Knowledge Organiser
Athletics Year 1

Get Set 4 Education

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.

About this Unit

Athletics is made up of running, jumping and throwing.



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

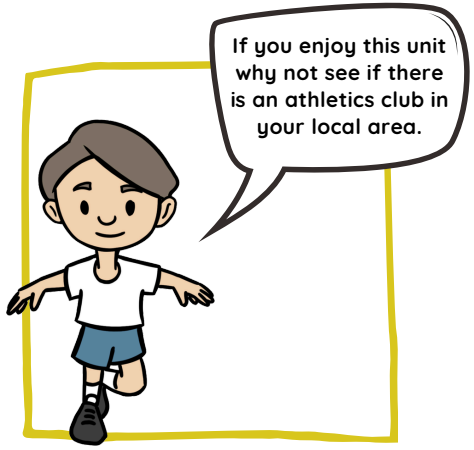
Rules help you to play fairly.

Healthy Participation

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

Key Vocabulary

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



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

Fill it Up

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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.



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Knowledge Organiser
Athletics Year 2

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Ladder Knowledge

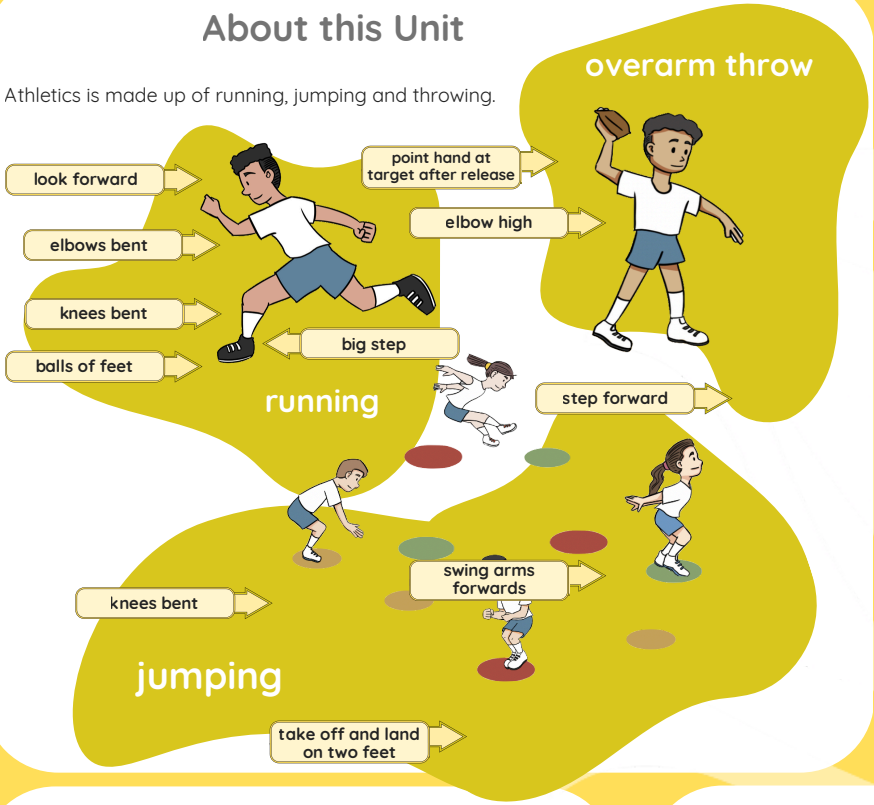
Running:
Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

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.

About this Unit

Athletics is made up of running, jumping and throwing.



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.

Home Learning

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



Key Vocabulary

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



This unit will help you to:

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

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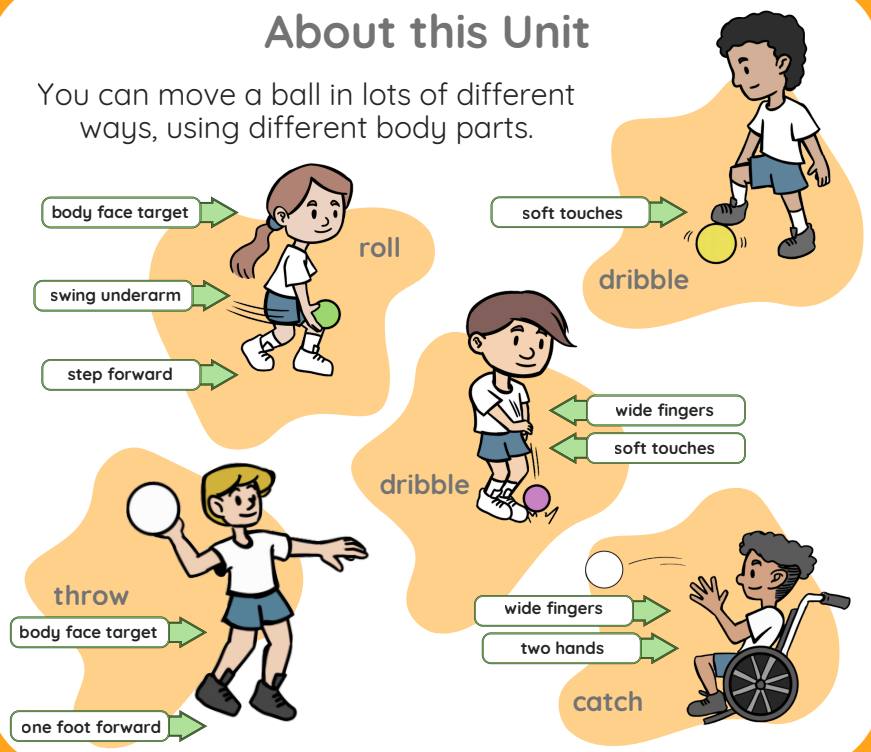
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Knowledge Organiser
Ball Skills Y1

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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.

Home Learning

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

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Key Vocabulary

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



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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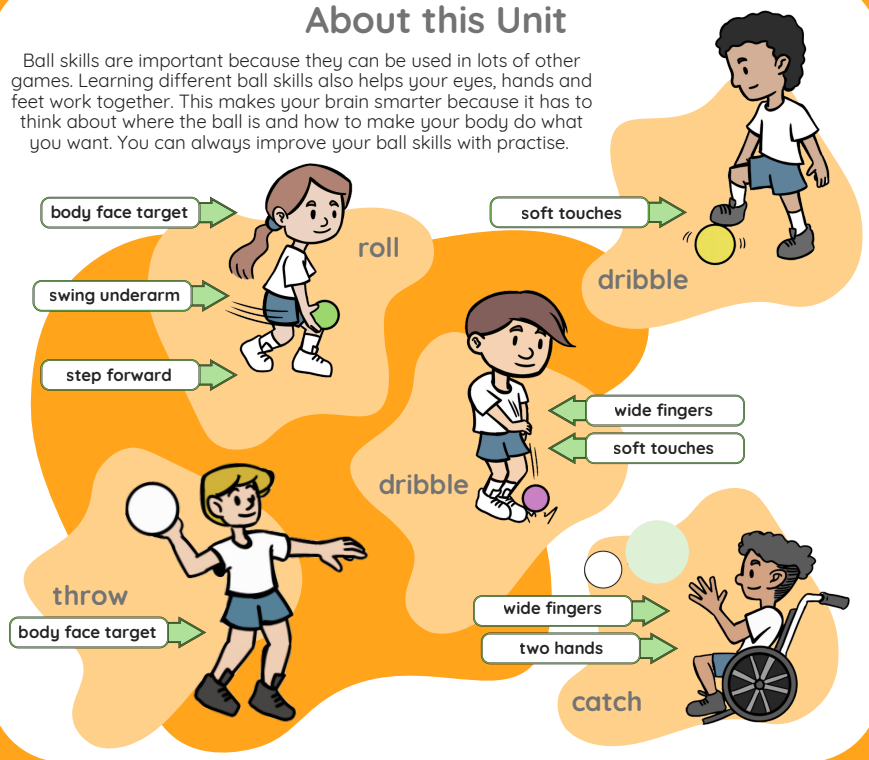
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Knowledge Organiser
Ball Skills Y2

Get Set 4 Education

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.



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

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.

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Key Vocabulary

bounce		
catch	kick	roll
collect	prepare	target
control	receive	touch
dribble	release	underarm



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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Knowledge Organiser
Dance Year 1

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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.

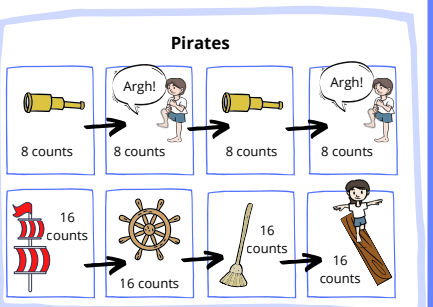
Relationships: When dancing with a partner it is important to be aware of each other and keep in time.

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.

About this Unit

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









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.

Key Vocabulary

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



This unit will help you to:

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

Home Learning

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



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Knowledge Organiser
Dance Year 2

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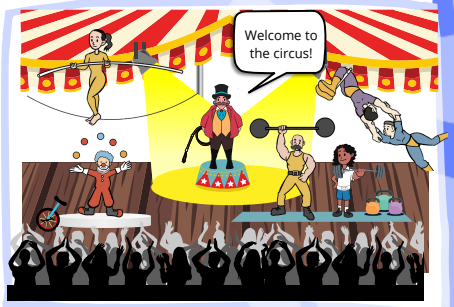
Ladder Knowledge

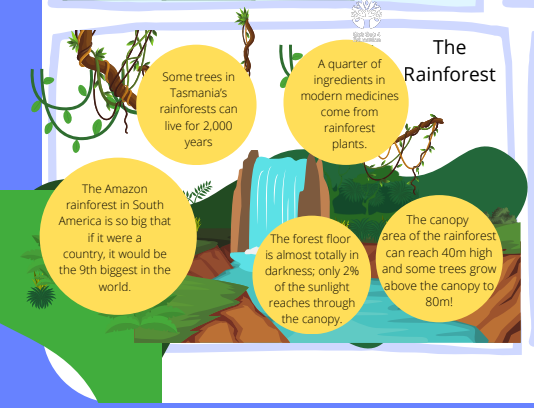
Actions:	Dynamics:	Space:	Relationships:	Performance:
Placing actions in a particular order will help you to tell the story of your dance.	You can change the way you perform actions to show an idea.	You can use different directions, pathways and levels in your dance.	Use counts of 8. It will help you to stay in time with your partner and the music.	Use facial expressions it will help to show the mood of your dance.

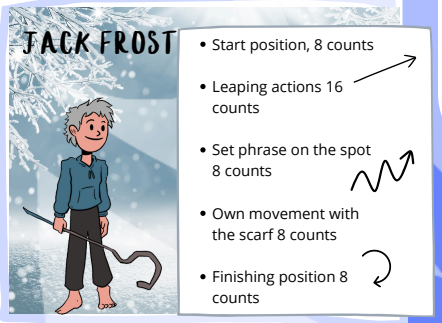
About this Unit

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









Movement Skills

- actions
- dynamics
- space
- relationships

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

Social	respect, collaboration, work safely, communication
Emotional	independence, confidence, perseverance, determination
Thinking	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



Key Vocabulary

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



This unit will help you to:

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

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Knowledge Organiser
Fitness Year 1

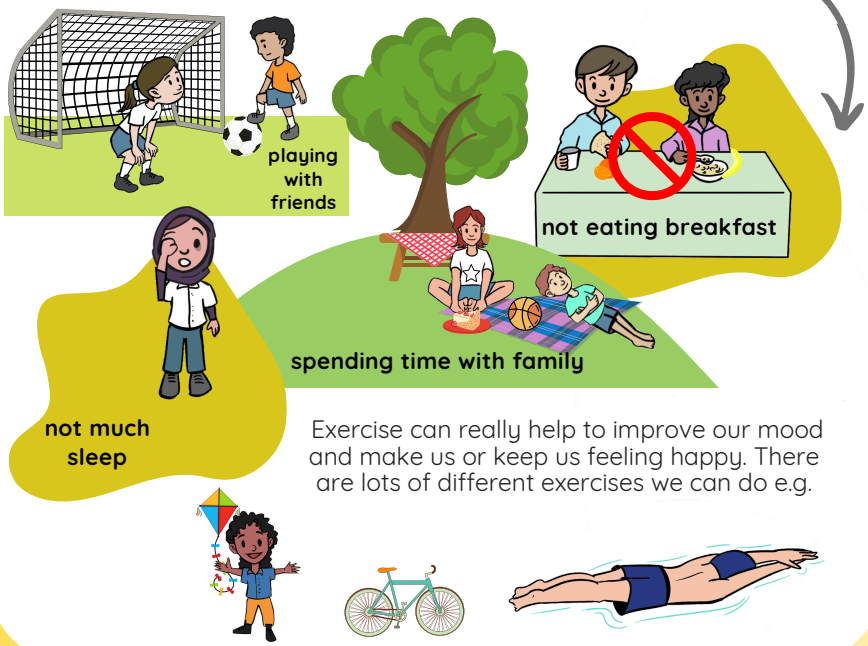
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Ladder Knowledge

Agility:	Balance:	Co-ordination:	Speed:	Strength:	Stamina:
Bending your knees will help you to change direction.	Looking ahead will help you to balance.	Using the opposite arm to leg at the same time helps you to perform skills such as running and throwing.	Swinging your arms will help you to run faster.	Exercise helps you to become stronger.	Moving for a long time can make you feel hot and breathe faster.

About this Unit

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



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.

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.

Key Vocabulary

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



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 stonger

Home Learning

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

What's the Time Mr Wolf?

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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.

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