



Get Set 4
Education

Knowledge Organiser Parkour Year 3

About this Unit

Parkour is like being a real-life superhero or ninja!

It's all about moving your body to get from one place to another in the coolest, smartest, and safest way you can. You might: jump over something, climb up something, crawl under something, balance across something, roll when you land to keep moving! Parkour helps you move like an adventurer, just like you're exploring the jungle, the woods, or a castle!

Parkour was officially recognised as a sport in Britain in 2017.



Which key skills are on show here ?

Key Vocabulary



Control: being able to perform a skill with good technique

Balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)

Landing position: a stable position used after jumping

Obstacle: something in your way that makes it harder to move forward, like a wall, or bench

Take off: the moment a person begins jump

Vault: a movement where you jump over an obstacle, using your hands or arms to help you over

Securely: landing or moving in a way that keeps your body steady and safe

Pattern: the different ways we jump and land using one foot or two

Ladder Knowledge



Locomotion:

Understand that exploring the space I am in involves being safe in my movements.

Jumping & landing:

Know to keep my head up, arms out stretched with bent knees to soften any landings.

Vaulting:

Know that putting my hand on the obstacle first helps me balance before I lift my feet.

Balance:

Know to keep my head up and back straight. Looking forward not down.

Movement Skills

- run
- jump
- balance
- crawl
- jump
- land
- step vault
- speed vault

Social
Emotional
Thinking

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

work safely, collaborate, communicate

perseverance, confidence, determination, integrity

exploration, creativity, focus, reflect, select and apply

Strategy

Know how to set up equipment in a space that lets me move safely and smoothly.

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



Fancy Feet



What you need:

Piece of rope or soft belt, pillows

How to play:

- Lay out a line of rope or soft belt and a line of pillows.
- Watch the Bench Work Skills Video on our Youtube channel and copy the fancy footwork patterns.
- Start slowly and always in control.
- Use your arms to balance.
- Can you make up your own fancy feet challenge?

Rules:

You must stay upright and in control at all times.

Top tip: Keep your head steady!



www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit: [@getset4education136](https://www.youtube.com/@getset4education136)



Get Set 4
Education

Knowledge Organiser

Parkour Year 4

About this Unit

In this unit, you'll be building your all-important fundamental movement skills. You'll also learn how to link your moves together smoothly, just like real parkour experts when they move over obstacles.

As you grow more confident, you'll work on turning during your vaults so you can change direction easily and create your own exciting movement sequences.

And remember: in parkour, safety always comes first.
There's no right way, just a safe way!

"Parkour" comes from the French word "parcours," which means "course" or "route." It refers to the path someone takes to get from one point to another, especially by overcoming obstacles.

90 degrees 180 degrees 270 degrees 360 degrees



Can you add some of these turns to your jumps to make them more interesting?

Key Vocabulary

Adapt: to change how you move so it works best for you or fits the situation.

Transitions: moving from one action or position to another

Fluidly: ability to do something smoothly and easily, without hesitating

Decide: select an outcome

Precision: jumping and landing exactly where you want to, without slipping or wobbling

Quadrupedal: moving on four points of contact, using hands and feet.

Rotation: the circular movement of an object around a central point

Flair: smooth, stylish moves usually used to show skill and creativity

Flow: smooth link

Stability: to be balanced

Momentum: the direction created by weight and power



Ladder Knowledge



Locomotion:

Know that adding transitional moves like steps and turns will help with fluidity.

Jumping & landing:

Know how to roll over my shoulder not my head to protect myself on harder surfaces.

Vaulting:

Understand how adding turns to my vaults not only helps with my transitions but also adds flair to my routine.

Balance:

Know that tightening core muscles will keep my body position stable.

Movement Skills

- run
- jump
- balance
- crawl
- climb
- precision jump
- rotational jump
- turn vault
- lazy vault
- safety rolls

Social
Emotional
Thinking

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

work safely, collaborate, share ideas, support others, understand individual strengths

perseverance, confidence, resilience, determination, bravery, pride

exploration, create flows, remember patterns, adapt tasks, decision making, use feedback to improve, creativity

Strategy

Know that adding in directional changes will make my routine more creative.

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



Obstacle Rush



What you need: Any selection of everyday items e.g. chair, cushion, box or books.

How to play:

- Create a simple obstacle course in the living room or outdoor space using everyday items.
- For example, crawl under a table, jump over a cushion with a 180° turn, hop around a chair and finish with a soft landing onto a pillow!

Rules: You must not touch any of the obstacles unless they're a landing zone.

Top tip: bend your knees on landing to absorb the impact.



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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)

Knowledge Organiser

Rounders Year 3

About this Unit

Rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit a small ball and score by running around the four bases on the pitch. Rounders is thought to have originated in England as far back as the Tudor period, which was over 500 years ago.

Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out



Can you think of any other striking and fielding games that share these principles?



Key Vocabulary

accuracy: how close the object is to the given target
bowler: a player on the fielding team
caught out: fielder catches a batted ball before it touches the ground
collect: to pick up
no ball: a bowled ball deemed to be outside of the rules
score: the total points for each team
short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed
strike: to hit
stump: touching a base with the ball
stumped out: when a fielder touches the ball to get the batter out
tactics: a plan or strategy
tournament: a competition of more than two teams
umpire: a person who makes sure the rules are followed

Ladder Knowledge



Striking:

Striking to space away from fielders will help you to score.

Fielding:

Look at where a batter is before deciding what to do. Communicate with teammates before throwing to them.

Throwing:

Being balanced before throwing will help to improve the accuracy of the throw.

Catching:

Move your feet to the ball.

Movement Skills

- underarm and overarm throw
- catch
- bowl
- track a ball
- bat

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

Social communication, collaboration, co-operation, respect

Emotional honesty, confidence, determination

Thinking comprehension, tactics, rules

OUTS

A player will be called out if they are:

- Caught out: fielder catches a batted ball
- Stumped out: fielder stumps the post that the batter is running towards

HOW TO SCORE

- One rounder = batter runs to 4th
- A half rounder = batter gets to 2nd
- A half rounder = two consecutive no balls

Rules

Tactics

Using simple tactics will help your team to achieve an outcome e.g. we will spread out as fielders to cover more space.

Healthy Participation



- Backstops must stand 2m behind the batter.
- Batters must take their bat with them when they run.
- Always keep a safe distance between yourself and a batter.



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

How will this unit help your body?

agility, balance, co-ordination, speed.



Home Learning

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

Home Rounders

What you need: a ball, five markers, 2 + players

How to play:

- Create your rounders pitch with the markers. One bowling marker placed in the middle.
- Take turns to be the fielder/bowler and the batter.
- Bowler underarm bowls to the batter.
- Batter strikes the ball with the palm of their hand and runs around the bases.

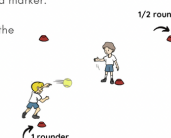
Batter scores:

- One rounder for getting to the 4th marker.
- Half a rounder for getting to the second marker.

Batter must stop running if the bowler has the ball and is standing at the bowling cone.

Batter is out if:

- The fielder catches the batted ball before it touches the ground.
- The fielder stumps the marker that the batter is running towards.



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



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Knowledge Organiser

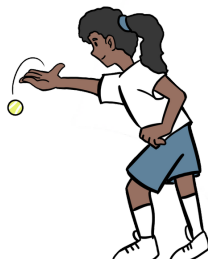
Rounders Year 4

About this Unit

Rounders is a striking and fielding game. The game has one fielding team and one batting team. Both teams will play one round, called an 'innings', as fielders and once as batters. Batters hit a small ball with a bat that has a rounded end. They score by running around the four bases on the field.

Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out



Can you think of any other striking and fielding games that share these principles?



Key Vocabulary

accuracy: how close the object is to the given target
batter: a player on the batting team
compete: take part in a contest
cushion: take the power out of an object
decision: select an outcome
limit: to reduce
no ball: a bowled ball deemed to be outside of the rules
pressure: to add challenge
retrieve: to collect
short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed
strike: to hit
stumped out: when a fielder touches the ball to get the batter out
tactics: a plan or strategy
technique: the action used correctly
tournament: a competition of more than two teams
two-handed pickup: fielding technique where a fielder can scoop the ball with two hands
umpire: a person who makes sure the rules are followed



Ladder Knowledge



Striking:

Using the centre of the bat will provide the most control and accuracy.

Fielding:

It is easier to field a ball that is coming towards you than away, so set up accordingly.

Throwing:

Being balanced before throwing will help to improve the accuracy of the throw.

Catching:

Track the ball as it is thrown to catch more consistently.

Movement Skills

- underarm and overarm throw
- catch
- bowl
- track a ball
- field and retrieve a ball
- bat

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

Social collaboration, communication, co-operate, support and encourage others
Emotional honesty, fair play, confidence, determination
Thinking comprehension, select and apply skills, tactics, make decisions

Rules

OUTS

A player will be called out if they are:

- Caught out: fielders catches a batted ball
- Run out: their teammate runs to the same post as them
- Stumped out: fielder stumps the post that the batter is running to
- They run inside the bases

Tactics

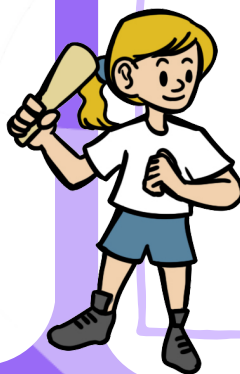
Applying attacking tactics will help to score points and avoid getting out.
 Applying defending tactics will help to deny space, get opponents out and limit points

Healthy Participation



- Backstops must stand 2m behind the batter.
- Batters must take their bat with them when they run.
- Always keep a safe distance between yourself and a batter.

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



How will this unit help your body?

agility, balance, co-ordination, speed.



Home Learning

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

Kick Rounders

What you need: four markers, one ball two players.

How to play:

- Mark out a square with the four markers.
- One player (the kicker) begins at one of the markers.
- The other player (the fielder) rolls the ball to the kicker who kicks the ball as far as they can.
- The kicker then runs around the outside of all four markers scoring one point every time they return to their start marker.
- The fielder must retrieve the ball and place it on the start marker to stop the kicker running.
- Three turns then change over.

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



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Knowledge Organiser

Rugby Year 3

About this Unit

Rugby is a fun game where two teams play against each other. It's called an invasion game because you try to enter the other team's space to score goals.

Rugby started in 1823 at a school called Rugby School. A pupil named William Webb Ellis picked up the ball while playing football and ran towards the other team's goal. This new way of playing became rugby!

If you choose to wear tags on your waist, opponents try to pull these off instead of tackling. It's all about teamwork, running, dodging and passing.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Rugby balls are different because they are shaped like an egg. They became oval by accident because of the rubber tubes used to make them.



Can you think of any other invasion games that share these principles?



Key Vocabulary

attack: the offensive action of trying to score goals or points

communicate: sharing information with others

control: with good technique

defend: try to limit the opposition scoring by marking a space or player to gain possession

dodge: change direction quickly, often used to lose a defender or avoid being caught

opposition: the other team

pitch: the space used for a tag rugby game

receiver: the person catching the ball
tactics: a plan that helps you to attack or defend

teamwork: working with others to achieve

technique: how you apply a skill

tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Swing your hands to your target when throwing to help to send the ball accurately.

Space:

Spread out as a team to help you to move the defenders away from each other.

Attacking and defending:

As an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Movement Skills

- throw
- catch
- run
- change speed
- change direction

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

Social communicate, support, collaboration, respect

Emotional perseverance, self regulation, honesty, determination

Thinking make decisions, comprehension, application of rules and tactics

Rules

Tagging:

- Players wear two tags, one on each side.
- Players cannot push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- Once you have tagged, stand still, hold up the tag and shout 'tag' then give the tag back. The attacker needs to pass then place the tag back on their belt before re-joining the game.

Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.

Offside:

- Defending players must try to stay in front of the ball carrier.
- Onside is in front of the ball carrier, offside is behind the ball carrier.

Tactics

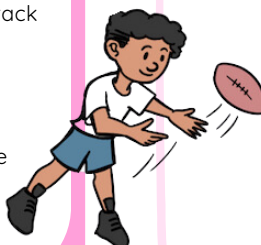
Using simple tactics will help your team to achieve an outcome e.g. we will defend in a line to help us to gain possession of the ball.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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

Hats

What you need: a paper plate or cup per player

How to play:

- Players place their plate or cup on their head.
- Aim of the game is to knock the oppositions object off their head whilst keeping your own.



Who's the last one left?

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



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Knowledge Organiser

Rugby Year 4

About this Unit

Rugby is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Rugby was created in 1823 at Rugby School, when William Webb Ellis, one of the pupils there, picked up the ball whilst playing football and began running towards the opposition's goal. In 1871, the first international game was played and rugby is now played all over the world.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Rugby balls are different to most other balls because of their 'egg shape'. The balls were made using rubber tubes which because of their flexibility became oval by accident!



Can you think of any other invasion games that share these principles?



Key Vocabulary

accelerate: speed up
delay: to slow an object or player
dodge: change direction quickly, often used to lose a defender or avoid being caught
forward pass: when the ball is passed in the direction of a team's try line
gain: get possession of the ball
invasion: a game of two teams who invade each other's space to score goals
limit: to reduce
offside: when a tag is made, all defending players must get into an onside position. Onside is in front of the ball carrier, offside is behind the ball carrier.

onside: when the defender is in front of the ball carrier
option: possible choices
pitch: the space used for a tag rugby game
possession: to have
supporting: being an option for the person with the ball
tournament: a competition of more than two teams
track: to move your body to get in line with a ball that is coming towards you
try: the name of a point scored by placing the ball over the try line

Ladder Knowledge



Sending & receiving:

Cushioning a ball will help you to control it when catching it.

Space:

Moving into space will help your team keep possession and score goals.

Attacking and defending:

As an attacker run to the try line if there is a clear path. Pass when a teammate is free and in good space. As a defender track a player to stop them from being an option. Try to tag the ball carrier.

Movement Skills

- throw
- catch
- run
- change speed
- change direction

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

Social support others, inclusion, communication, collaboration, respect

Emotional determination, honesty, independence, perseverance

Thinking decision making, comprehension, select and apply, reflection, identify strengths and areas for development

Rules

Tagging:

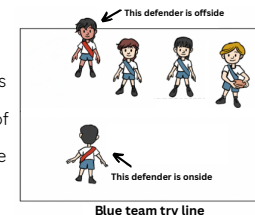
- Players wear two tags, one on each side.
- Players cannot push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- Once you have tagged, stand still, shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker has 3 seconds to pass then must place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.

Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.
- If a team uses a forward pass (any pass where the ball travels in the direction of the team's scoring/try line), a free pass is given to the non-offending team.

Offside:

- When a tag is made, all defending players must get into an onside position.
- Onside is in front of the ball carrier, offside is behind the ball carrier.
- Defenders must be three big steps in front of the ball carrier after a tag has been made and are not allowed to intercept or block the pass after a tag is made.



Tactics

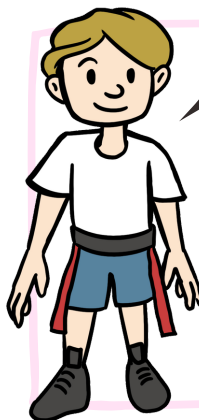
Using tactics will help your team to maintain possession and score or deny space, gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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

The Rescuer

What you need: a marker e.g. a cushion, an object e.g. a teddy bear and a partner

How to play:

- Place your marker down to indicate the start and finish spot.
- Place your object 10m away.
- One person, the rescuer, begins on the start marker, partner begins three big steps away. Rescuer attempts to reach the object and bring it back to the marker without being tagged by your partner.
- If tagged, the rescuer must go back to the start marker to try again.
- Have three attempts then change roles.



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

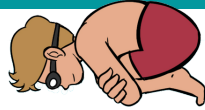


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Knowledge Organiser

Swimming Year 3 and Year 4

About this Unit



Learning how to swim is very important! It's like having a special superpower that helps you stay safe and have lots of fun in the water.

Let's see why:

-  Safe swimmer: when you know how to swim, you can be a safe swimmer and avoid getting into trouble in the water. It's like wearing a magical shield that keeps you safe from water dangers.
-  Water hero: imagine being a water hero who knows how to help someone if they're in trouble in the water.
-  Strong and healthy: swimming is like a workout for your whole body. It makes your muscles strong, your heart happy, and keeps you fit and healthy.
-  Awesome adventures: when you can swim, you can try so many cool things like snorkelling to see colourful fish, surfing on big waves, or even playing fun water games with your friends.
-  Believe in yourself: learning to swim might seem tricky at first, but when you practice and learn, you'll feel very proud of yourself.

Key Vocabulary



alternate: one then the other

backstroke: a swimming style performed on the back

breaststroke: a swimming style performed on the front

breathing: when a swimmer chooses to breathe

buoyancy: how able an object is to float in water

crawl: a type of stroke

floating: the ability to stay on the water's surface

front crawl: a stroke used in swimming

glide: move across the water with a smooth continuous movement

H.E.L.P position: Heat Escape Lessening Posture:

a position for floating in cold water when wearing a life jacket and awaiting rescue

handstand: an inverted balance in which weight is held on hands

huddle: a position for two or more people floating in cold water wearing life jackets and awaiting rescue

rotation: the circular movement of an object around a central point

sculling: quick movements of the hands to keep the head above the water

sidestroke: a stroke where the swimmer lies on their side, helpful as a lifesaving stroke as it uses less energy

sinking: travelling lower than the surface

stroke: the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle

submerge: to be underwater

surface: where the water ends

surface dive: to go beneath the water

survival: the act of living

tactics: a plan or strategy

technique: the action used correctly

treading water: a survival technique used to keep the head above the water

water safety: actions to keep people safe around water

Ladder Knowledge



Strokes:

Year 3: keeping your legs together for crawl helps you to stay straight in the water.

Year 4: keeping your legs together for crawl helps you to stay straight in the water.

Breathing:

Year 3: turning your head to the side to breathe will allow you to swim with good technique.

Year 4: breathing out with a slow consistent breath enables you to swim for longer before needing another breath.

Water safety:

Year 3: treading water enables you to keep upright and in the same space.

Year 4: if you fall in the water float.

Movement Skills

- submersion
- float
- glide
- front crawl
- backstroke
- breaststroke
- rotation
- scull
- tread water
- handstands
- surface dives
- H.E.L.P and huddle position

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

- Social** communication, support and encourage others, keep myself and others safe, collaboration,
- Emotional** confidence, honesty, determination, independence, perseverance
- Thinking** comprehension, observe and provide feedback, tactics, select and apply skills

Rules

1. Stop and think, always swim in a safe place

When swimming outdoors preferably swim at a lifeguard beach, organised session or a supervised space.

2. Stay together, always swim with an adult

When swimming outdoors you must always stay together. NEVER go alone.

3. Float

If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.

4. Call 999

If you see someone in trouble, tell someone or go to the nearest telephone and dial 999.

Healthy Participation



- Always swim with an adult.
- Wait for a qualified lifeguard before entering the water.

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



How will this unit help your body?

balance, co-ordination, flexibility, speed, stamina, strength

Home Learning



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

Dolphin Dash



What you need: a swimming pool with a lifeguard, a supervising adult.

How to play:

- Choose a starting and finishing point in the pool. These can be across the width of the pool or from one end to the other.
- Line up at the starting point. Everyone will be a dolphin for this game!
- Swim using your best dolphin strokes by moving your body in a wave like motion with arms and legs straight.
- Every few strokes, do a little dolphin jump by lifting your upper body slightly out of the water. Pretend you're leaping over waves.
- Playing with others? Who can reach the other side first?
- Playing by yourself? How long does it take you to reach the other side?



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Knowledge Organiser

Tennis Year 3

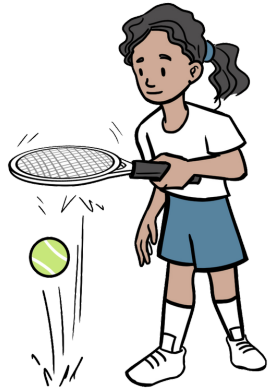
About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

The most famous tennis competition in the UK and also the oldest tennis competition in the world is Wimbledon which is played on grass and takes place in July each year. The best tennis players from around the world come to take part. Have you seen this competition?

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?



Key Vocabulary

backhand: played on the non-dominant side of the body
competition: a match
control: being able to perform a skill with good technique
court: the space used to play the game
face: the strings of the racket
feeder: someone who throws or hits the ball to you
forehand: played on the dominant side of the body
opponent: someone not on your team
opposition: the other team
rally: when a point is played back and forth
react: to respond to quickly
return: hitting the ball back
tactics: a plan that helps you to attack or defend
track: to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Shots:

Point the racket face where you want the ball to go and turn your body to help you to hit accurately.

Rallying:

Hit towards your partner to help them to return the ball easier and keep the rally going.

Footwork:

Move to the middle of the court to cover the most space.

Tactics:

Know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.

Rules:

Know the rules of the game and begin to apply them.

Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

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

Social co-operation, collaboration, respect, support and encourage others

Emotional honesty, perseverance

Thinking comprehension, decision making, select and apply, understand rules, use tactics, reflection

Rules

Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice

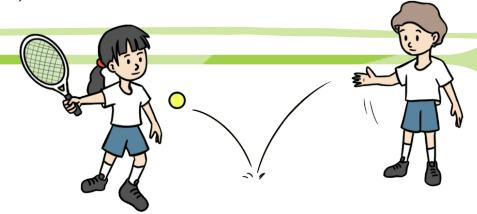
Tactics

• Attacking:

- Look at where your opponent is and try to place the ball away from them.

• Defending:

- Move quickly to a ready position in the centre of the space.
- Cover the space between you when playing with someone else.



Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength



Home Learning

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

Knee Boxing

What you need: 2 markers and 2 or more players.

How to play:

- Place markers 6m away from each other.
- Players begin facing each other, one at each marker.
- One player says 'go', at which point both players move towards each other.
- Players score one point every time they touch their partners' knee.
- When a point is scored, both players run around their start marker and back to meet their opponent.
- First to 8 points wins the game.



Top tip: use a ready position, bend your knees and keep your feet shoulder width apart.

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



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Get Set 4
Education

Knowledge Organiser

Tennis Year 4

About this Unit

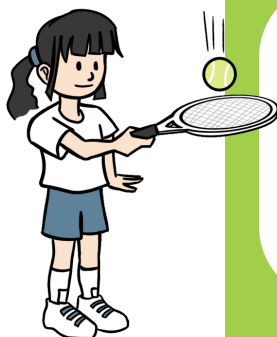
Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Tennis or 'Jeu de paume' (palm game) was first played without rackets and used the palm of the hand to hit the ball. The game was invented in the 12th century by monks in Northern France.

It wasn't until the 16th century that rackets were added and it became known as tennis. It was a very popular sport and King Henry VIII was a keen tennis player.

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?



Key Vocabulary

alternate: one then the other
co-operative: working together
compete: take part in a contest
contact: the point where you hit the ball
continuous: keep a rally going
control: being able to perform a skill with good technique
court: the space used for a tennis game
deny: to prevent an action happening
extend: to make longer
rally: when a point is played back and forth
receiver: the person who the ball is being hit to
reflect: to think back on the experience
swing: smooth semi circular action
tactic: a plan that helps you to attack or defend



Ladder Knowledge



Shots:

Play a forehand when the ball comes to your dominant side.
 Play a backhand when the ball comes to your non-dominant side.

Rallying:

Move your feet to the ball to help you to hit in a more balanced position and increase the accuracy of your shot.

Footwork:

Get your feet in the right position to help you to balance before playing a shot.

Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

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

Social co-operation, support and encourage others, collaboration, respect

Emotional perseverance, honesty, determination

Thinking identifying strengths and areas for improvement, reflection, select and apply, comprehension, use tactics

Rules

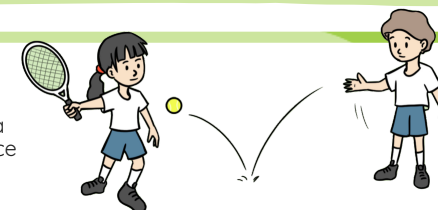
Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice

Tactics

Attacking:

- Look at where your opponent is and try to place the ball away from them.



Defending:

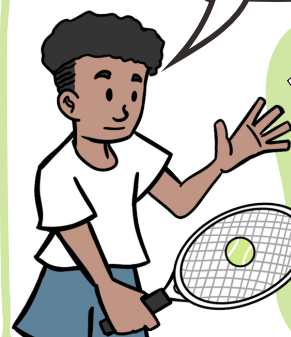
- Move quickly to a ready position in the centre of the space.
- Cover the space between you when playing with someone else.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning

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



Jeu de Paume (Palm Game)

What you need: a ball and a wall

How to play:

Using the palm of your hand, can you...

- Hit ball up continuously?
- Bounce the ball down continuously?
- Hit the ball up, let it bounce once then hit it up again? How many can you do in a row?

Playing against a wall, can you...

- Hit the ball against the wall, let it bounce then hit it again keeping a rally going? How many can you do in a row?



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



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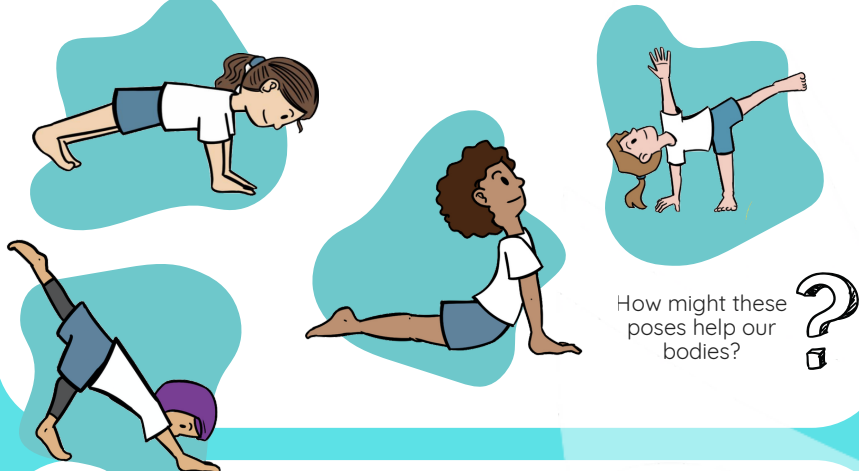
Get Set 4
Education

Knowledge Organiser

Yoga Year 3

About this Unit

Yoga helps our bodies and our minds. We use poses (like balances) to create sequences of movement, called a flow. Throughout the unit we will look at three key ways that yoga can help our body: improving our balance, flexibility and strength. We will also be thinking about how yoga can help develop mindfulness. Imagine your mind is like a snow globe. When you shake the globe (like if you feel excited or upset), the snow moves around. Mindfulness is like letting the snow settle down. Try taking a deep breath in and as you breathe out, the snow starts to settle, your mind becomes clear and calm.



Key Vocabulary

base: body parts that support weight

breath: moving air in and out of your body

contact: points of your body that touch the floor

control: being able to perform a skill with good technique

extend: to make longer

flexibility: the ability of muscles and joints to move through a range of motion

flow: a yoga sequence

hinge: movement from a joint e.g. hips

link: to join together

mindfulness: to bring attention to experiences occurring in the present moment

pose: a position, usually still

strength: the amount of force your body can use

stretch: reach

tilt: move to one side



Ladder Knowledge



Balance:

Use the whole of the body part in contact with the floor, it will help you to balance.

Flexibility:

If you move as you breathe out you can stretch a little bit further.

Strength:

You will need to use different body parts and muscles for different poses.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social collaboration, share ideas, work safely, support others

Emotional honesty, confidence, awareness of others, perseverance

Thinking comprehension, select and apply, identify areas of strength and areas for development, reflection

Strategies

Use your breath to help you to focus.

Your breath can be like a superpower for your brain. Your brain loves it when you take big, deep breaths. Imagine your brain is like a busy playground, with lots of thoughts running around. Sometimes, these thoughts can make it hard to pay attention or feel calm.

Here's where your breath swoops in. When you take slow, deep breaths, it's like you're telling your brain to take a break helping your brain relax and focus.

When you're doing your homework, playing a game, or even feeling a bit wiggly, remember to take a few deep breaths. Your brain will thank you!

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning



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



A pose that...

What you need: a flat space



How to play:

- Practise each of the poses above.
- Using the following statements, choose a pose that:
 - You found the easiest to do
 - You found the most challenging
 - Uses four body parts in contact with the ground
 - Stretched your back
- Decide on an order for the four poses you have selected and perform them as a flow (linking the four poses together).

Remember to move slowly and breathe deeply.

www.getset4education.co.uk



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



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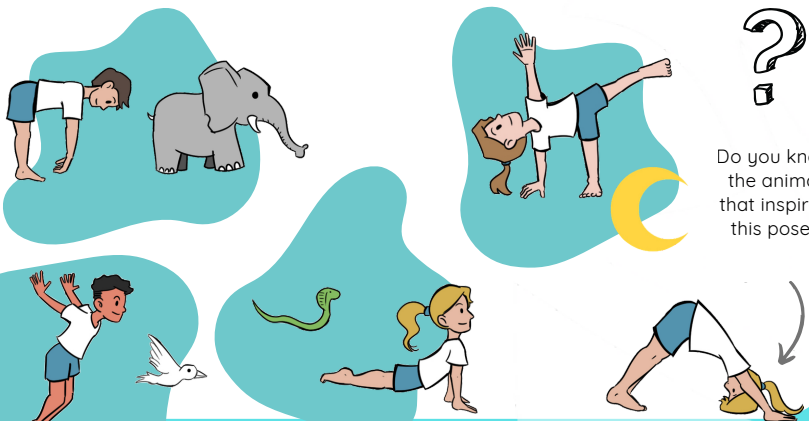
Knowledge Organiser

Yoga Year 4

About this Unit

Yoga is the name for a type of exercise that helps our mind and body. In yoga, we put our body into different positions these are called poses. We can link these poses together to create sequences of movement called a flow. In this unit you will learn yoga poses and techniques that will help you to connect your mind (what you are thinking and feeling) with your body.

Often yoga poses take inspiration from animals and nature like these poses...



Do you know the animal that inspired this pose?

Key Vocabulary

breath: moving air in and out of your body

control: being able to perform a skill with good technique

extend: to make longer

flexibility: the ability of muscles and joints to move through a range of motion

flow: a yoga sequence

gratitude: being thankful

lengthen: to make longer

link: to join together

mindfulness: to bring attention to experiences occurring in the present moment

notice: to pay attention to

pose: a position, usually still

relax: to become calm

stable: to be balanced

strength: the amount of force your body can use

wellbeing: the emotional state of someone



Ladder Knowledge



Balance:

Move with your breath, it will help you to balance.

Flexibility:

Different poses will need you to extend different body parts.

Strength:

People have different levels of strength.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social

working safely, supporting others, sharing ideas, collaboration, respect

Emotional

confidence, determination, integrity, focus

Thinking

recall, creativity, selecting actions, providing feedback, reflection

Strategies

Use your breath to help you to focus.

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter.

Deep breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

Mindfulness is a personal journey.

Mindfulness is a technique which involves noticing what's happening around you in the moment. It can help you to feel happier and calmer.

How you notice the world around you might be different to a friend and that's ok.

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning

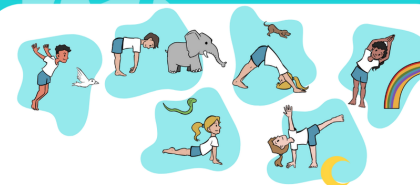
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk



Your Flow

What you need: a flat space

Yoga poses often take inspiration from animals and nature. Like the ones here:



How to play:

- Look around in nature or think of animals that could inspire your poses.
- Create a yoga flow (sequence) by linking 5-6 of poses together.
- You could also use the poses shown above.

Remember to move slowly and breathe deeply.

www.getset4education.co.uk



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



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