



Get Set 4
Education

Knowledge Organiser

Gymnastics Year 4

About this Unit

Gymnastics is made up of a range of movement skills including balance, jumps rolls and shapes. Gymnastics began in ancient Greece as a way to exercise and develop physical strength. Modern gymnastics was developed in Germany in the late 1700s by Frederick Ludwig, who is considered the "Father of Modern Gymnastics".

Enter into a balance when both/all pupils have a clear understanding of their role.



Use a wrist grip for improved stability in any balance where pupils are holding hands.

Do not jump onto or off of another person. Always step down with control.



Ensure you have a base of support beneath you. The safest support points are over joints such as the hips and shoulders.



Key Vocabulary



body tension: squeezing muscles to help to be stable when performing actions

bridge: an inverted action on hands and feet

contrast: different to one another

extend: to make longer

flow: smooth link

fluidly: flow easily

inverted: where hips go above head

landing position: a stable position used after jumping

match: the same

momentum: the direction created by weight and power

perform: to present to an audience

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

sequence: a series of actions

shoulder stand: an inverted action on shoulders

stability: balanced

wrist grip: a safe grip used when performing partner or group balances

Ladder Knowledge



Shapes:

Shapes can be used to improve your sequence. Be sure to show each shape clearly.

Inverted movements:

Inverted movements are actions in which your hips go above your head.

Balances:

Keep yourself and others safe in partner balances by using a wrist grip, only standing where there is a base of support and stepping into and out of the balances slowly.

Rolls:

Keep the shape of your roll using body tension.

Jumps:

Land toes first, look forwards and bend your knees to land with control.

Movement Skills

- individual and partner balances
- rotation jumps
- straight roll
- barrel roll
- forward roll
- straddle roll
- bridge
- shoulder stand

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

Social work safely, determination, collaboration, communication, respect

Emotional confidence, perseverance

Thinking observe and provide feedback, select and apply actions, creativity, evaluate and improve

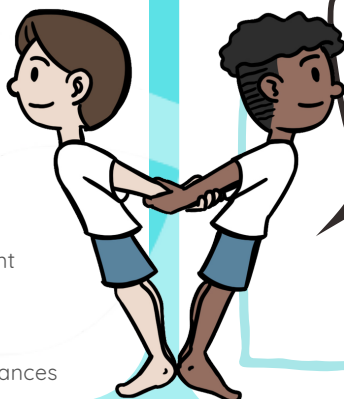
Strategy

Use different directions to help make your sequence look interesting.

Healthy Participation



- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.



If you enjoy this unit why not see if there is a gymnastics 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

Transporter



What you need: an empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

How quickly can you move the socks?



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



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Knowledge Organiser

Handball Year 3

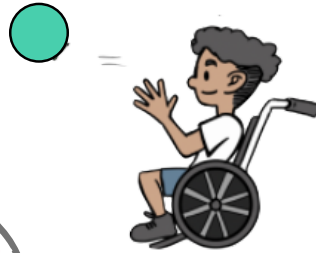
About this Unit

Handball 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.

Handball is often described as a mix of football and basketball.

In invasion games you can use simple tactics to help you. A key tactic you will use in this unit when attacking is to spread out. By spreading out, it helps to support your teammate with the ball by giving them an option to pass to. It will also help to move defenders apart and force them to make decisions about who to defend.

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



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



Key Vocabulary

accurate: sending the object to the given target

communicate: share information

direction: forwards, backwards, sideways

intercept: to gain possession of the ball

invasion: a game of two teams who invade each other's space to score goals

opposition: someone not on your team

possession: to have

space: the area available

speed: how fast or slow you move

tactics: a plan that helps you to attack or defend

teamwork: working with others to succeed

tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

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

Space:

Spreading out as a team will help to move the defenders away from each other.

Attacking:

As an attacker you need to maintain possession and score goals.

Defending:

As a defender you need to stop the opposition and gain possession.

Movement Skills

- throw
- catch
- run
- jump
- shoot
- change direction
- change speed

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

Social communication, co-operation, work safely

Emotional honesty and fair play, confidence, support

Thinking decision making, select and apply, comprehension, identify

Rules

The rule of three:

- If you have the ball in your hands you can take up to three steps then you either have to pass or shoot.
- Can only hold the ball for three seconds if standing with the ball.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Tactics

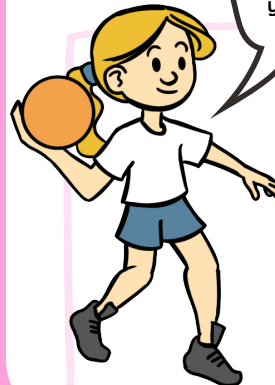
Using tactics will help your team to maintain possession and score goals or gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball 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

Hit the Spot

What you need: two markers e.g. a cushion and a ball or pair of socks

How to play:

- Place one marker down as the start spot and another marker as the target.
- Throw overarm to hit the target.
- For each successful hit, move the start marker one big step back.
- How far back can you get?
- Make this easier by making the target area larger.



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



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Knowledge Organiser

Handball Year 4

About this Unit

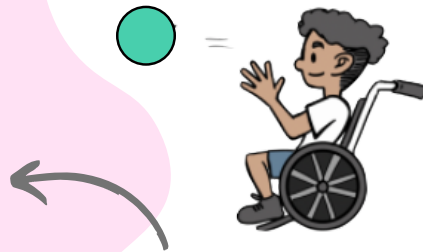
Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Handball as we know it now was founded at the end of the 19th century and is particularly popular in northern Europe, in places like Germany and in Scandinavia. Handball first appeared at the Olympics in 1936.

Invasion Games Key Principles

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

Can you set up your own game and practise your handball skills at lunchtime?



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



Key Vocabulary

accelerate: speed up
accuracy: how close the object is to the given target
decision: select an outcome
delay: to slow an object or player
deny: to prevent an action happening
gain: get possession of the ball
intercept: to gain possession of the ball
invasion: a game of two teams who invade each other's space to score goals

momentum: the direction created by weight and power
opposing: in competition with
option: possible choices
referee: the person who makes sure the rules are followed
supporting: being an option for the person with the ball
timing:
tournament: a competition of more than two teams

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:

Shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space.

Defending:

Mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- throw
- catch
- run
- jump
- shoot
- change direction
- change speed

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

Social

communication, co-operation, work safely, collaboration, respect

Emotional

honesty and fair play, determination, confidence, empathy

Thinking

decision making, identify, select and apply, reflection

Rules

The rule of three:

- If you have the ball in your hands you can take three steps then you either have to pass or shoot.
- Can only hold the ball for three seconds if standing with the ball.
- Must be three steps away from a person taking a free pass.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team.

Tactics

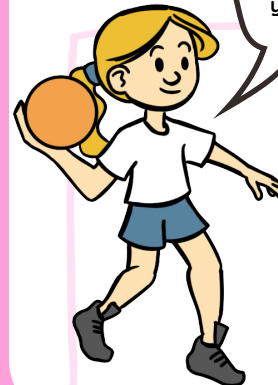
Using attacking tactics will help your team to maintain possession and score goals. Using defending tactics will help your team to deny space, gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a handball 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

Sock Pick Up

What you need: 2 people, 2 markers e.g. cushions and a sock and a space

How to play:

- Place out your two markers and put the sock on top of one marker.
- One person is the attacker, one the defender.
- Attacker starts at a marker approx. 6m away from the sock and has 1 minute to try to pick the sock up as many times as possible. After each pick up, return to the start marker.
- If the defender tags the attacker, the attacker must go back to the start marker.
- Switch roles.

Top tips:

- Attacker: use quick changes of speed and direction to avoid the defender.
- Defender: track the attackers movement and go for the tag before they reach the sock.



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



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Knowledge Organiser

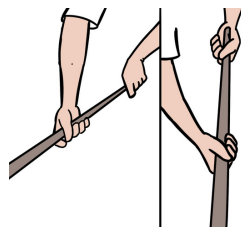
Hockey Year 3

About this Unit

Hockey 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. If you are in possession, you are on the attacking team. If you are not in possession, you are on the defending team.

In hockey we use sticks to pass, dribble and shoot the ball. Did you know that there are no left handed sticks? That means that all players play with a right-handed stick!

To hold your stick, place your right hand in the middle of the stick. This helps to control the stick and the ball. Your left hand stays at the top and helps to turn the stick to change the direction of the ball!



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

Invasion Games Key Principles

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

Key Vocabulary

- accurate:** reaching the target
attack: the offensive action of trying to score goals or points
attacker: someone in possession
control: being able to perform a skill with good technique
decision: select an outcome
defender: someone not in possession
defend: mark a space or player
dribble: to travel with a ball using feet or hands
intercept: to gain possession of the ball
invasion: a game of two teams who invade each other's space to score goals
opposition: the other team
possession: to have
receiver: to collect or stop a ball that is sent to you
tactics: a plan for how to play
teamwork: working together
tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Point your stick to your target when sending the ball to help to send it accurately.

Dribbling:

Dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Space:

Spreading out as a team will help 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

- dribble
- pass
- receive
- intercept
- run
- shoot

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

Social communication, collaboration, work safely, respect, co-operation

Emotional honesty, perseverance, determination, support others

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

Rules

Feet:

- You cannot kick the ball. Try not to let the ball touch your feet.

Sticks:

- The stick cannot be lifted higher than waist height.
- You can only use the flat side.

Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three big steps away from the person taking the free pass.

To start a game, one team begins from the middle. After a goal, the non-scoring team begins from the middle.

Tactics

Tactics help us to make a plan for how we are going to play. Spreading out in attack is a good tactic to help to create space and move defenders. Defending a player each is a good tactic to limit the attacking team's options.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Don't lift your stick higher than your waist.
- Ensure you are working in a safe space away from others.

If you enjoy this unit why not see if there is a hockey 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

Push Pass

What you need: a pair of socks or a small ball and three markers e.g. cushions

How to play:

- Place two markers approx. 2m apart to create a goal and a third marker approx. 3m away as a start point.
- Place your socks/ball on the floor and attempt to push it using your hand through the goal.
- If successful move back a step and try again. How far back can you go? For an extra challenge, make your goal smaller!



Top tips:

- Step forward with your opposite foot to the hand you are using.
- Finish with your hand pointing in the direction you want the socks/ball to go.

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Knowledge Organiser

Hockey Year 4

About this Unit

Hockey 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.

The name 'hockey' is thought to come from a French word 'hoquet' which means 'shepherd's staff'. Stick and ball games can be traced back thousands of years to ancient civilisations in China, Persia, Egypt and Greece.

In modern times, there are different versions of hockey, these include field hockey, ice hockey, roller hockey, and indoor hockey.

Field hockey first appeared in the Olympics in 1908 in London.



Invasion Games Key Principles

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



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

Key Vocabulary

accelerate: speed up
control: being able to perform a skill with good technique
cushion: take the power out of an object
decision: select an outcome
delay: to slow an object or player
gain: get possession of the ball
invasion: a game of two teams who invade each other's space to score goals
opposition: the other team
option: possible choices
possession: to have
receive: to collect or stop a ball that is sent to you
referee: the person who makes sure the rules are followed
tackle: to stop an opposing player with the ball
tournament: a competition of more than two teams



Ladder Knowledge



Sending & receiving:

Cushioning the ball will help you to control it when receiving it.

Dribbling:

Using changes of direction and speed when you dribble will help you to maintain possession.

Space:

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

Attacking and defending:

As an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- dribble
- pass
- receive
- intercept
- run
- shoot

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

Social communication, collaboration, work safely, respect

Emotional honesty, perseverance, determination

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

Rules

Feet:

- You cannot kick the ball. Try not to let the ball touch your feet. If feet are intentionally used, a free pass is awarded.

Sticks:

- The stick cannot be lifted higher than waist height, and you can only use the flat side.
- You cannot intentionally interfere with another person's stick.
- If these rules are broken, a free pass is awarded.

Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three big steps away from the person taking the free pass.

Tactics

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

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Don't lift your stick higher than your waist.
- Ensure you are working in a safe space away from others.

If you enjoy this unit why not see if there is a hockey 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



Hockey Obstacle



What you need: Markers, stopwatch, a tupperware lid and rolled up socks

How to play:

- Create an obstacle course using markers e.g. cushions to go around, chairs to push the ball through the chair legs etc.
- Using the tupperware lid as your stick and the socks as your ball, time yourself to see how long it takes you to complete the obstacle course.
- Can you beat your time?
- Make this harder by only using one side of the tupperware box just like when using a hockey stick.

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Get Set 4
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Knowledge Organiser

Land Based Water Safety

Year 3

About this Unit

In this unit, you will build your water safety knowledge while developing your fundamental movement skills. You will learn to interpret water safety signs, recognise peer pressure and know how to help someone in danger without entering the water yourself.



H.E.L.P stands for:

- Heat
- Escape
- Lessening
- Position

It is used to help keep your body warm if you fall into cold water and are waiting to be rescued.



Did you know?

Key Vocabulary

assertive: speaking clearly and confidently.

buoyancy: how something floats on water.

bystander: someone who sees what is happening but is not in danger.

casualty: a person who is hurt and needs help.

cold-water shock: when cold water makes your body gasp and panic.

conserve: to save energy or heat.

emergency operator: the person who answers your 999 call.

H.E.L.P: a position for floating in cold water, awaiting rescue.

interpret: to understand what something means.

peer pressure: when others try to make you do something.

self-rescue: getting yourself out of danger safely.

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

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



Ladder Knowledge



Awareness

Understand that water depth and coldness of water can be dangerous.

Safe Behaviour

Making safe choices near water lowers the chance of danger.

Getting Help

Understand how to help without entering the water.

Self Rescue

The H.E.L.P. position helps keep my body still, control my breathing and keep me warmer.

Personal, Social and Emotional

Social

This unit will develop the following skills:

communication, support, take responsibility, team work

Emotional

calmness, confidence, independence

Thinking

comprehend, observe, assess risk, give feedback, select and apply

Physical Development

Physical Skills

- run
- balance
- throw
- star float
- catch
- jump
- H.E.L.P



Children will be taught to:

- control their movements and balance around water.
- lay out equipment safely.
- work sensibly in groups.

Home Learning



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



Steady Survivor



What you need:

3 cushions,
A rolled-up towel,
A teddy,
Any other safe household items.



How to play:

- Lay out your obstacles.
- Balance your teddy on your head, or another body part.
- Complete your obstacle course without dropping your teddy!
- Finish by lying in a star shape for 10 seconds without moving your teddy.



Challenge: Can you make your course trickier by travelling in a different direction?

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This unit will help children to:

- develop FMS.
- gain safety awareness around water.
- interpret signage.
- be able to help without getting into danger themselves.

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



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About this Unit

In this unit, you will learn about open water hazards, cold water dangers and how to respond safely in an emergency. You will practise the H.E.L.P and huddle positions, explore safe rescue techniques without entering the water and make safe decisions in different water based situations.

Did you know? The huddle position helps people stay warmer in cold water by keeping them close together and reducing heat loss. It can also make a group easier to spot in an emergency.



Key Vocabulary

accurate: correct and without mistakes.

assess: to think carefully about something before deciding.

conserve heat: to keep your body warm.

emergency services: people who help in dangerous situations, like the police, fire service and ambulance.

huddle position: a group position used in water to help keep warm.

hypothermia: when the body gets dangerously cold.

prevent: to stop something from happening.

judgement: making a sensible decision.

risk: something that could cause danger or harm.

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



Ladder Knowledge



Awareness

Signs and flags tell us about water dangers, unsafe conditions and whether it is safe to go into the water.

Safe Behaviour

Jumping or diving into unknown water, or walking too close to the edge, can be very dangerous.

Getting Help

Understand what information the emergency services may ask for.

Self Rescue

The Huddle position helps a group keep warmer in cold water.

Personal, Social and Emotional

Social

This unit will develop the following skills:

collaboration, co operation, communication, teamwork

Emotional

focus, confidence, calmness, resilience

Thinking

risk assessment, decision making, selecting and applying strategies, justifying decisions

Physical Development

Physical Skills

- run
- balance
- throw
- jump
- H.E.L.P
- huddle



Children will be taught to:

- work as a team to complete challenges.
- perform a well communicated huddle position sensibly.

Home Learning



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

Huddle Challenge



What you need: siblings, parents friends or carers!

How to play:

- Stand in a small circle.
- Can everyone balance while:
 1. Shoulders touch,
 2. Hips touch,
 3. Crouching lower together,
 4. Moving around the space, staying in contact.



- Try to stay together for 10 seconds with little movement.



Challenge: Can you all sit down and stand up again without breaking your huddle?

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This unit will help children to:

- develop FMS.
- collaborate with a team, sharing ideas and being supportive.
- understand how to help themselves and others if they are in trouble water.

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



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Get Set 4
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Netball Year 3

About this Unit

Netball is an invasion game where two teams compete against each other. In an invasion game, you enter the other team's space to try to score goals while defending your own area. Netball helps develop teamwork, co-ordination, and strategic thinking. You'll learn how to pass, catch, and shoot. Unlike basketball, players cannot dribble the ball. They must pass it to their teammates to move it down the court.

Netball is played in over 80 countries and is especially popular in England, Australia, South Africa, Jamaica and New Zealand.

Invasion Games Key Principles

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



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

Key Vocabulary



attack: a team in possession of the ball
control: to move with balance
court: the space netball is played
defend: to mark an opposing player
intercept: to gain possession of the ball
invasion: a game of two teams who invade each other's space to score goals
opposition: the other team

possession: to have
receive: take hold of
technique: the action used correctly
teammate: a player on your team
tournament: a competition of more than two teams
umpire: a person who makes sure the rules are followed

Ladder Knowledge



Sending & receiving:

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

Space:

Spreading out as a team will help to move the defenders away from each other.

Attacking :

As an attacker you need to maintain possession and score goals.

Defending:

As a defender you need to stop the opposition scoring and gain possession.

Movement Skills

- throw
- catch
- run
- jump
- change direction
- change speed
- shoot

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

Social communication, collaboration, sporting behaviour

Emotional honesty, perseverance, confidence

Thinking select and apply skills, apply tactics, observation, apply rules

Rules

- **Footwork:** first foot to touch the ground when receiving a ball is the landing foot. The landing foot cannot be lifted and put back down. You may pivot on the landing foot.
- **Held ball:** a player has 4 seconds to pass or shoot.
- **Obstruction:** defenders are allowed one jump to mark the ball and must be 1m from the ball carrier.

Free pass: is awarded to the non-offending team if a rule is broken.

Tactics

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

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

If you enjoy this unit why not see if there is a netball 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

Colour Command



What you need: 4 - 6 different coloured socks or items

How to play:

- Lay out 4-6 different coloured pairs of socks in a circle formation and stand in the middle.
- Ask a helper to call out 2 colours and see if you can use your speedy feet to get quickly to the correct colours in turn.
- Return to the middle of the circle and repeat with a new call.

Top tips:

- Start in the ready position, feet shoulder width apart and knees bent, ready to react.
- Head and shoulders facing forwards
- Turn your hips and move your feet to each colour.



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Netball Year 4

About this Unit

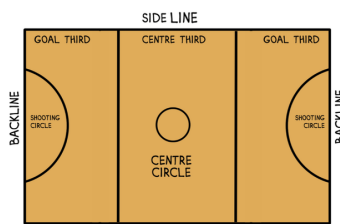
Netball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

The positions:

- GS: Goal Shooter
- GA: Goal Attack
- WA: Wing Attack
- C: Centre
- WD: Wing Defence
- GD: Goal Defence
- GK: Goal Keeper

An official netball game is played on a court split into thirds with seven players on each team. Each player is allowed in certain areas of the court and has a different role.

The court:



Invasion Games Key Principles

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

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



Key Vocabulary

accelerate: speed up

accurate: successful in reaching the intended target

contact: a rule that states you cannot push or bang another player

decision: select an outcome

delay: to slow an object or player

deny: to prevent an action happening

direction: forwards, backwards, sideways

footwork: a rule which states you cannot move your landing foot

intercept: to gain possession of the ball

invasion: a game of two teams who invade each other's space to score goals

obstruct: a rule which states that you are not allowed to put your arms up unless you are 1m away

option: possible choices

persevere: to continue trying

pivot: allows you to turn your body to face a new direction

possession: to have

technique: the action used correctly

tournament: a competition of more than two teams

umpire: a person who makes sure the rules are followed

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:

Shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space.

Defending:

Mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- throw
- catch
- run
- jump
- change direction
- change speed
- shoot

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

Social

communication, collaboration, support others

Emotional

honesty and fair play, persevere, confidence

Thinking

comprehension, decision making, recognition, identify, observe and provide feedback, select and apply skills

Rules

- Footwork:** first foot to touch the ground when receiving a ball is the landing foot. The landing foot must remain on the ground, the other foot may be moved in any direction, pivoting on the landing foot.
- Held ball:** a player has 4 seconds to pass or shoot.
- Contact:** if a player contacts another player.
- Obstruction:** defenders are allowed one jump to mark the ball and must be 1m from the ball carrier.

Free pass: is awarded to the non-offending team if the footwork and held ball rules are broken. The offending player is not out of play.

A penalty pass or shot (if these rules are broken within the shooting circle) is awarded to the non-offending team if the obstruction or contact rules are broken. The offending player is out of play and stands by the side of the player taking the pass/shot.

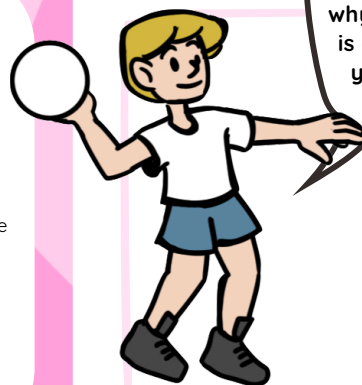
Tactics

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

Healthy Participation



- Make sure any unused equipment is stored in a safe place.



If you enjoy this unit why not see if there is a netball 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

Skills School



Get Set 4
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What you need: A ball

How to play:

Can you complete the following skills?

- Pass the ball 10 times around your waist in one direction then 10 times in the other direction
- Pass the ball in a figure of eight through your legs. 10 times in one direction, then 10 times in the other direction.
- Pass the ball hand to hand. Can you do this above your head, then to one side of your body, then the other? Can you do this down low by your knees?
- Start with the ball behind your back, throw it over your head and then catch it in front of your body.
- Start with the ball in front of you, throw it over your head and catch it behind you.

Top tips:

- Use wide fingers and keep your eyes on the ball.



www.getset4education.co.uk

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



@getset4education136

Knowledge Organiser

OAA Year 3

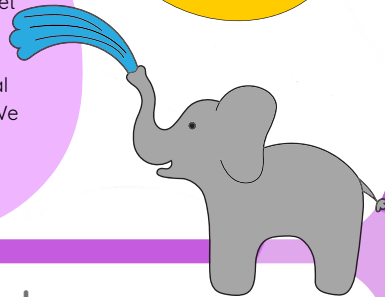
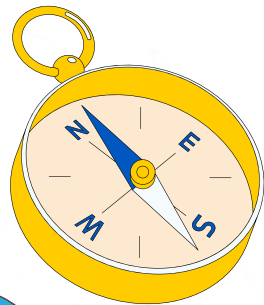
About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in an orienteering activity.

Orienteering is an activity that uses a map and compass to help the people taking part find their way around a course.

Maps help you travel from one location to another. They help you to find where you are and how to get where you want to go.

A compass is a device that shows you the cardinal directions. These are North East South and West. We can use a saying to help us to remember this 'Naughty Elephants Spray Water'.
A compass will always point to North.



Key Vocabulary

communication: share information
compass: a device that shows the cardinal directions
course: includes a start point, control points, and a finish point when orienteering
discuss: talk about
honest: give facts
interrupt: to speak while others are speaking
map: used to show locations
route: the path taken
support: to help
symbol: a sign, shape or object representative of different features on a map e.g. a triangle for a mountain
tactics: a plan to solve a problem
teamwork: working with others to succeed
trust: to believe in others



Ladder Knowledge



Problem solving:
Trying ideas before deciding on a solution will help you to come up with the best idea.

Navigational skills:
Holding a map so that the items on the map match up to real life will help you to read and understand the map and situation.

Communication:
Take turns when giving ideas and do not interrupt each other.

Reflection:
Think about when and why you are successful at solving challenges to help you in the future.

Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

Social communication, co-operation, inclusion, collaborate

Emotional determination, trust, confidence, honesty

Thinking problem solving, evaluate, reflection, create, comprehension, select and apply

Rules

Use rules given to you honestly to help to keep yourself and others safe.

Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.



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

How will this unit help your body?

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



Cross the swamp

What you need: Some toys and two pillows

How to play:

- Place your toys 8m away from a start line. This could be in another room if playing indoors.
- Imagine that the space between the start line and the toys is a swamp.
- To rescue the toys use the two pillows to cross the swamp and retrieve one toy at a time.
- You cannot touch the swamp. How many toys can you rescue in 3 mins?

Watch out for the crocs!



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Get Set 4
Education

Knowledge Organiser

OAA Year 4

About this Unit

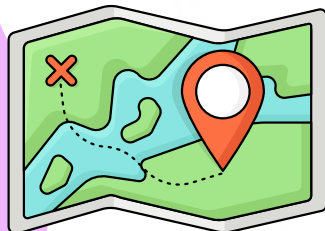
OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills put them into practise in different orienteering activities.

Map Reading

When orienteering it is important to be able to read a map. Map reading skills help you to figure out where you are and how to get to where you want to go.

Maps show us all of the amazing places on our planet, from towering mountains to sparkling rivers and bustling cities.

Reading a map is like solving a puzzle. A map often has a key which contains an explanation of what the different symbols on the map mean. When you learn to read these symbols, you can unlock the secrets of the map and understand what it is telling you.



Key Vocabulary



collaborate: work jointly with others

communicate: share information

effectively: achieving a desired outcome

instructions: information to guide a task

key: information given to help identify objects on a map

leader: a person who guides others

navigate: to plan or follow a route

orientate: to turn a map so that it always faces the same way as the ground it represents

reflect: to think back on the experience

role: the job given to each person

solve: to find an answer

symbol: a sign, shape or object representative of different features on a map e.g. a triangle for a mountain

teamwork: working with others to succeed

Ladder Knowledge



Problem solving:

Discussing the advantages and disadvantages of ideas will help to guide you to a conclusion about which idea to use.

Navigational skills:

Using a key and cardinal points on a map will help you to orientate it.

Communication:

There are different types of communication that you can use. This could be visual, verbal or physical. This means you can communicate without talking.

Reflection:

Critically reflecting on when and why you are successful at solving challenges will help you to improve in future challenges.

Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

Social communication, co-operation, collaboration

Emotional determination, resilience, honesty, trust, confidence

Thinking problem solving, evaluation, reflection, create, select and apply

Rules

Working with integrity means following the rules even when no-one else is watching. By having good integrity, we gain trust from others, learn to be dependable and form positive relationships.

Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.

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



How will this unit help your body?

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



At a stretch



What you need: Three pieces of paper and a measuring tape (optional).

How to play:

- Begin standing on one piece of paper.

Challenge: How far away from the paper you are standing on, can you place one of the other pieces of paper?

Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?

Plan, do and reflect. You have 3 minutes to practise before you measure.



www.getset4education.co.uk