Home Learning

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



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.



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

Touch Down



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

How to play:

- Place the two markers 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.



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



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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?

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.

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.

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

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?

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



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About this Unit

In this unit, you will learn about different places where there is water, how to spot common hazards and safety signs, and what to do to stay safe near water. You will also learn who can help in an emergency and simple ways to stay safe, such as floating on your back, staying calm and calling for help.

Did you know?

If you fall into water, floating on your back can help you stay calm and control your breathing while you wait for someone to help you.



Ladder Knowledge



Awareness
Some places with water are safer than others and that water can be deep, cold or slippery.

Safe Behaviour
Signs near water can tell us about danger, rules and safe places to go.

Getting Help
I know that lifeguards, adults and rescue services can help in an emergency.

Self Rescue
I know that lying on my back, keeping still and calling for help can help me stay safer in water.

Personal, Social and Emotional

Social
Emotional
Thinking

This unit will develop the following skills:

cooperation, communication, listening, sharing ideas, turn taking, encouraging others
calmness, confidence, independence, awareness of danger, resilience
recognition, application, decision making, problem solving, identification, reaction

Physical Development

Physical Skills

- run
- balance
- throw
- catch
- jump
- travel
- dodge
- land



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.



This unit will help children to:

- develop FMS.
- gain safety awareness around water.
- understand the importance of listening to instructions.
- be confident to ask for help.

Communication and Language



Key Vocabulary

calm	lifeboat	sign
coastguard	lifeguard	signal
emergency	rules	shock
hazard	self-rescue	unsafe

Home Learning

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

Sock Rescue

What you need: 5 pairs of rolled up socks and a washing basket.

How to play:

- Place the basket a few steps away.
- Pretend it is someone who needs help.
- Take turns throwing the rolled-up socks into the basket.
- Every successful rescue earns 1 point.
- Take one step further back after every round.



Challenge: Double your points every round by naming one part of the Water Safety Code or someone who could help in an emergency.



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



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