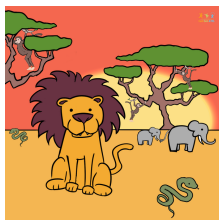
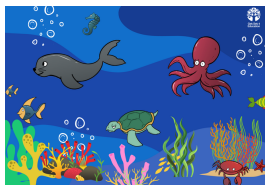
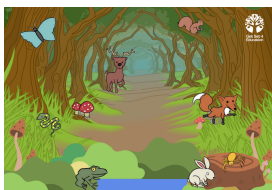


### About this Unit

Children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.



### Communication and Language



### Key Vocabulary

balance

bend

crawl

fast

hop

jump

land

rules

run

safely

slide

slow

stop

If children enjoy this unit why not see if there is a multi sports club in their area.



### This unit will help children to:

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



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.

### Ladder Knowledge



**Running:**  
Children will learn to use big steps to run and small steps to stop. They will also learn that moving into space away from others helps to keep them safe.

**Balancing:**  
Children will learn to hold their arms out to help them to balance.

**Jumping:**  
Children will learn that bending their knees will help them to land safely.

**Skipping:**  
Children will learn that if they hop then step that will help them to use skipping as a travelling action.

**Hopping:**  
Children will learn that to hop they will use one foot.

### Personal, Social and Emotional

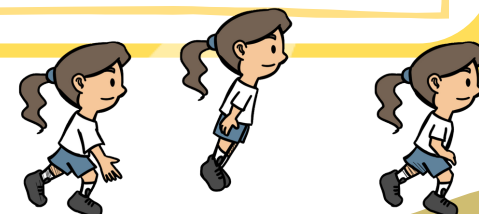
### This unit will develop the following skills:

- Social** work safely, support others, share and take turns, co-operation
- Emotional** perseverance, honesty, determination, confidence, acceptance
- Thinking** comprehension, creativity, select and apply, exploration

### Physical Skills

### Physical Development

- run
- balance
- change direction
- jump
- hop
- travel



### 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)



### Traffic Lights



**What you need:** an adult to call the instructions

#### How to play:

- Children imagine they are getting in the car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
  - Green light: jog around
  - Red light: stop
  - Yellow light: sit down
  - Roundabout: spin a circle
  - Speed bumps: jump up and down
  - Zebra crossing: lie in a straight shape
  - Reverse: walk backwards

Have a go at making up your own. You could even include different gears for different speeds.

[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

## Games Unit 1

### Nursery/Reception

#### About this Unit

Children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.



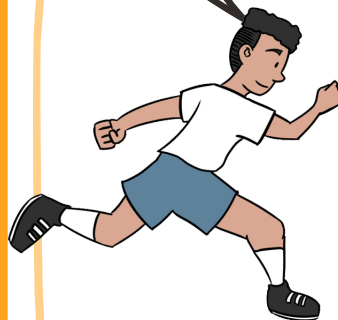
Communication  
and Language



#### Key Vocabulary

|        |        |       |
|--------|--------|-------|
| catch  | safe   | stop  |
| caught | safely | team  |
| jog    | score  | throw |
| rules  | space  | turn  |
| run    |        |       |

If children enjoy this unit why not see if there is a multi sports club in their area.



Ladder  
Knowledge



**Running:**

Children will learn to use big steps to run and small steps to stop.

**Throwing:**

Children will learn to point their hand at their target when throwing.

**Catching:**

Children will learn to watch the ball and have hands out ready to catch.

**Tactics:**

Children will learn to make simple decisions in response to a task.

**Rules:**

Children will learn that rules help them to stay safe.

Personal,  
Social and  
Emotional

This unit will develop the following skills:

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

work safely, communication, co-operation, support and encourage others

confidence, honesty, determination, manage emotions

comprehension, decision making

Physical  
Development

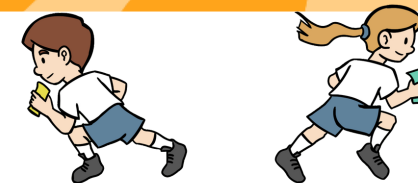
#### Physical Skills

- run
- balance
- change direction
- throw
- catch



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.



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)



#### Shadow tag



**What you need:** A sunny day, two plus players, two socks (optional)

**How to play:**

- First, find your shadow. Change direction and explore the effect it has on your shadow. Discuss with a family member how the angle of your shadow is affected by the location of the sun.
- Try chasing your own shadow.
- Select one player to begin as the tagger. They tag other players by stepping on their shadow. Once caught players change roles.
- Playing with just two players? First to three tags wins that round. First to win 5 rounds wins the game.
- Change the game by allowing players to throw socks at the shadow instead of stepping on them.



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



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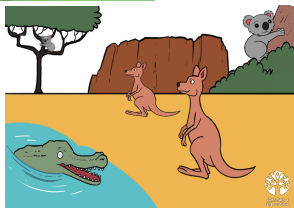
# Knowledge Organiser

## Games Unit 2

### Nursery/Reception

#### About this Unit

In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.



#### Communication and Language



#### Key Vocabulary

|        |         |        |
|--------|---------|--------|
| aim    | lose    | stop   |
| gallop | partner | tag    |
| hit    | run     | target |
| hop    | safely  | team   |
| jump   | score   | win    |

If children enjoy this unit why not see if there is a multi sports club in their area.



#### Ladder Knowledge



#### Running:

Children will learn to use big steps to run and small steps to stop.

#### Throwing:

Children will learn to point their hand at their target when throwing.

#### Catching:

Children will learn to watch the ball and have hands out ready to catch.

#### Striking:

Children will learn to point their racket at their target when striking.

#### Tactics:

Children will learn to make simple decisions in response to a task and that there are different roles in games.

#### Rules:

Children will learn that rules help them to stay safe.

#### Personal, Social and Emotional

#### Social Emotional Thinking

This unit will develop the following skills:

communication, help others, respect, take turns, co-operation

perseverance, honesty, determination, manage emotions

comprehension, decision making, select and apply, reflection

#### Physical Development

#### Physical Skills

- run
- throw
- change direction
- catch
- strike



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.

#### 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)



#### Capture the Socks



**What you need:** a basket, four pairs of rolled up socks and two players

#### How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.

**How many socks**  
did you get in the basket?



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

#### This unit will help children to:

- change direction quickly
- 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.



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Education

# Knowledge Organiser

## Gymnastics Unit 1

### Nursery/Reception



#### About this Unit



Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.



star



tuck



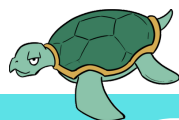
pike



straight



straddle



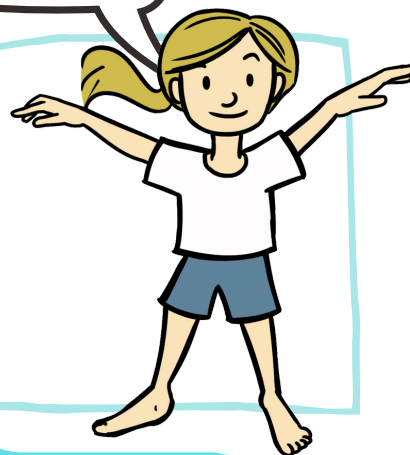
#### Communication and Language



#### Key Vocabulary

|         |       |          |
|---------|-------|----------|
| balance | land  | squeeze  |
| bend    | rock  | star     |
| copy    | roll  | still    |
| hold    | shape | straight |
| jump    |       |          |

If children enjoy this unit why not see if there is a gymnastics club in their area to signpost them to.



#### Ladder Knowledge



#### Shapes:

Children will learn to make different shapes with their body.

#### Balances:

Children will learn to be still when holding a balance.

#### Rolls:

Children will learn to change their body shape to help them to roll.

#### Jumps:

Children will learn that bending their knees will help them to land safely.

#### Strategy:

Children will learn that counting to five when holding a shape or balance will allow people to see it clearly.

#### Personal, Social and Emotional

This unit will develop the following skills:

Social

work safely, collaboration, share and take turns

Emotional

determination, confidence

Thinking

comprehension, creativity, select and apply

#### Physical Development

#### Physical Skills

- shapes
- balances
- jumps
- rocking
- rolling
- travel

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.
- Remove shoes and socks when taking part in gymnastics lessons.
- To use apparatus safely.



#### 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)



#### Transporter



**What you need:** two markers and an object to balance

#### How to play:

- Place two markers 5m apart.
- Begin next to one of the markers. The aim of the game is to transport your object from one marker to another without dropping it on the floor.
- Can you find a way to transport the object balancing it on your:
  - Stomach
  - Arm
  - Head
  - Back
- Playing against someone else? Race each time to see who can transport the object the quickest.



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

#### This unit will help children to:

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

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



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Get Set 4  
Education

# Knowledge Organiser

## Gymnastics Unit 2

### Nursery/Reception



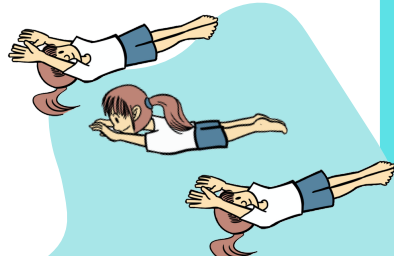
#### About this Unit

Children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences.

They begin to understand using levels and directions when travelling and balancing.



barrel roll



straight roll

#### Communication and Language



#### Key Vocabulary

|         |      |          |
|---------|------|----------|
| around  | land | still    |
| balance | over | straight |
| hold    | rock | through  |
| jump    | roll | travel   |

If children enjoy this unit why not see if there is a gymnastics club in their area to signpost them to.



#### Ladder Knowledge



#### Shapes:

Children will learn to make different shapes with their body.

#### Balances:

Children will learn to be still when holding a balance.

#### Rolls:

Children will learn to change their body shape to help them to roll.

#### Jumps:

Children will learn that bending their knees will help them to land safely.

#### Strategy:

Children will learn that counting to five when holding a shape or balance will allow people to see it clearly.

#### Personal, Social and Emotional

Social  
Emotional  
Thinking

This unit will develop the following skills:

work safely, collaboration, share and take turns, support others  
determination, confidence  
comprehension, creativity, select and apply

#### Physical Development

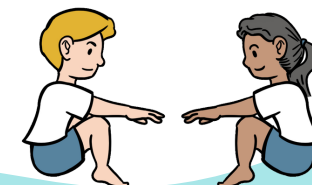


Children will be taught to:

- 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.
- Remove shoes and socks when taking part in gymnastics lessons.
- To use apparatus safely.

#### Physical Skills

- shapes
- balances
- jumps
- rock and roll
- barrel roll
- straight roll
- progressions of a forward roll
- travelling



#### 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)



#### Book Balance



What you need: your favourite story

#### How to play:

- Using your favourite story, pick out three characters and create a balance that represents each one e.g.



=



- Read through your story or ask someone else to!
- Each time the character is mentioned, hold the balance you have created for five seconds.
- Make this harder by holding your balance until the next character is mentioned!

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



This unit will help children to:

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

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



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# Knowledge Organiser

## Land Based Water Safety Unit 1

### Nursery/Reception

#### About this Unit

Children begin to learn about water safety through fun, land based activities using movement, storytelling and role play. They explore where water can be found, learn who can help if there is a problem and begin to understand simple ways to stay safe near water. The unit builds confidence, early safety awareness and respect for water.



Always follow the  
**WATER SAFETY CODE**

Whenever you are in, on and around water:



Ria and Louie will help you learn simple rules to stay safe near water and how to call for help if you need it.

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

|              |            |            |
|--------------|------------|------------|
| deep         | fun        | safely     |
| edge         | help       | sea        |
| float        | pool       | shallow    |
| floating aid | rescue aid | shout      |
|              |            | water code |



#### Ladder Knowledge



#### Awareness

Water can be in places like baths, paddling pools, ponds and the sea.

#### Safe Behaviour

Water Safety Code: Stop and Think, Stay Together, Float, Call 999.

#### Getting Help

Know that adults help if there's trouble near water, including emergency services.

#### Self Rescue

Floating on my back with my face up can help me stay calm and safe in water.

#### Personal, Social and Emotional

#### Social Emotional Thinking

This unit will develop the following skills:

collaboration, working safely, turn taking, kindness, communication  
honesty, patience, confidence, independence, perseverance  
selecting and applying skills, decision making, problem solving

#### Physical Development



#### Physical Skills

- run
- balance
- throw
- catch
- jump

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.



#### 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.

#### Home Learning



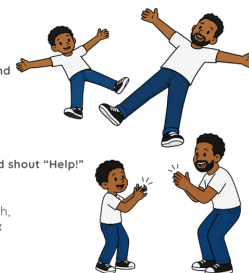
Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

#### Action Rhyme

What you need: 2 or more players

How to play: Ask an adult to read out the rhyme, follow along with the actions!

Stop and wait, stop and wait,  
• freeze like a statue  
Hold a hand and walk, not race.  
• hold an adult's hand or a partner's hand  
Look around, look around,  
• point to your eyes and turn your head  
Keep your feet safe on the ground.  
• squat with 2 feet on the floor  
Shout for help, loud and clear,  
• put your hands around your mouth and shout "Help!"  
Float like a starfish, never fear.  
• lie down or stand in a big star shape  
Kick your legs and splash, splash, splash,  
• sit down and kick your legs out in front  
Stay safe near water, clap, clap, clap!  
• clap three times



Challenge: Can you remember the actions without watching?  
Can you sing the rhyme and do the actions at the same time?

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



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# Knowledge Organiser

## Land Based Water Safety Unit 2

### Nursery/Reception



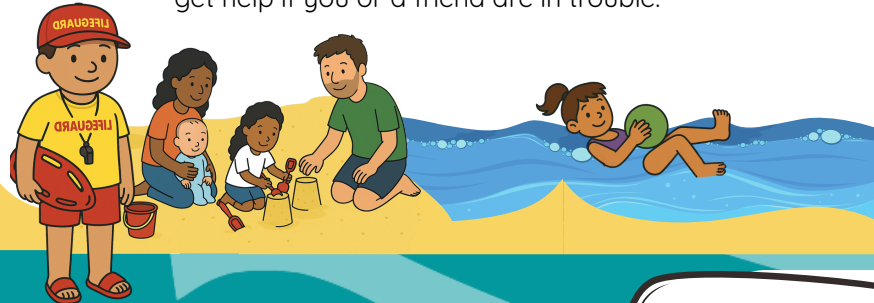
#### About this Unit



Children learn more about water safety through fun, land based activities using movement, storytelling and role play. Children begin to identify safe and unsafe choices at home and away from water.

The unit builds confidence, simple life saving understanding and respect for water.

Meet Ria and Louie the lifeguard! You will explore different water environments together, learn how to stay afloat and know how to get help if you or a friend are in trouble.



#### Communication and Language



#### Key Vocabulary

|              |            |            |
|--------------|------------|------------|
| deep         | fun        | safely     |
| edge         | help       | sea        |
| float        | pool       | shallow    |
| floating aid | rescue aid | shout      |
|              |            | water code |

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



#### Physical Development



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.

#### Physical Skills

- run
- balance
- throw
- catch
- jump

#### 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.

#### Ladder Knowledge



**Awareness**  
Know that water can be found in different places (bath, pond, sea).

**Safe Behaviour**  
Know to stay with an adult near water.

**Getting Help**  
Know that adults help if there's trouble near water, including emergency services.

**Self Rescue**  
Floating on my back with my face up can help me stay calm and safe in water.

#### Personal, Social and Emotional

#### Social Emotional Thinking

This unit will develop the following skills:

collaboration, working safely, turn taking, kindness, communication  
honesty, patience, confidence, independence, perseverance  
selecting and applying skills, decision making, problem solving

#### 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)

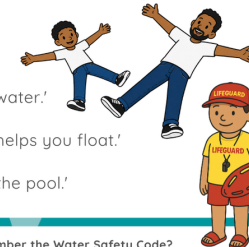
#### Louie Says!

What you need: 2 or more players

#### How to play:

- One person is Louie the Lifeguard and calls out actions. Everyone copies if it's something safe to do!

'Float like a starfish.'  
'Shout HELP!'  
'Walk carefully near the water.'  
'Find an adult.'  
'Point to something that helps you float.'  
'Jump over the puddle!'  
'Balance on one foot by the pool.'



Challenge: Can you remember the Water Safety Code? Talk about where water can be found and who can help if someone is in trouble.

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

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



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