



Get Set 4
Education

Knowledge Organiser

Introduction to PE Unit 1

Nursery/Reception

About this Unit

In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'.

They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping.

Witches and Wizards

Witches and wizards wear pointy hats,
Witches make potions and have magic cats.
Witches climb upon their magic brooms,
And fly high and low with a va va vroom!
Wizards stand tall in their long dark cloaks,
And can vanish before you in a puff of smoke.
Wizards have powerful wands to cast spells,
'Abracadabra' they loudly yell.
I wonder if we could see,
Just how fun being wizards and witches could be.

Ladder Knowledge



Problem Solving:

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

Navigational Skills:

Children will learn that moving into space away from others and leaving a gap when following a path will help to keep them safe.

Communication:

Children will learn that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'.

Reflection:

Children will begin to identify when they are successful.

Rules:

Children will learn that rules help to keep us safe.

Personal, Social and Emotional

This unit will develop the following skills:

Social

share, communication, work safely, co-operation, leadership

Emotional

independence, perseverance, confidence

Thinking

select and apply actions, comprehension, reflection, make decisions



Physical Development

Physical Skills

- run
- jump
- hop
- skip
- balance
- crawl

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.



Communication and Language



Key Vocabulary

avoid	freeze	space
backwards	safe	stop
forwards	sideways	partner

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
- 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

Grandmother's Footsteps!



What you need: three or more people

How to play:

- One person begins as the 'Grandmother', facing away from the others at the other end of the space.
- All other players begin behind a marker which shows the start line.
- Grandmother says 'go' and players try to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.

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



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Knowledge Organiser

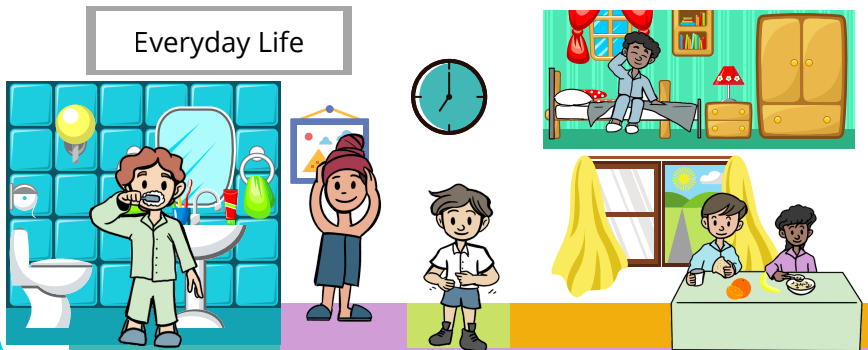
Introduction to PE Unit 2

Nursery/Reception

About this Unit

In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.

Everyday Life



Communication and Language

Key Vocabulary

catch	path	score
direction	rules	space
partner	safely	stop

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



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:

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

Ladder Knowledge



Problem Solving:

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

Navigational Skills:

Children will learn that moving into space away from others and leaving a gap when following a path will help to keep them safe.

Communication:

Children will learn that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'.

Reflection:

Children will begin to identify when they are successful.

Rules:

Children will learn that rules help to keep us safe.

Personal, Social and Emotional

This unit will develop the following skills:

Social

work safely, co-operation, support others, communication

Emotional

honesty, confidence, perseverance, determination

Thinking

comprehension, make decisions, creativity



Physical Skills

- run
- jump
- throw
- catch
- roll
- skip

Home Learning



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



Find Three Things



What you need: two or more people

How to play:

- One person says 'find three things that are.... blue.' etc.
- The other person then has to collect three things that are blue and bring them back.
- Make this harder by timing the player to see how long it takes them.
- Other things that could be collected include 'find three things that are... spotty, start with the letter 'C', round, soft to touch.'

Play with more people by seeing who can collect the three items first.



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Ball Skills Unit 1

Nursery/Reception

About this Unit

In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.



Personal, Social and Emotional

This unit will develop the following skills:

Social

work safely, collaboration, co-operation, support others

Emotional

perseverance, independence, honesty

Thinking

use tactics, comprehension

Physical Development

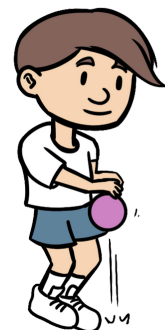
Physical Skills

- roll
- stop a rolling ball
- throw
- bounce
- catch
- dribble with feet
- kick



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 you enjoy this unit why not see if there is a ball game e.g. a football club in your local area.

Communication and Language



Key Vocabulary

bounce	points	score
catch	roll	space
dribble	run	target
hit	safely	throw
kick		

Ladder Knowledge



Sending:

Children will learn to look at the target when sending a ball.

Catching:

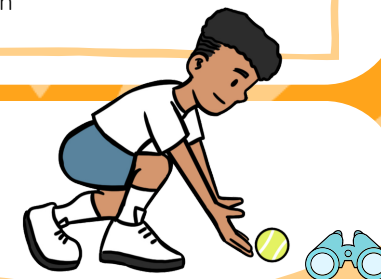
Children will learn to have hands out ready to catch.

Tracking:

Children will learn to watch the ball as it comes towards them and scoop it up with two hands.

Dribbling:

Children will learn that keeping the ball close will help with control.



Home Learning



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

Kick, Roll, Throw



What you need: a ball, a target object

How to play:

- Players stand 3m away from a target object.
- Players explore hitting the target with a kicking, rolling and throwing.

Challenge:

How many times does it take for you to hit your target with kicking, rolling and throwing?

Play the game again, can you beat your score?



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This unit will help children to:

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

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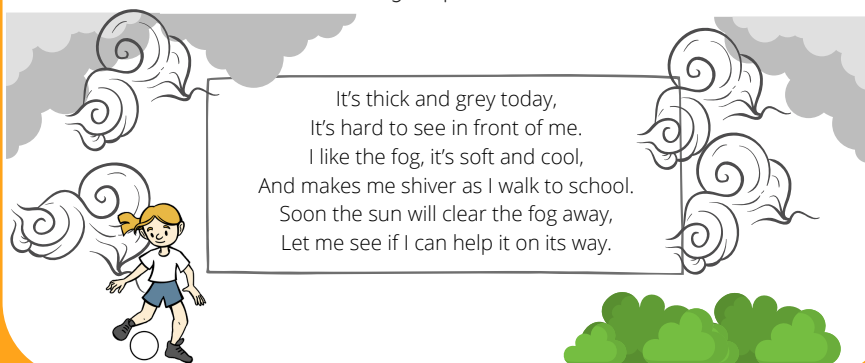
Knowledge Organiser

Ball Skills Unit 2

Nursery/Reception

About this Unit

In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.



Ladder Knowledge



Sending:

Children will learn to look at the target when sending a ball.

Catching:

Children will learn to have hands out ready to catch.

Tracking:

Children will learn to watch the ball as it comes towards them and scoop it up with two hands.

Dribbling:

Children will learn that keeping the ball close will help with control.

Personal, Social and Emotional

This unit will develop the following skills:

Social

co-operation, take turns, work safely, communication

Emotional

perseverance, independence, determination, honesty

Thinking

comprehension, use tactics

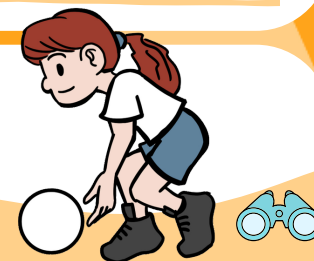
Physical Development



Physical Skills

- roll
- track
- throw
- dribble with hands

- dribble with feet
- kick
- catch



Home Learning

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

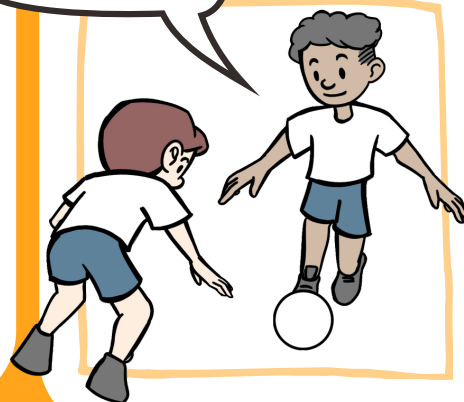
Communication and Language



Key Vocabulary

ball	partner	score
catch	ready	space
dribble	roll	target
kick	safely	throw

If you enjoy this unit why not see if there is a ball game e.g. a football club in your local area.



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:

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



Kickaroo



What you need: a ball, pillows

How to Play:

- Place a pillow a few steps away. Practice kicking the ball to hit the pillow.
- Kick the ball and chase after it, try to catch it before it stops moving.
- Count how many times you can kick the ball within a certain time frame (e.g., 1 minute).
- Create an obstacle course using pillows. Kick the ball around the obstacles.



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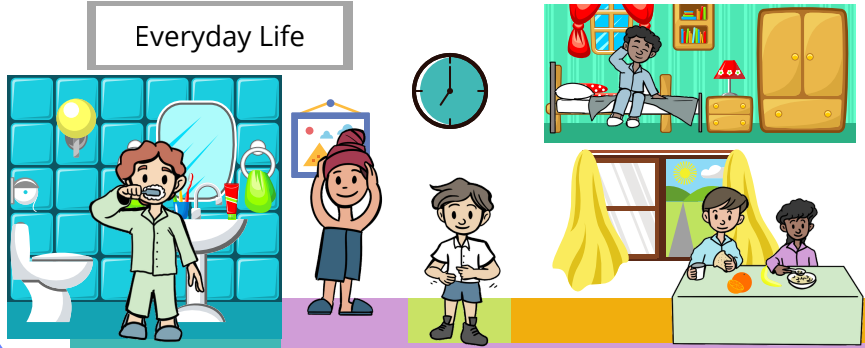
Dance Unit 1

Nursery/Reception

About this Unit

In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.

Everyday Life



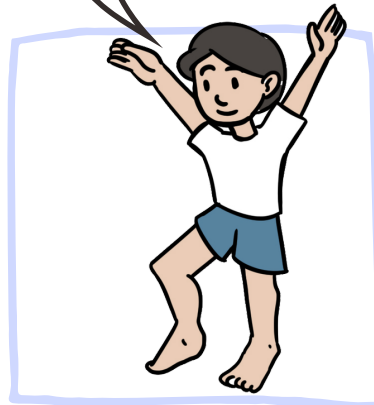
Communication and Language

Key Vocabulary

action	direction	move
bend	high	shake
count	low	space
		twist



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



Children will be taught to:

- Be bare foot for dance.
- Move around safely and with control.
- Have an awareness of others in the teaching space.

Physical Development



Physical Skills

- actions
- dynamics
- space

This unit will help children to:

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

Ladder Knowledge



Actions:
Children will learn that they can move their bodies in different ways to create interesting actions.

Dynamics:
Children will learn that they can change the action to show an idea.

Space:
Children will learn that if they move into space it will help to keep themselves and others safe.

Performance:
Children will learn that when watching others they should sit quietly and clap at the end.

Strategy:
Children will learn that if they use lots of space, it will help to make their dance look interesting.

Personal, Social and Emotional

This unit will develop the following skills:

- Social** work safely, respect, collaboration
- Emotional** independence, confidence
- Thinking** select and apply actions, creativity, exploration, recall, provide feedback

Home Learning

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

Transport Dance



What you need: some music

How to Play:

Explore the following actions for each method of transport:

- cars: jog, holding arms up as if steering around the area. Use big exaggerated movements using lots of space and different pathways. Turn your wheel to change direction.
- train: march around making a circling motion with the arms, elbows bent. High knees and big arm circles.
- planes: fly/soar, jog around with arms spread out wide for wings. Vary the level used by flying high and low.

Create a dance using each of the different methods of transport. Use counts of 8 to help you stay in time with your chosen music.

Make this harder by creating actions for another method of transport.



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



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Dance Unit 2

Nursery/Reception

About this Unit

In this unit children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.



At the Seaside



At the Farm



At the Fireworks

Communication and Language

Key Vocabulary

actions

fast

quickly

beat

finish position

shape

counts

high

slowly

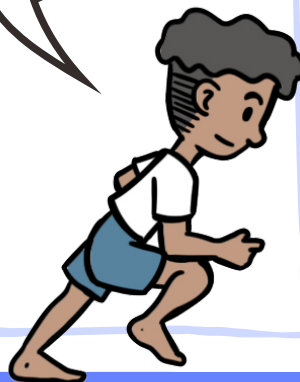
direction

low

start position

travel

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



Ladder Knowledge



Actions:

Children will learn that they can move their bodies in different ways to create interesting actions.

Dynamics:

Children will learn that they can change the action to show an idea.

Space:

Children will learn that if they move into space it will help to keep themselves and others safe.

Performance:

Children will learn that when watching others they should sit quietly and clap at the end.

Strategy:

Children will learn that if they use lots of space, it will help to make their dance look interesting.

Personal, Social and Emotional

This unit will develop the following skills:

Social

work safely, respect, collaboration

Emotional

confidence, independence

Thinking

comprehension, provide feedback, select and apply actions, creativity

Physical Development



Children will be taught to:

- Be bare foot for dance.
- Move around safely and with control.
- Have an awareness of others in the teaching space.



This unit will help children to:

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

Home Learning



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



Musical Statues



What you need: some music, someone to stop and start the music

How to Play:

- When the music starts players start dancing. Dance however you like - hop, skip, twirl, or anything else that makes you happy! Let the music inspire your moves.
- When the music everyone must freeze like a statue until the music starts again.
- Keep dancing and freezing whenever the music stops.

Playing with others? Every time someone moves when the music stops, they become the helper to stop the music next time. Who can be the last one dancing?



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



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