

Knowledge Organiser

Rounders Year 5

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 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



backing up: to move position to support
close catch: having both hands relatively close to the body to catch, little fingers together
compete: to play against others
decision: the choice made
deep catch: catch a ball from height, thumbs together in front of head
limit: to keep a score low
long barrier: a fielding action used to stop a ball coming at speed
no ball: a ball bowled outside of the rules of the game
retrieve: to collect and bring back
short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed
situation: circumstances that create the environment
stance: the body position taken
tactic: a plan or strategy
tournament: a competition of more than two teams

Ladder Knowledge



Striking:

Stance is important to allow you to be balanced as you hit.

Fielding:

Backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.

Throwing:

Look where the batter is before deciding where to throw.

Catching:

Use a close catch when the ball is coming straight at you and a deep catch when it is dropping from high.

Movement Skills

- throw
- catch
- bowl
- bat
- field

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

Social

communication, respect, collaboration

Emotional

honesty, confidence, perseverance, self regulation

Thinking

assess, make decisions, comprehension, reflection, select and apply skills, tactics

Rules

OUTS

A player will be called out if they are:

- Caught out: fielder 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

There are batting and fielding tactics and these will change depending on the situation. E.g a batter could send the ball high and long if fielders are close, or between the bowler and backstop to cause confusion. Fielders could stop the batter by sending the ball to the bowler or go to stump them out.

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

Beat the Bowler



What you need: 2 players, a tennis ball and 2 markers.
Optional: tennis racket

How to play:

- Create a 'batting square' with markers approx 2m apart. Players take turns to be the batter and the bowler.
- The bowler bowls to the batter, throwing five balls, trying not to give away half a rounder for two consecutive no balls.
- The batter can play with a tennis racket or by catching and throwing.
- The batter scores a rounder for each star jump made until the ball is collected by the bowler.

A bowl must:

- be underarm between shoulders and above the knees of the batter.
- not bounce.
- not be wide of the batting 'square'.



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Knowledge Organiser

Rounders Year 6

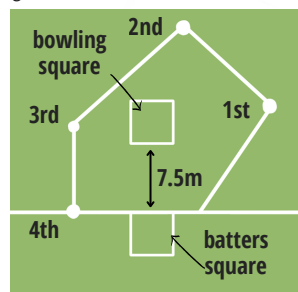
About this Unit

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.

Rounders has been played in England for centuries, with records of the game dating back to the 16th century.

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

abide: act in accordance with the rules
appropriate: suitable approach
assess: make a judgement of the situation
backing up: to move position to support
close catch: having both hands relatively close to the body to catch, little fingers together
collaborate: work jointly with others
consecutive: in a row
consistently: every time
deep catch: catch a ball from height, thumbs together in front of head
long barrier: a fielding action used to stop a ball coming at speed
momentum: the direction created by weight and power
short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed
situation: circumstances that create the environment
stance: the body position taken
tactic: a plan or strategy
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
umpire: a person who makes sure the rules are followed



Ladder Knowledge



Striking:

Momentum and power for striking a ball comes from legs as well as arms.

Fielding:

Assess the situation before selecting the fielding action.

Throwing and catching:

Make good decisions on who to throw to and when to throw in order to get batters out. Accuracy, speed and consistency of throwing and catching will help to limit a batter's score.

Movement Skills

- throw
- catch
- bowl
- bat
- field

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

Social

communication, collaboration, respect, co-operation

Emotional

honesty, self regulation, sportsmanship

Thinking

select and apply skills, reflection, assess, tactics

Rules

OUTS

A player will be called out if they are:

- Caught out: fielder 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

Using tactics will help your team to score points, called 'rounders', deny space, limit the oppositions score. There are batting and fielding tactics and these will change depending on the situation, the opposition and the desired outcome.

HOW TO SCORE

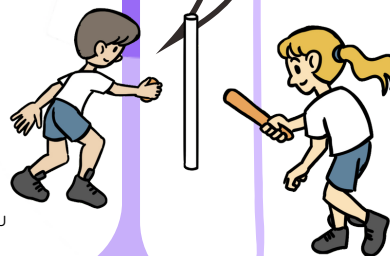
- One rounder = ball is hit and live batter runs to 4th
- A half rounder = ball is hit and live batter gets to 2nd
- A half rounder = ball is not hit and live batter gets to 4th
- A half rounder = two consecutive no-balls

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

Spell it Out



What you need: post it notes, a pen, a ball or pair of socks.

How to play:

- Write a letter of the alphabet on each post it note and stick them to a wall.
- Begin 3m away and throw your ball to hit the letters to spell the following words...BOWL, CATCH, ROUNDERS, STANCE
- Then have a go at making your own word.
- Have someone else with you? Can they guess your word.
- Playing against someone else? Who can spell the words in the quickest time?

Top tip: Point your fingertips in the direction of your target after you have thrown.



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Knowledge Organiser

Rugby Year 5

About this Unit

Rugby is an invasion game where two teams try to score by entering the other team's space. Rugby is a challenging invasion game because you have to pass the ball backwards to your teammates. This rule makes it harder to move forward and score points quickly. Instead of just running straight towards the other team's goal, you need to work closely with your teammates, passing the ball back and forth while trying to find gaps in the other team's defence. This requires good teamwork, communication, and strategy, making the game both exciting and challenging.

Rugby Union, a popular version of rugby, features a major annual competition called the Six Nations Championship, which includes teams from England, France, Ireland, Italy, Scotland, and Wales. This competition began in 1883 as the Home Nations Championship with UK teams and later expanded to become the Six Nations.

The women's Six Nations Championship started in 1996 as the Home Nations with teams from England, Ireland, Scotland, and Wales, and now follows the same format as the men's competition.

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



ball carrier: person in possession

close down: to reduce the amount of space for an opponent

communicate: share information

create: to make space

invasion: a game with two teams who score by invading the other team's space.

offside: when a tag is made, all defending players must get into an onside position.

possession: when a player or team has the ball

situation: circumstances that create the environment

sportsmanship: play fairly, respect others and be gracious in victory and defeat

support: to help

Ladder Knowledge



Sending & receiving:

Having a clear path between you and the ball carrier helps you to send and receive with better control.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

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

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

Social communication, support, collaboration, sporting behaviour
Emotional honesty, confidence, patience
Thinking make decisions, select and apply skills, comprehension, apply tactics, analysis

Rules

Tagging:

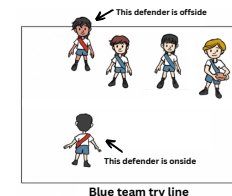
- Players wear two tags, one on each side.
- Players cannot physically push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, hold up the tag and shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker must return to where the tag was made and pass then 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 goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

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

Rugby Skills



What you need: a ball (or rolled up socks), a wall, 2 markers (shoes).

Passing practice against a wall:

- Stand about 2 metres away from a wall.
- Hold the ball with both hands.
- Practice passing the ball against the wall, making sure to use both hands to push the ball.
- Focus on passing the ball accurately and catching it as it bounces back.

Backward passing with a partner:

- If you have a family member or friend to practice with, stand about 5 metres apart.
- Practice passing the ball backward to your partner, making sure the ball travels in a smooth arc.
- Your partner will catch the ball and then pass it back to you, also in a backward motion.

Solo practice for quick hands:

- Stand in an open space.
- Toss the ball slightly into the air and catch it with both hands.
- Repeat this quickly, trying to catch and release the ball as fast as you can.

Agility and movement:

- Set up two markers (like cones or shoes) about 2 metres apart.
- Practice running from one marker to the other, holding the ball.
- Focus on quick, sharp movements and keeping the ball secure.



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Knowledge Organiser

Rugby Year 6

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.

Competitions: The Six Nations

Rugby Union is a popular version of rugby and one of the biggest competitions is 'The Six Nations Championship' which is held every year between England, France, Ireland, Italy, Scotland and Wales.

This competition began in 1883 and used to be called the Home Nations Championship because it only had teams from the UK. The women's tournament started as the Home Nations in the 1996 with England, Ireland, Scotland and Wales. It now follows the same format as the mens competition as 'The Six Nations'.

Competitions: The World Cup

The Rugby World Cup is a tournament held every four years.

Can you find out who the reigning world champions are?

Can you find out the name of the trophy and who it is named after?

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

abide: act in accordance with the rules

ball carrier: person in possession

close down: to reduce the amount of space for an opponent

consecutive: in a row

create: to make space

decision: select an outcome

dictate: to give order

draw: encourage movement of an opponent

offside: when a tag is made, all defending players must get into an onside position.

onside: when the defender is in front of the ball carrier

sportsmanship: play fairly, respect others and be gracious in victory and defeat

support: to help

tactic: a plan to help you attack or defend

track: to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Sending & receiving:

Making quick decisions about when, how and who to pass to will help you to maintain possession.

Space:

Transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

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

Social

Emotional

Thinking

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

communication, support others, collaboration

honesty and fair play, confidence, determination, trust

decision making, comprehension, reflection, identify strengths and areas for development, plan

Rules

Tagging:

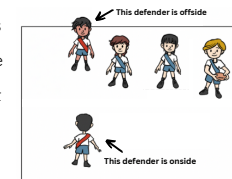
- Players wear two tags, one on each side.
- Players cannot physically push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, hold up the tag and shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker must return to where the tag was made, they have 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

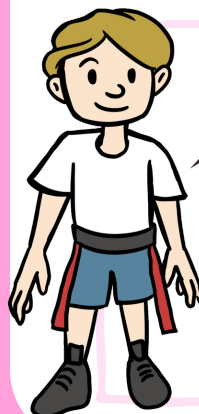
Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

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



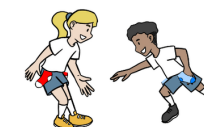
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

All four, I score

What you need: four socks and a partner

How to play:

- Tuck two socks into your waistband, one on either side, so that they hang down.
- Stand facing your partner.
- Try to take your partner's socks. If you manage to get one, hold it in the air and shout 'tag!'. At this point, the game stops so that you can tuck the additional sock into your waistband.
- Restart the game. To win, you need to get all four socks tucked into your waistband.



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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 5 and Year 6

About this Unit

Swimming is a very important life skill. In this unit you will learn to:

- swim competently and confidently over a distance of at least 25 metres
- use a range of strokes effectively e.g. front crawl, backstroke and breaststroke
- perform safe self-rescue in different water-based situations.



Did you know...



Gertrude Ederle was the first woman to swim across the English Channel.

Gertrude didn't learn how to swim until she was 9, but by the age of 17 she won a gold and a bronze medal at the 1924 Paris Olympics. At the age of 19, she became the first woman to swim across the English Channel. She had been told that a woman would not be able to swim that far, but not only did she swim that far, she also beat the previous record by two hours.

Key Vocabulary

afloat: floating on water

buoyancy: how able an object is to float in water

buoyant: when an object floats in water

conserve: to protect something

continuously: without gaps

dolphin kick: used for the butterfly stroke, created by a whipping motion with the legs

endurance: ability to keep going

exhale: to breathe out

flexed: bent

flutter kick: a kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down

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

inhale: breathe in

motion: process of moving

outstretched: extended

personal best: a target outcome of an individual

propel: to move forward

retrieve: to collect

rotate: turn

somersault: to rotate 360° around a horizontal point

streamline: the position you get your body in to flow through the water easily

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

synchronised: when performers complete the same action at the same time

technique: the action used correctly

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



Ladder Knowledge



Strokes:

Year 5: pulling harder through the water will enable you to travel the distance in fewer strokes and travel faster.

Year 6: making your body streamline helps you to glide through the water.

Breathing:

Year 5: breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides.

Year 6: the more you practice your breathing in the water, the more your heart and lungs can work effectively and aid your muscles with the ability to utilise oxygen when swimming.

Water safety:

Year 5: a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers.

Year 6: there are different survival techniques to use for different situations.

Movement Skills

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

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

Social support others, work safely, inclusion, communication, collaboration

Emotional determination, work fairly, honesty, confidence, perseverance

Thinking comprehension, creativity, make decisions, tactics

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

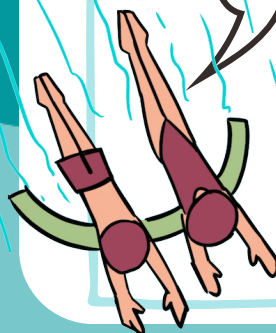
If you see someone in trouble, tell someone or go to the nearest telephone and dial 999.

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

Splash Tag



What you need: a swimming pool with a lifeguard, a supervising adult, 2 player or more

How to play:

- One player begins as the tagger.
- The tagger tries to tag the other players by splashing them.
- If a player gets splashed, they become the new tagger.

Top tip: swim underwater to avoid the splashes.

Playing with more than two players? Try swimming in other directions to avoid the tagger.



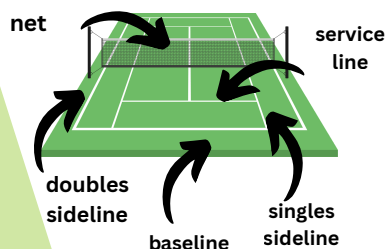
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About this Unit

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 area on a court is different if you play singles or doubles. In doubles, the court is wider.

Tennis has four major competitions a year called the 'Grand Slam'. They are Wimbledon (played on a grass court), the French Open (played on clay) and the US and Australian Opens (played on hard court).



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

adjust: move feet to get in a better position

baseline: the back line of the court

consecutive: in a row

continuous: keep a rally going

dominant: preferred side

groundstroke: allow the ball to bounce once

non-dominant: weaker side

option: possible choices

pressure: to add challenge

readjust: move feet again to get in a better position

release: the point at which you let go of an object

serve: used to start a game

situation: things that create what happens

tactic: a plan that helps you to attack or defend

technique: the action used correctly

volley: to play the ball before it bounces

Ladder Knowledge



Shots:

Use a volley if you are close to the net, otherwise use a groundstroke.

Serving:

Use an underarm serve to start a game or rally. Use the rules for serving when playing against an opponent.

Rallying:

Choosing the right shot will help to keep the rally going. Control is more important than power to keep a co-operative rally going.

Footwork:

Use small, quick steps to adjust your stance to play a shot.

Movement Skills

- forehand groundstroke
- backhand groundstroke
- rallying
- underarm serve
- forehand volley
- backhand volley

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

Social

encourage and support others, co-operation, collaboration, communication

Emotional

perseverance, honesty

Thinking

observe and provide feedback, reflection, comprehension, select and apply, decision making, use of 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
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault)

Tactics

- Tactics are important because they help you to outwit an opponent.
- They are plans that you can use to help you to score points, attacking tactics, or stop an opponent from scoring, defending tactics.
- You might use different tactics depending on who you are playing against or the situation.

Serving rules:

- Ball must bounce over the net and before the service line. If playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box.
- If the ball bounces out or does not go over the net, you have a second serve.
- If the ball hits the net and bounces in, it is called a 'let' and they have their first serve again.
- If a pupil fails to hit their serve 'in' after second serve, the point is awarded to their opponent.
- In a game, you serve for one whole game then switch.

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

Rally

What you need: a ball or rolled up pair of socks, a hardback book or racket and one or more players.

How to play:

- Count how many times you can hit the ball up to yourself using your book or racket. Try to keep the ball in the centre of the book/racket for good control.
- Can you do this standing on one foot?
- If you have another player, how many times can you send the ball to each other before it hits the floor?
- Make this easier by using socks or by allowing the ball to bounce once in between hits.
- Make this easier by one person using a book/racket and the other their hands.

What was your highest score?



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Knowledge Organiser

Tennis Year 6

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.

Scoring in tennis is very strange!

- The first point won is '15,' the second point won is '30,' the third point won is '40,' and then 'game.' E.g. if the server has won three points and the non-server has won one point, the score is 40-15.
- If both players have won the same amount of points, the score is called '15-all,' '30-all,' however, if the score is 40-all it is referred to as 'deuce.'
- To win the game when the score is at deuce, one player must get two points in a row to win.
- The player who wins the point after deuce then has 'advantage.' If they win the next point, they win the game. However, if they lose the next point, the score goes back to deuce.
- If a player has no points it is called 'love'.

It is thought that the scoring system began in the 12th century in France when playing an early version of tennis called Jeu de Paume (palm game).

In this game, a clock face was used as a scoreboard. Each point scored moved a quarter of the way around the clock: 15, 30 and then 45. 45 then became 40 so that deuce could be set at 50. When the minute hand was at the top of the clock, a game was won.

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



Net and Wall Games Key Principles

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

Key Vocabulary

- abide:** act in accordance with the rules
- appropriate:** suitable approach
- doubles:** two people playing together
- limit:** to reduce
- official:** using the correct scoring system
- placement:** intentionally hitting the ball to a specific place on court
- prepare:** to get ready
- pressure:** to add challenge
- recover:** move back to a ready position after playing the ball
- serve:** used to start a game
- service:** the act of serving or the name of the line the ball must bounce before
- stance:** the body position used
- volley:** to play the ball before it bounces



Ladder Knowledge



Shots:

Use a variety of shots to move your opponent around court.

Serving:

Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

Rallying:

Use different shots and consider placement depending on if the rally is co-operative or competitive.

Footwork:

Using the appropriate footwork will help you to react to a ball quickly and give you time to prepare to play a shot.

Movement Skills

- forehand groundstroke
- backhand groundstroke
- rallying
- underarm serve
- forehand volley
- backhand volley

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

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

Emotional perseverance, honesty

Thinking comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of strength and areas for development

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
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault)

Tactics

- Tactics are important because they help you to outwit an opponent.
- There are different tactics to use if you are defending or attacking.
- You might use different tactics depending on who you are playing against or the situation.

Serving rules:

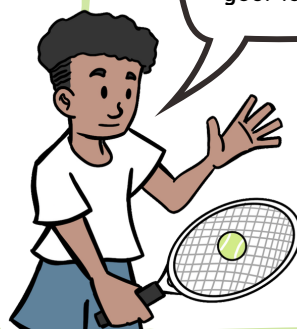
- Ball must bounce over the net and before the service line. If playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box.
- If the ball bounces out or does not go over the net, you have a second serve.
- If the ball hits the net and bounces in, it is called a 'let' and they have their first serve again.
- If a pupil fails to hit their serve 'in' after second serve, the point is awarded to their opponent.
- In a game, you serve for one whole game then switch.

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



Champ

What you need: a ball, some markers or chalk and at least one other person (up to 4)

How to play:

- Mark out a square each using markers or chalk.
- One person begins in each section.
- One person begins with the ball and uses the palm of their hand to hit it into any other square.
- If a player hits the ball out of the area or misses the ball, the point is over.
- If playing against one other person keep score.
- If playing with more than two people, number each box one, two and three with box one being the 'champion' box. If a point is scored, you move up a box towards box one.



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Head to our youtube channel to watch the skills videos for this unit.  @getset4education136

About this Unit

Volleyball is a net and wall game. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Volleyball was invented by William G. Morgan in 1895, and took inspiration from other sports such as badminton and tennis, but it did not become an Olympic sport until 1964.

A single player may jump as many as 300 times in a volleyball match. The record for most consecutive passes in volleyball is 110, achieved in the United States, on February 5, 2010.



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

co-operatively: working with others on a set outcome or task

communicate: share information

cushion: take the power out of an object

dig: defensive shot used when the ball is low

opposition: the team or person you are playing against

serve: used to start a game

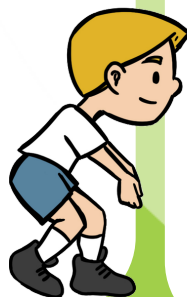
set: used to place the ball high

situation: the specific challenge or task presented in the game

sportsmanship: play fairly, respect others and be gracious in victory and defeat

tactics: a plan that helps you to attack or defend

volley: to play the ball before it bounces



Ladder Knowledge



Shots:

Year 5: use a dig if the ball is low and a set if the ball is high.

Serving:

Year 5: use a serve to start a game or rally.

Rallying:

Year 5: using the correct shot will help you to keep a rally going.

Footwork:

Year 5: know that using small, quick steps will allow me to adjust my stance to play a shot.

Movement Skills

- throw
- catch
- jump
- serve
- set
- dig
- rally

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

Social communication, respect, support and encourage others

Emotional perseverance, honesty, determination

Thinking using tactics, select and apply skills, identify strengths and areas for development, reflection

Rules

Winning a point:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- The returned ball lands outside the court area.

Serving rules:

- One team starts with service and uses an underarm serve.
- Teams swap service every point.
- Players rotate who serves each time.

Tactics

Attacking:

- Look at where your opponents are and try to place the ball away from them.
- Use a set to give your teammates time to see where to place the ball on the next hit.

Defending:

- Recover quickly to a ready position after striking the ball.
- Spread out as a team to cover the most space possible.

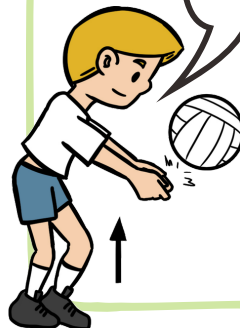


Healthy Participation



Make sure unused equipment is stored in a safe place

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



Balloon volleyball



What you need: 1 balloon

People: 2 or more

Play: inside or outside

Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net.

- If the balloon hits the floor on your side, the other team win a point.
- If you hit the balloon and it doesn't go over the net, the other team get a point.
- Each side is allowed up to three touches on their own side of the net before the balloon must go over.

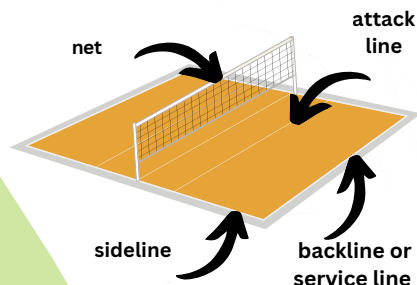
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Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/@getset4education136)

About this Unit

Volleyball is a net and wall game played in teams of six. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Volleyball originated in America in 1895 and took inspiration from other sports such as badminton and tennis. Volleyball first appeared in the Olympics in 1964 and today is a popular sport which has various versions such as beach volleyball and sitting volleyball.



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

abide: act in accordance with the rules
appropriate: suitable approach
communicate: share information
create: to make space
cushion: take the power out of an object
dig: defensive shot used when the ball is low
direct: aim
extend: to make longer
non dominant: weaker hand
placement: intentionally playing the ball to a specific place on court
recover: move back to a ready position after playing the ball
serve: used to start a game
set: used to place the ball high
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan that helps you to attack or defend
technique: the action used correctly
thrust: upward motion



Ladder Knowledge



Shots:
Year 6: use the appropriate shot for the situation e.g. playing a dig first to keep the ball up, then a set then play the ball over the net.

Serving:
Year 6: begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.

Rallying:
Year 6: use different shots and consider placement depending on if the rally is co-operative or competitive.

Footwork:
Year 6: know that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot.

Movement Skills

- set
- dig
- throw
- catch
- jump
- serve
- rally

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

Social communication, respect, support and encourage others
Emotional perseverance, honesty, determination
Thinking using tactics, select and apply skills, identify strengths and areas for development, reflection

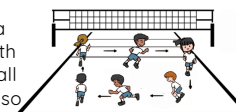
Rules

Winning a point:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- A player makes contact with the net.
- The returned ball lands outside the court area.

Serving rules:

- One team starts with service and must serve from the back right of the court.
- That pupil continues to serve for their team until they lose a rally.
- If the non-serving team wins the rally, they win the point and the right to serve.
- When a team regains the right to serve, a different person must serve. If playing with rotation, when a team regains the serve all players rotate clockwise on court. This is so all players get to serve.



Tactics

Attacking:

- Look at where your opponents are and try to place the ball away from them.
- Use a set to give your teammates time to see where to place the ball on the next hit.

Defending:

- Recover quickly to a ready position after striking the ball.
- Spread out as a team to cover the most space possible.

Healthy Participation



Make sure unused equipment is stored in a safe place

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

Volleyball, Serving Up Skills

What you need: 1 ball, a line
Play: outside

How to play:

Start behind a line. Serve underarm over the line. If successful take a step back.

How far back can you go and still accurately serve?

Make this harder by adding an obstacle that the ball must go over e.g. a washing line or chair.

How to serve:

Hold the ball forward, hitting arm back. Low throw up, swing and hit the middle of the ball with the middle of your hand. Finish with your hand pointing where you want the ball to go.



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Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Knowledge Organiser

Yoga Year 5

About this Unit

Yoga is an activity that is good for your body and your mind. It develops balance, strength and flexibility and it helps you to feel calm, less stressed, and aware of how you are feeling.

In this unit, you will use poses to create your own flow (a sequence of movements) and lead it to other pupils. Use the top tips below to help you to become a great leader.

A good leader will...

Keep instructions clear and short.

Be knowledgeable. Make sure you know the name of the pose and teaching points.

Adapt the pose to make it easier or harder for those you are leading.

Practise what to say and do so you are confident.

Key Vocabulary



concentrate: focus
connect: join together
contact: point touching the floor or someone else
exhale: to breathe out
extend: lengthen
fluidly: flow easily
inhale: breathe in
maintain: keep
quality: the standard of the skill
posture: how you sit or stand
stability: to be balanced
transition: moving from one action or position to another

Ladder Knowledge



Balance:

Use your breath to maintain balance within a pose and when transitioning from one pose to another.

Flexibility:

You can improve your flexibility when moving with your breath.

Strength:

Different poses will use different muscles to hold them.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social
Emotional
Thinking

collaboration, communication, share ideas, respect
 independence, confidence, perseverance, acceptance
 comprehension, provide and use feedback, reflection, select and apply, creativity

Strategies

Using your breath helps you to:

- Manage feelings of discomfort when holding tricky poses.
- Provide stability and balance making it easier to hold the pose.
- Provides oxygen to your working muscles to help you to hold the pose.
- It helps you to concentrate and stay focussed clearing your mind.

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

Balance Breath Challenge

What you need: a flat space

Follow these balance challenge instructions, attempting not to lose your balance:

- Stand on one leg and lift your knee up to in line with your hip
- Bring your knee out to the side of your body
- Bring your knee back to in front of your body
- Lean body forwards and extend your leg straight back behind you
- Bring your knee back to the front of your body
- Repeat on the other leg



Stand in mountain pose with eyes closed. Follow these breathing instructions:

- Spread your weight across all parts of your feet, feel your weight ground into the earth
- Imagine your breath coming into your body and travelling all the way down to one foot and into the earth as you inhale
- As you exhale, imagine your breath travelling back up through your body and out of your mouth
- Repeat with the other leg, then one hand, then the other hand

Repeat the balance challenge thinking about your breathing as you complete it. Did you find it any easier?

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



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Knowledge Organiser

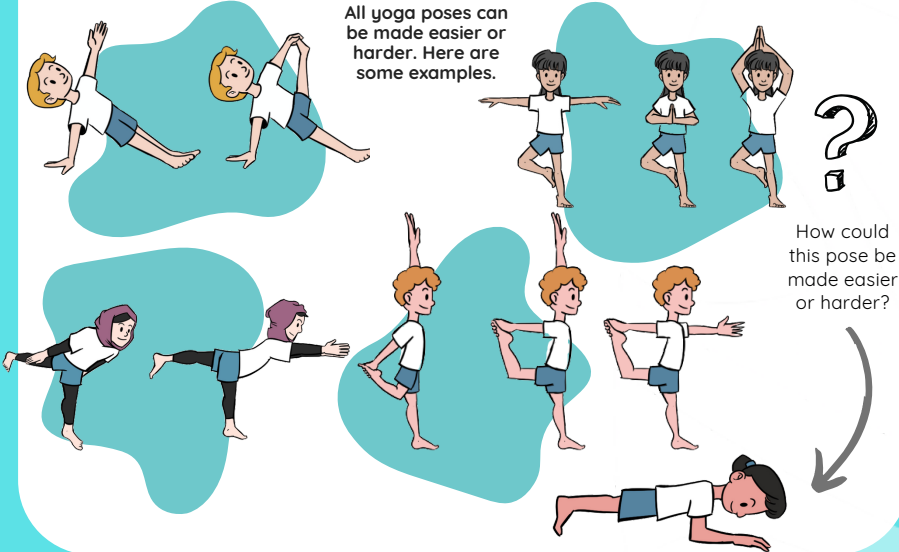
Yoga Year 6

About this Unit

Yoga is an activity that connects body and breath. It includes breathing techniques, poses and mindfulness. Mindfulness is when you focus your attention on the present moment. In yoga people often use breath to hold the poses, developing flexibility, balance and strength.

It is often assumed that yoga is only for flexible people. However, one of the many great things about yoga is that it can be changed to support any age and ability level.

All yoga poses can be made easier or harder. Here are some examples.



Key Vocabulary

collaborate: work jointly with others
concentrate: focus
engage: to activate
exhale: to breathe out
expand: to get bigger
fluidly: flow easily
inhale: breathe in
lengthen: to make longer
mindfulness: to bring attention to experiences occurring in the present moment
muscles: tissue that helps us to move our bodies
notice: to pay attention to
practice: to go over
quality: the standard of the skill
salutation: a sequence of actions that create a specific flow
transition: moving from one action or position to another

Ladder Knowledge



Balance:

Different poses will require you to apply force in different places and at different times to maintain control and balance.

Flexibility:

Identify which muscles require more practice to increase your flexibility.

Strength:

You can build up strength by practicing in your own time.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social
Emotional
Thinking

respect, co-operate leadership, communication, share ideas, work safely
 focus, concentration, confidence, independence, determination
 identify, create, select and apply, observe and provide feedback

Strategies

There are different techniques you can use to control how you feel.

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 activities used in your everyday life can be helpful for your wellbeing.

Practicing mindfulness means being aware of the present moment. It involves breathing, imagery, and other practices to relax your body. It can help reduce stress, focus on the task at hand, and develop a positive outlook on life.

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

Bumble Bee Breath



What you need: a quiet space

Breathing techniques help our bodies to relax, slow our heart rate and feel calmer.

How to play:

- Keep your lips lightly sealed.
- Breathe in through your nose and then breathe out making a 'mmmm' sound until you need to breathe in again.
- The longer your 'bee hum', the more relaxed you are likely to be.

Try this breath before school or after lunchtime.

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



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