

Knowledge Organiser

Handball Year 6

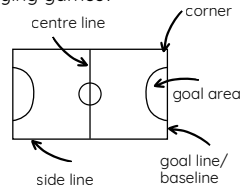
About this Unit

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.

An official handball team has seven players who each have a certain role:

- Goalkeeper: defends the goal
- Left wing: covers the left side of the court
- Right wing: covers the right side of the court
- Centre back: helps with providing attack and defence options.
- Left back: covers left side of the court and prevents opposition from scoring.
- Right back: covers right side of the court and prevents opposition from scoring.
- Pivot: an attacking player who has to shoot from a range of positions.

Could you consider how you set up with your teammates when playing games?



Only the goal keeper is allowed in the goal area (unless an attacker has landed after releasing the ball when shooting).

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

- abide:** act in accordance with the rules
angle: formed when two lines come together at a shared point e.g. arm to floor
appropriate: suitable approach
close down: to reduce the amount of space for an opponent
consistently: every time
create: to make space
dictate: to give order
draw: encourage movement of an opponent
maintain: to keep
possession: to have
react: to respond to quickly
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack

Ladder Knowledge

Sending & receiving:

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

Dribbling:

Choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

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

Movement Skills

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

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

Social communication, kindness, respect, collaboration

Emotional confidence, honesty and fair play, determination, perseverance

Thinking select and apply, decision making, problem solving, comprehension, 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, shoot or dribble.
- If you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps.
- If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double dribble.
- Can only hold the ball for three seconds if standing with the ball.

Double dribble:

- Cannot dribble, stop, then dribble again.
- Cannot dribble with two hands.

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

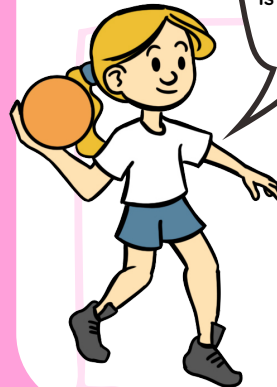
Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



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

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



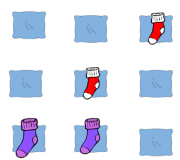
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Three in a row

What you need: a partner, a ball, nine markers e.g. cushions or books, six socks each (one colour for one person and a different colour for the other person)

How to play:

- Place nine markers approx four big steps away in a 3x3 grid.
- Take turns with a partner to throw overarm to hit one of the markers.
- For each successful hit, place one of your coloured socks on it.
- First person to get three in a row wins the game.
- Make this harder by moving the grid further away.



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



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Hockey Year 5

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.

In this unit you will be given the chance to umpire. Here are some top tips when umpiring.



- Be clear and confident when making a decision.
- Have knowledge of the rules.
- Move with the ball up and down the pitch so that you can see the play.
- Be fair and honest.

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: the person in possession
barrier: an obstacle that prevents movement or access
close down: to reduce the amount of space for an opponent
create: to make space
maintain: to keep
possession: to have
pressure: to add challenge
situation: circumstances that create what happens
sporting behaviour: play fairly, respect others and be gracious in victory and defeat
support: to help
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack
umpire: the person who makes sure the rules are followed

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling:

Dribble in different directions and at different speeds will help you to lose a defender.

Space:

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

Movement Skills

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

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

Social communication, collaboration, respect, support others

Emotional honesty, perseverance

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

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.
- Don't swing stick to make a tackle.

Free pass:

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

Tactics

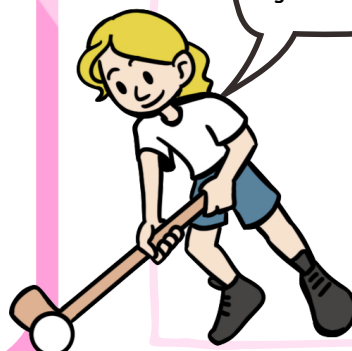
We use tactics to select how to attack and defend as a team. You will learn different tactics and choose as a team which to use in which situation.

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



Track and Touch



What you need: A partner and two markers.

- Place the two markers approx. 8m apart.
- One person leads by sidestepping between the cones, changing direction at any time. Partner tracks them, mirroring their movement and attempting to stay in line with them.
- The leader shouts 'touch' and turns and sprints towards one marker, partner races to beat them past the cone.
- Repeat three times before switching roles.



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Hockey Year 6

About this Unit

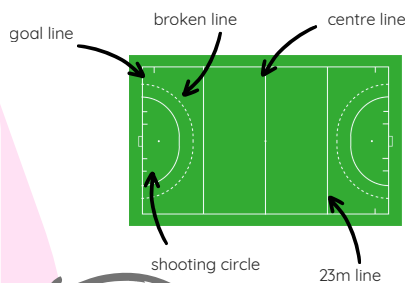
Hockey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Hockey is both a summer and winter Olympic sport. In the summer games, field hockey is played and in the winter games, ice hockey is played. Another major hockey competition for field hockey is the world cup, held every four years.

On a field hockey team, there are 11 players, which include 10 field players and a goalkeeper. Although the name of the sport is 'field hockey', the surface that is played on is artificial.

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
appropriate: suitable approach
barrier: an obstacle that prevents movement or access
close down: to reduce the amount of space for an opponent
create: to make space
cushion: take the power out of an object
draw: encourage movement of an opponent
pressure: to add challenge
situation: circumstances that create what happens
sportsmanship: play fairly, respect others and be gracious in victory and defeat
stance: the body position used
support: to help
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack
turnover: when a team not in possession of the ball gains possession

Ladder Knowledge



Sending & receiving:

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

Dribbling:

Choose the appropriate skill for the situation under pressure will help you maintain possession.

Space:

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

Movement Skills

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

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Feet:

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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

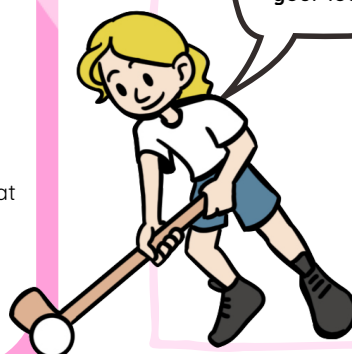
Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



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

Air Hockey

What you need: Two players, two towels, three tupperware lids.

How to play:

- Use a flat smooth surface.
- Roll the towels up and place them 1m apart to act as the sides of the table.
- Players remain opposite one another at either end of the table.
- One tupperware lid is used as the 'puck'.
- Players have one tupperware lid each that they can use to stop and push the puck.
- Players score points by pushing the puck past their opponent.

First to 15 wins.

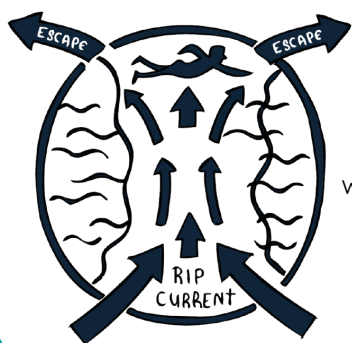


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About this Unit

In this unit, you will learn how to assess risks in different open water environments and understand how conditions can quickly change. You will practise making calm, safe decisions, leading others and choosing the best rescue response for different situations.



Did you know?



Rip currents are strong channels of water that can pull away from the shore.

Knowing how to spot them and what to do if you get caught in one can help keep you safe at the beach.

Key Vocabulary

accurate information: correct facts and details.
conditions: what the environment is like at that time.
dynamic risk: a danger that can change quickly.
emergency response: actions taken to help in an emergency.
prevention: stopping something dangerous from happening.
priority: the most important thing to deal with first.
justify: explain your reasons for a choice or idea.
leadership: helping and guiding others positively.
teamwork: people working together to achieve something.
rip current: a strong flow of water moving away from the shore.
survival strategy: actions used to stay safe and alive in danger.

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
Hazards in water can change because of tides, currents, weather and water conditions.

Safe Behaviour
I know how to make safe choices for different water environments.

Getting Help
I understand the safe rescue principles (reach, throw, don't go).

Self Rescue
Staying calm, floating and saving energy can help me while I wait for rescue.

Personal, Social and Emotional

Social
Emotional
Thinking

This unit will develop the following skills:

leadership, collaboration, communication, supporting others, teamwork
 peer pressure, confidence, calmness, resilience, responsibility
 assess risk, compare, justify, select and apply, problem solving, decision making

Physical Development



Physical Skills

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

Children will be taught to:

- make calm, safe decisions in emergency situations.
- lead and support others during water safety scenarios.

This unit will help children to:

- develop FMS.
- gain safety awareness around water.
- assess risk.
- choose appropriate rescue responses.

Home Learning



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

Leader's Journey



What you need: siblings, parents friends or carers!

How to play:

- One player starts by choosing a movement and where to travel. For example, 'jump 3 times, then side step to the dining table.'
- The next player repeats the whole journey before adding another action. For example, 'jump 3 times, side step to the dining table. Balance on one foot, walk backwards to the sofa.'



Challenge: Can your family create a journey that visits every room in the house (or different parts of the garden)?

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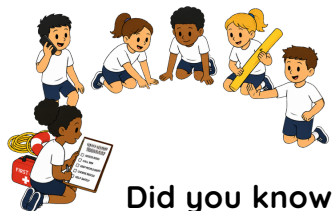
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Land Based Water Safety

Year 6

About this Unit

Water safety is about knowing how to stay safe in, on and around water. It means spotting hazards, assessing risks and making safe decisions before entering the water. Knowing how to respond in an emergency, perform a self rescue and help others safely could save a life!



Did you know?

Lifeguards use many of the same skills you will practise in this unit, including spotting danger and making safe decisions. You can even do a Rookie Lifeguarding course!



Key Vocabulary

coordinate: organise people or actions so they work together effectively.
decision-making: choosing the safest or best action after thinking about the options.
evaluate: carefully judge something before making a decision.
influence: affect or change someone's actions or decisions.
integrity: doing the right thing, even when nobody is watching.
recovery: returning to safety or getting back to a safe condition after danger.
sequence: the correct order in which actions should happen.
survival: staying alive and keeping yourself safe in a dangerous situation.
urgency: acting quickly as something is important or dangerous.
variable: Something that can change and affect what happens.

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

Rivers, lakes, canals, reservoirs and the sea all have different hazards that affect how safe they are.

Safe Behaviour

Making safe decisions near water includes helping others avoid danger.

Getting Help

Safe rescue means clear communication, shared roles and helping from a safe place without putting more people at risk.

Self Rescue

I know how to stay safe until help arrives.

Personal, Social and Emotional

Social Emotional Thinking

This unit will develop the following skills:

leadership, collaboration, communication, coordination, teamwork, advising others
 responsibility, confidence, composure, resilience, integrity, accountability
 evaluate risk, prioritise, coordinate, justify, plan, problem solve, apply knowledge, make informed decisions

Physical Development

Physical Skills

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



Children will be taught to:

- recognise and assess risks around water.
- respond safely in emergency situations.
- perform a safe self rescue sequence.

Home Learning



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



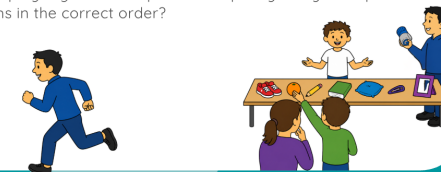
Organise It



What you need: 10 household items and as many players as you like.

How to play:

- Scatter the items around the room or garden.
- All decide on a sorting rule, (for example, the items could be organised from tallest to shortest, lightest to heaviest, by colour, alphabetically).
- The first person runs to collect an item, places it on the table, next player goes and repeat. How quickly can you all place the items in the correct order?



Challenge: Once the correct answer is guessed, ask your players to close their eyes. Take away 1 item. Can they guess which one is missing?

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Netball Year 5

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.

In this unit, you will learn the fundamental movement skills and strategies needed to play netball effectively. You will need teamwork, spatial awareness, and game tactics.

Netball was originally adapted from basketball and has grown to be popular among both males and females around the world.

Netball is played in over 80 countries and is especially popular in countries like the United Kingdom, Jamaica, Australia, New Zealand and South Africa.

There are mixed netball leagues where men and women play together on the same teams.

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	
move the ball towards goal	gain possession

Key Vocabulary

accelerate: to speed up

angle: formed when two lines come together at a shared point e.g. arm to floor

create: to make

drive: a fast movement that helps to tell the ball carrier that you want the ball

intercept: to take possession

maintain: to keep

opposition: the other team

pressure: feeling challenged

receiver: the person receiving the ball

rebound: when a player attempts to shoot a goal but the ball hits the ring and bounces back into play

situation: circumstances that create the environment

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

stance: body position

support: to help

technique: how you apply a skill

tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Not having a defender 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
- jump
- change speed
- change direction
- shoot

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

Social communication, support, collaboration, respect

Emotional honesty, independence, perseverance, self regulation, resilience

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.
- **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, held ball, replay, offside or over a third 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. 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.

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



Protect the Gate

What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- Six attempts then change roles.

What was your score /6?

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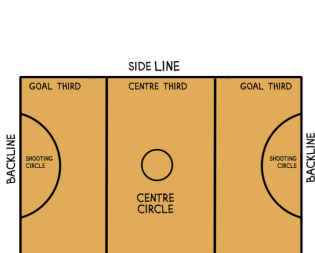
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Netball Year 6

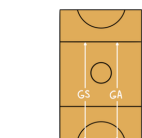
About this Unit

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.



Invasion Games Key Principles

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



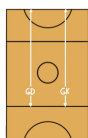
GS and GA: Anywhere in their own shooting goal third and the centre third, but not the other goal third.

GS and GA are allowed to shoot from within the shooting semi circle.



C: Everywhere except in the semi circles.

C takes the centre pass to start the game and every other centre.



GD and GK: Anywhere in their opponents shooting goal third, the centre third, but not the other goal third.

GD and GK try to stop the GS and GA from scoring.

A netball court is split into thirds and different positions have different roles and are allowed in different areas of the court. In official netball, there are seven players in each team. In this unit, games will be played with five players per team.

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

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



Key Vocabulary

abide: act in accordance with the rules
angle: formed when two lines come together at a shared point e.g. arm to floor
assess: make a judgement of the situation
ball carrier: person in possession
ball side: the space between the ball carrier and the person you are marking
close down: to reduce the amount of space for an opponent
contest: an event in which people compete
definite: clear
dominant: preferred side
draw: encourage movement of an opponent
drive: a fast movement that helps to tell the ball carrier that you want the ball
extend: to make longer
maintain: to keep
possession: to have
rebound: when a player attempts to shoot a goal but the ball hits the ring and bounces back into play
umpire: a person who makes sure the rules are followed



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
- jump
- change direction
- change speed
- shoot

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

Social

communication, collaboration, respect

Emotional

honesty and fair play, pride, empathise, persevere

Thinking

select and apply, decision making, comprehension

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.
- **Replaying:** a player cannot regain possession of the ball, having dropped or thrown it, before it has been touched by another player or the post.
- **Offside:** a player is offside if they enter an area of the court they are not allowed in.
- **Over a third:** the ball must be touched in each third of the court. If the ball is not touched in each area it is called 'over a third'.
- **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, held ball, replay, offside or over a third 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

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Healthy Participation



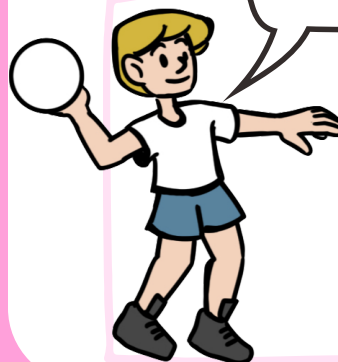
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Home Learning

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



Dodge the Defender



What you need: A chair and a ball or pair of socks, one or two players.

How to play:

- Imagine the chair is a defender that you need to move around. Keep facing forward as you move your feet around the chair. Work for 20 seconds in one direction and then 20 seconds in the other direction. Repeat x 5.
- Move around the chair for 30 seconds, change direction when your partner calls 'change'.
- Add in a ball. Either throw the ball around the chair by yourself and move your feet to collect it or have someone throw the ball to space around the chair for you to collect.
- Work for ten throws then rest and repeat x 4



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Knowledge Organiser

OAA Year 5

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 orienteering activities.

To be able to successfully take part in orienteering activities, you will need to have good navigation skills. Being able to read a map and use a compass are important navigation skills which will help you to go on amazing adventures.

When you know how to navigate, you're less likely to get lost, it will give you freedom to visit new places and learn about the world.

Compass:

A compass is a small device with a needle that always points to magnetic north and helps you to figure out the direction wherever you are!

Compasses work because the Earth has a magnetic field, like a big invisible magnet that pulls one end of the compass needle toward the north. This means the other end of the needle points south!

The four main directions are north, south, east, and west. There are also directions in between the main ones. For example, northeast is between north and east, and southwest is between south and west.

To use a compass, hold it flat in your hand or on a surface. Make sure the needle can move freely. Then, slowly turn yourself until the needle lines up with the "N" for north on the compass. Once you've found north, you'll know all the other directions as well!

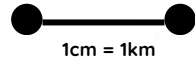


Scale:

A map scale is like a special ruler that helps you understand the real distances between places on the map. A map scale is a small line or bar on the map that represents a certain distance in the real world.

On the map scale, you'll usually see numbers and markings. The numbers show the distances in different units, like kilometres, miles, or metres. The markings help you measure the distance accurately.

Let's say the map scale shows that one centimetre on the map represents 10 kilometres in real life. If you want to know how far a path is from one place to another, you can use a ruler to measure the distance on the map. Then, use the scale to figure out the real-world distance.



Key Vocabulary

cardinal points: the four main compass directions: north, south, east, and west

compromise: come to an agreement

concise: give information clearly

critical thinking: evaluate to improve

landmark: a location on a map

navigation: plan and / or follow a route

negotiate: to agree on shared terms

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

solve: to find an answer

strategy: a plan of action to complete a set task or challenge

verbal: communication with voice

visual: communication with eyes



Ladder Knowledge



Problem solving:

There may be more than one way to solve a challenge. Using trial and error may help to guide you to the best solution.

Navigational skills:

Using a key helps you to identify objects and locations on a map.

Communication:

Being descriptive but concise when giving instructions e.g. 'two steps to the left' will help you to communicate clearly.

Reflection:

Reflecting on when you are successful at solving challenges will help you to alter your methods to help you improve.

Movement Skills

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

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

Social negotiation, communication, leadership, work safely

Emotional empathy, confidence, resilience

Thinking problem solving, reflect, critical thinking, select and apply, comprehension

Rules

Abiding by rules will help everyone to play fairly and solve challenges.

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



Blindfold Obstacle Course



What you need: A blindfold which could be a tea towel or jumper. Two or more people.

How to play:

- Create an obstacle course using whatever you can find e.g. cushions, chairs, clothes horse etc.
- One person begins blindfolded and the other person guides them around the obstacle course.



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Knowledge Organiser

OAA Year 6

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 orienteering activities.

Orienteering is an activity where participants are given a map and compass. Their aim is to find clues called 'controls'.

Having good map reading skills will become even more important for your adventures, travels, and understanding the world around you.

Key features of map reading:

- **Symbols:** maps are like visual dictionaries of the world. They use symbols to represent different features, such as mountains, rivers, roads, and buildings. Learning these symbols is like learning a secret code that helps you interpret the map's information.
- **Key:** a map key is the decoder for map symbols. It's a guide that tells you what each symbol stands for.
- **Scale:** maps often contain scales that help you understand the relationship between distances on the map and real distances on the Earth's surface.
- **Cardinal points:** maps also show directions, like north, south, east, and west. Understanding these cardinal directions helps you orient yourself on the map and in the real world. A compass can be a great tool to find north and determine other directions.
- **Contour lines:** on some maps, you'll see wiggly lines called contour lines. These lines show the shape of the land and help you understand elevation, like hills and valleys. The closer the lines are, the steeper the slope.
- **Reading the grid:** many maps have a grid of lines that look like a checkerboard. These lines help you pinpoint exact locations using coordinates.
- **Map types:** there are different types of maps for different purposes. For example, topographic maps show the physical features of the land, while road maps focus on streets and highways. Knowing which map to use for your needs is an important skill.



Key Vocabulary

adhere: follow the given rules or guidelines
approach: a way of dealing with a situation
cardinal points: the four main compass directions: north, south, east, and west
communication: share information
contribute: to give ideas
critical thinking: evaluate to improve
determine: to create an outcome
evaluate: to summarise
inclusive: to make something accessible for everyone
leadership: guide others
location: a point on a map
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
trust: to believe in others



Ladder Knowledge



Problem solving:

Being able to solve problems is an important life skill. It helps you to have good relationships with others, be creative and plan logically.

Navigational skills:

Having good navigational skills is an important life skill because it helps to keep you safe and identify dangers and landmarks on a map and in the real world.

Communication:

Good communication skills are key to solving problems and working effectively as a team.

Reflection:

Reflecting on when and how you are successful at solving challenges can help to alter your methods 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, collaboration, inclusion, leadership, work safely

Emotional trust, confidence, honesty

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

Rules

Be sure to listen to and understand the rules. Then, think creatively to solve the challenge whilst abiding by the rules.

When orienteering:

- Do not leave anyone behind, move around the course as a team.
- If you hear three long whistles go back to the meeting point.
- Do not go outside of your set boundary.

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



Hamster wheel

What you need: Sellotape, newspaper, 1 or more players

How to play:

- Make a giant circle, big enough for all players to stand inside, by sellotaping the newspaper sheets together.
- All players stand inside the circle like hamsters in a wheel.
- Can you work together to move the newspaper like a wheel without it breaking?
- Option to play this 1v1. Make two wheels and have a race.



Communication is key!

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Knowledge Organiser

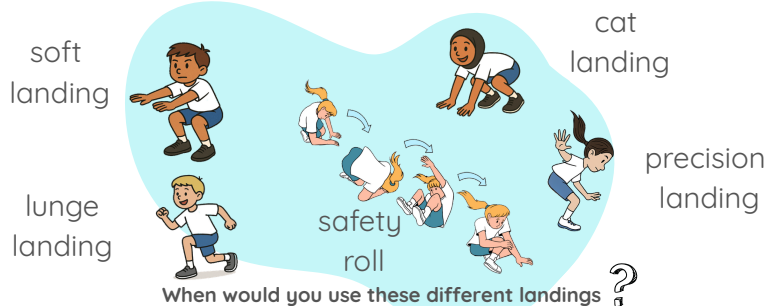
Parkour Year 5

About this Unit

In this unit, you'll be working on making your movements more controlled, smooth, and accurate. You'll keep building your confidence by trying new things and finding ways to improve your own skills.

You'll be learning some trickier vaults and practising how to move quickly and powerfully from one obstacle to the next. You'll also build up your upper body strength by using walls, platforms, and other surfaces to climb, turn, or lift yourself up.

Plus, you won't be doing it all alone! You'll be teaming up with others and taking on different roles, like helping design moves, performing them, giving helpful feedback, or being part of the support crew (just like in a race team!).



Key Vocabulary

Drive: push or move something forward with power or force

Horizontal: goes side to side, parallel to the ground, like when you're lying down or moving across a surface

Vertical: something that goes up and down

Elevate: to lift or raise something to a higher position

Observe: watch

Consecutive: in a row

Identify: recognise

Performance: the complete sequence of actions

Quality: the standard of the skill

Power: speed and strength combined

Collaboratively: work jointly with others



Ladder Knowledge



Locomotion:

Understand that strong foot placement and arm swings will aid my ability to climb up or move across obstacles.

Jumping and landing:

I know to land on the balls of my feet with bent knees and arms out to stay balanced and precise.

Vaulting:

Know that looking ahead to the next obstacle will help my performances flow.

Balance:

Understand that staying balanced and in control helps me link movements safely and without stopping.

Movement Skills

- run
- jump
- balance
- hang
- rebound
- tic tac
- consecutive vault
- landing



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

Social

work safely, collaborate, communicate, support others, encourage

Emotional

perseverance, confidence, resilience, determination, patience

Thinking

decision making, exploration, creativity, observe and evaluate, identify improvements, select and apply

Strategy

Know that I can help myself and others learn and stay safe by taking on different roles.

Healthy Participation



- Only attempt skills your teacher has taught you.
- Ensure your experimenting stays safe, with adult supervision.
- Always work through progressions.

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

Home Learning



Precision Pro



What you need: Any selection of everyday soft, safe items e.g. cushion, tea towel or toilet paper square!

How to play:

- Lay out small mats, placemats, towels or toilet paper on the floor to mark landing zones.
- Space items out at increasing distances, assign them points.
- How many clean (precision) landings can you make in 1 minute?

Rules:

To score a point, you must land with both feet fully on the zone, stay balanced

Top tip: Swing arms forward and squat low into a balanced landing position..



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

How will this unit help your body?

balance,
co-ordination,
flexibility, strength

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



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Knowledge Organiser

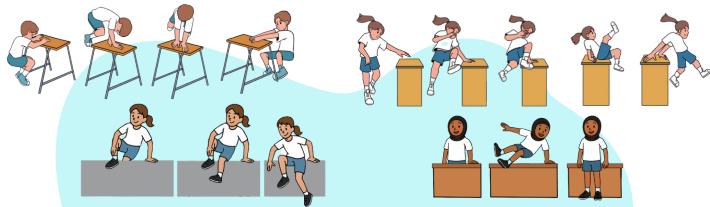
Parkour Year 6

About this Unit

In this unit, you'll be working on building momentum, finding your rhythm, and moving with style and flow! You'll help each other by giving kind, helpful feedback and using advice to make your performances even better.

You'll get to try out cool ways of combining obstacles to climb higher or move more smoothly. As you go, you'll start to think about how your movements look as well as how they feel, making them powerful and creative.

Teamwork is a big part of this unit. You'll be working together to plan, create, and improve your very own parkour performance. You'll think about what's working well, both in your own moves and in your friends' performances too.



Can you identify these vaults ?

Key Vocabulary



Absorb: soften the landing by bending your knees and using your muscles to slow down

Aesthetics: how a performance or skill looks

Dismount: carefully get off something you've been on

Execution: completing the action

Progression: a stage of a skill

Decision making: to make a choice

Competent: able to perform

Refine: to improve the quality

Appropriate: suitable approach

Structure: the way in which a sequence is ordered or organised

Ladder Knowledge



Locomotion:

Understand how momentum from a roll can help with rhythm and fluidity.

Jumping and landing:

Know that using my arms will give me more elevation to my jump.

Vaulting:

I know that using my momentum helps me keep speed and flow through each vault.

Balance:

Know where and when to apply force to maintain control and balance on less stable obstacles.

Movement Skills

- run
- jump
- balance
- roll
- tic tac
- consecutive vaults



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

Social

work safely, collaborate, support others, respect, communicate

Emotional

perseverance, confidence, resilience, determination

Thinking

plan and reflect, creativity, observe and evaluate, decision making, problem solving, comprehension

Strategy

Know that checking my performance helps me improve my flow and movement.

Healthy Participation



- Only attempt skills your teacher has taught you.
- Ensure your experimenting stays safe, with adult supervision.
- Always work through progressions.



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

How will this unit help your body?

balance,
co-ordination,
flexibility, strength

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

Home Learning



Sock Attack



What you need: Rolled up socks, 1 friend or family helper!

How to play:

- Roll up 10 pairs of socks to turn them into sock launchers!
- Ask your friend to roll or underarm throw the socks towards you for you to dodge.
- How many out of 10 can you dodge?

Rules: The socks must only be rolled or thrown underarm, below waist height.

Top tip: Stay on the balls of your feet ready to react and rebound.



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



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