

Knowledge Organiser

Dodgeball Year 5

About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.

It's a game of strategic moves that use both defence and attack. On the defensive front, you'll need to use swift moves, and quick thinking to avoid being hit.

On the attack you'll need to throw with precision and speed to get opponents out.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Key Vocabulary



avoid: keep away from or stop

communication: share information

cushion: take the power out of an object

fake: to pretend

force: create power

officiate: to be in charge of the rules

opponent: the other team

situation: circumstances that create the environment

tactic: a plan or strategy

Ladder Knowledge



Throwing:

Aim low to make it difficult for an opponent to catch.

Catching:

Stay towards the back of the court area to give you more time to catch.

Movement Skills

- throw
- catch
- dodge
- jump
- block

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

Social co-operation, respect, communication

Emotional confidence, honesty, independence

Thinking tactics, comprehension, observation, creativity

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.

A live ball is one that has not bounced or hit a wall/ceiling.

Rules

Tactics

Apply tactics relevant to the situation.

Healthy Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

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



Sock-tastic Dodge

What you need: 1 x pair rolled up socks

Practise:

- Throw the socks with one hand and catch with two.
- Throw the socks with one hand and catch with the opposite hand.
- Throw the socks with one hand and catch with the same hand.
- Throw the socks up and see how many of a chosen activity you can do before catching it again e.g. claps or star jumps.

How to play:

- Create your own version of a dodgeball game.
- Set the rules. What happens if the ball hits you? How do you get back in the game? How do you decide the winner?
- Invite people in your household to play the game.

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



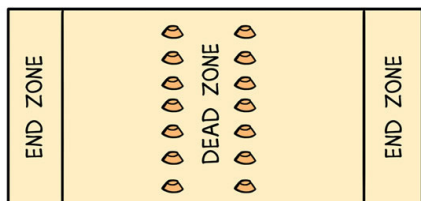
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Knowledge Organiser

Dodgeball Year 6

About this Unit

Dodgeball is a target game between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.



Dodgeball was first played in Africa over 200 years ago. Instead of soft balls, players threw rocks at the opposition, while also defending their own teammates who were under attack. The game was meant to encourage teamwork for when the players went into battle with other tribes.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placeme nt of an object	avoid getting out



Key Vocabulary

abide: act in accordance with the rules
anticipate: to expect / be ready
appropriate: suitable approach
assess: make a judgement of the situation
collaborate: collaborate
cushion: take the power out of an object
fake: to pretend
officiate: to be in charge of the rules
situation: circumstances that create the environment
stance: the body position taken
tactic: a plan or strategy
trajectory: the path the object takes in the air



Ladder
Knowledge



Throwing:

Assess the situation before deciding who to throw at to get opponents out.

Catching:

Make quick decisions on if to catch or if to dodge the ball.

Movement
Skills

- throw
- catch
- dodge
- jump
- block

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

Social collaboration, respect, leadership, communication

Emotional honesty, determination, confidence

Thinking make decisions, select and apply tactics

Rules

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.
- Once a player is out, they must leave the court immediately and go to the queue of players already out from their team.

A live ball is one that has not bounced or hit a wall/ceiling.

Tactics

Create and apply a tactic for the specific situation or outcome.

Healthy
Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

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



Wall Catch

What you need: 1 ball a wall.

How to play:

- Stand 1m away from the wall.
- Throw the ball against the wall and try to catch it before it touches the floor.
- Can you get to 5 catches in a row?
- Take a step back and repeat.
- How far from the wall can you get?



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Knowledge Organiser

Fitness Year 5

About this Unit

Agility helps you move quickly and change direction easily, which is great for sports like football and basketball. Balance keeps you steady, whether you're riding a bike or doing gymnastics or throwing a ball. Co-ordination helps you use different parts of your body together smoothly, like when you're catching a ball or dancing. Speed lets you move fast, which is useful for running around bases in rounders or playing tag. Stamina and strength help you keep going longer and do things like kicking further or playing a whole game without getting too tired.

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

Can you describe each of these components of fitness



Key Vocabulary



agility: the ability to change direction quickly

consistent: to repeat something in the same way

drive: a forceful and controlled movement to help move you forward

dynamic: on the move

motivate: to encourage

persevere: to continue trying

power: speed and strength combined

react: to respond to quickly

rhythm: a strong, regular repeated pattern of movement

stable: to be balanced

stamina: the ability to move for sustained periods of time

static: on the spot

strength: the amount of force your body can use

Ladder Knowledge



Agility:

To change direction you need to push off your outside foot and turn your hips.

Speed:

Taking big consistent strides will help to create a rhythm that allows you to run faster.

Balance:

Dynamic balances are harder than static balances as the centre of gravity changes.

Strength:

Moving quickly with the maximum force will get the maximum amount of power and distance or speed.

Co-ordination:

People have varying levels of co-ordination that can improve with practice.

Stamina:

Keeping a steady breath will help you to move for longer periods of time.

Movement Skills

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

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

Social collaboration, support, communication

Emotional perseverance, determination

Thinking feedback, comprehension, observation, evaluation

Strategy

All of components of fitness can make you better at many different games and activities. They can all be developed with regular practice in your own time.

Healthy Participation



- Focus on your own performance without comparing them with others.
- Work within your own capabilities.

If you enjoy this unit why not see if there is an athletics 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



First to 50



What you need: a dice and 1 or more players.

How to play:

- Roll the dice and complete the action specified.
1 = 1 x burpee. 2 = 2 x press ups. 3 = 3 x sit ups.
4 = 4 x lunges. 5 = 5 x squats. 6 = 6 x star jumps
- Roll the dice again and add the number to your previous roll so that you keep a running total.
- Continue until you reach 50.
- Playing with someone else? Who can roll 50 first?
- Playing by yourself? How quickly can you roll 50?
- Make this harder by subtracting 5 when you roll a 5.

Change the target number or exercises and play again.



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



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Knowledge Organiser

Fitness Year 6

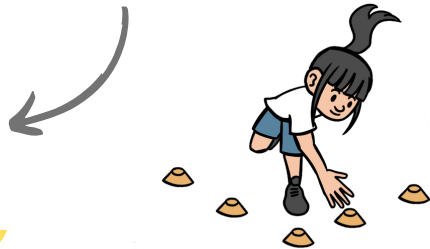
About this Unit

Regular participation in physical activities can significantly improve your mood. Exercise releases endorphins, which are natural chemicals in the body that create a feeling of wellbeing. Exercise can also reduce stress and anxiety, improve sleep and give you more energy.

Physical fitness includes different components including agility, balance, co-ordination, speed, stamina and strength. The wonderful thing about fitness is that no matter where your fitness levels are, you can always make improvements with practise.

These are the tests you will use to measure each component of fitness.

- Agility: T-test
- Balance: stork test
- Co-ordination: skipping
- Speed: 30m sprint
- Stamina: 4m run
- Strength: calf raises



Key Vocabulary

abdominals: muscles in the stomach
agility: the ability to change direction quickly
analyse: examine in order to understand
calves: a muscle in the bottom back of leg
co-ordination: moving two or more body parts at the same time
consistent: to repeat something in the same way
drive: a forceful and controlled movement to help move you forward
engage: to activate
measure: to mark a distance
motivate: to encourage
persevere: to continue trying
power: speed and strength combined
quadriceps: the muscles in the thighs
record: to make note of
rhythm: a strong, regular repeated pattern of movement
stable: to be balanced



Ladder Knowledge



Agility:

Agility requires speed, strength, good balance and co-ordination.

Speed:

Speed can be improved by training. Different distances require different speeds.

Balance:

Apply force to maintain control and balance.

Strength:

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

Co-ordination:

Co-ordination also requires good balance.

Stamina:

Different exercises can develop stamina which can be improved by training over time.

Movement Skills

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

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

Social support and encourage others, collaboration

Emotional perseverance, determination

Thinking observation, analysis, comprehension

Strategy

Identify your areas of strength and your areas for development. Then, think of set your plan to make improvements to that element of fitness. Retest yourself after a period of practice and make sure to notice how you feel. How challenging you find an activity is also a mark of level.

Healthy Participation



- Focus on your own results without comparing them with others.
- Work within your own capabilities.
- All actions need to be performed with control.

If you enjoy this unit why not see if there is an athletics 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



Red or black?

What you need: A pack of cards.



How to play:

- One player guesses whether the first card will be red or black.
- If they are correct they get to guess if the next card will be higher or lower than the first.
- If they are correct they get to guess if the next card will be a number in between the first two cards or a number outside of the first two cards.
- If they are correct they win one hand.
- If they are wrong at any stage they complete 10 x of an exercise of their choice and the game begins again.
- The game ends when the player has won 10 x hands.

Red or black / higher or lower / in or out?



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Football Year 5

About this Unit

Football 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 football effectively. You will need teamwork, spatial awareness, and game tactics.

Invasion Games Key Principles

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

The origins of modern football can be traced back to the mid-19th century in England, but the game has roots that stretch back even further. One of the earliest known versions of a game similar to football was called "cuju," which was played in China during the Han Dynasty (206 BC - 220 AD). Cuju involved players kicking a leather ball filled with feathers through a small opening into a net, and it was often played as a form of military training.

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



Key Vocabulary

ball carrier: player in possession
close down: to reduce the amount of space for an opponent
create: to make space
decision: the choice and action made
delay: to slow down
opposition: the other team
possession: to have
pressure: to add challenge

situation: circumstances that create the environment
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan to help you attack or defend
support: to help
tactics: a plan that helps you to attack or defend
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.

Dribbling:

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

Space:

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

Movement Skills

- run
- dribble
- pass
- receive
- track

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

Social communication, respect, co-operation

Emotional honesty, perseverance, independence, self regulation, determination

Thinking identify, creativity, make decisions, select and apply skills and tactics

Rules

- No fouling (not too much contact - pushing etc). Fouls result in a free kick for the opposition.
- If the ball goes off the sides of the pitch the opposition have a 'kick-on'.
- A kick on from the corner is taken if the ball goes out of play on a goal line (back line) and is kicked out by the defending team.
- A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.
- When a goal is scored, the conceding team restarts the game with a goal kick.

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 football 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



Dribble and Shoot

What you need: a ball, 6-8 markers

How to play:

- Set up cones in a straight line or zigzag.
- Place the goal 5-10 meters from the last cone.
- Dribble the ball through the cones.
- Shoot to score through the goal

Challenge:

- Add a defender.
- Time yourself - how many goals can you score? Can you improve on your record?

Top tips:

- Use inside and outside of both feet to dribble.
- Use little touches to keep the ball close.
- Keep your head up while dribbling.
- Aim for different parts of the goal.

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Knowledge Organiser

Football Year 6

About this Unit

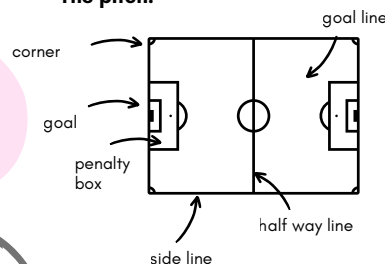
Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Football is arguably the most popular sport in the world and is said to unite the world, bringing people together. Perhaps one of the most famous football matches that has ever taken place happened on Christmas Day in 1914. The match took place in France in the middle of the fighting during WW1 in what was known as 'no mans' land between the English and German soldiers. This is the power of sport.

Invasion Games Key Principles

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

The pitch:



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



Key Vocabulary

abide: act in accordance with the rules
appropriate: suitable approach
assess: make a judgement of the situation
close down: to reduce the amount of space for an opponent
consecutive: in a row
create: to make space
draw: encourage movement of an opponent
drive: a shot in golf used to hit over a long distance
maintain: to keep
possession: to have
situation: circumstances that create what happens
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan to help you 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:

Making quick decisions about when, how and who to pass 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

- run
- dribble
- pass
- receive
- track
- tackle

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

Social communication, respect, collaboration, co-operation

Emotional honesty, persevere, determination

Thinking assess, explore, decision making, select and apply

Rules

- Physical fouls include pushing, tripping, pulling, overly aggressive play.
- You cannot touch the ball with your hands.
- If either of these rules are broken, a free kick is awarded to the other team.
- If a ball goes out of play on a side line, a throw in (or kick on) is taken by the team who did not have last contact with the ball.
- A corner is taken if the ball goes out of play on a goal line and is kicked out by the defending team.
- A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.

Tactics

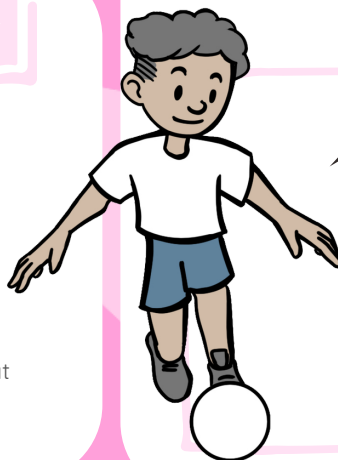
Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

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 football 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

Star Challenge

What you need: A ball

How to play:

Take on the star challenge by using the body parts listed to keep the ball up and then attempt to catch it:

- **1 star:** use one knee to keep the ball up and then catch it
- **2 star:** use one knee, then the other knee to keep the ball up and then catch it
- **3 star:** use one knee, then the other knee, then chest or head to keep the ball up and then catch it
- **4 star:** use one foot, then the other foot, then one knee, then the other knee to keep the ball up and then catch it
- **5 star:** use one foot, then the other foot, then one knee, then the other knee, then chest or head to keep the ball up and then catch it

For an extra challenge, how many keep ups can you do in a row?

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Golf Year 5

About this Unit

Golf is a target game where players strike a ball into a hole with the fewest number of hits.

As well as developing your striking accuracy, playing golf can teach you some awesome skills that can help you in other areas of your life e.g.

- **Patience:** Golf can be a challenging game, and sometimes you need to try a few times to get the ball where you want it. This helps you practice patience – an important skill in many aspects of life.
- **Concentration:** Golf requires a lot of concentration. You need to pay attention to how you swing the club, the angle of the clubface, and the distance to the hole.
- **Analysis:** Sometimes the ball doesn't go where you want it to. That's when you need to think about how to adjust your next shot.
- **Respect:** Golf is a game of honesty and integrity. You're responsible for your own actions, and respecting others on the course is crucial.

Can you identify how golf helps you to develop these skills?

- **Responsibility**
- **Collaboration**
- **Self regulation**

Key Vocabulary

align: place or arrange things in a straight line

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

chip: a shot used in golf over a short distance

drive: a shot in golf used to hit over a long distance

force: create power

grip: the way an object is held

par: the number of strokes expected for a particular hole or course

putt: a short shot played when the ball is on the green (near the hole)

shot: the type of hit used

situation: the environment created by the game

stance: the body position taken



Ladder Knowledge



Striking

Year 5: aligning your body and equipment before striking will help you to be balanced.

Movement Skills

- balance
- co-ordination
- striking

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

Social responsibility, support, collaboration, respect

Emotional patience, perseverance, self regulation, concentration, honesty

Thinking analysis, select and apply

Rules

- Strokes must be taken from where the ball stops.
- Be honest when adding up your score.

Healthy Participation



- Remain a safe distance from others when they are swinging.
- Do not swing the clubs when waiting to play.



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



How will this unit help your body?

balance and co-ordination

Home Learning



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

What's the Par?



What you need: 1 ball, broom, objects

How to play:

- In a safe space, create a golf hole using household objects e.g. socks for a gate, pot for an obstacle, dressing gown rope laid in a semi circle for the hole.
- Give yourself a par for the hole.
- See if you can complete the hole, using your broom as the club, within the par.
- Play the game again, can you complete the hole in fewer hits?

Playing against someone else?
Who can complete the hole in the fewest hits?



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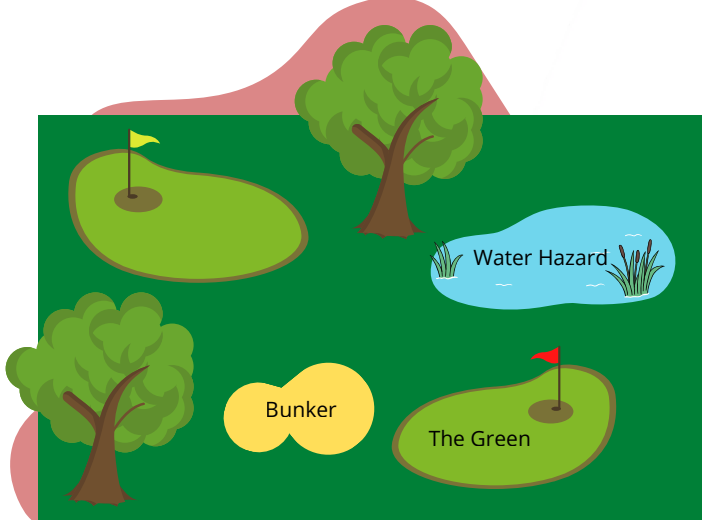
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Knowledge Organiser

Golf Year 6

About this Unit

Golf can be played individually or as a team. Players hit a small ball with a club around a golf course. Golf courses are large areas that include obstacles such as sand-filled pits, called bunkers and water hazards. Golf is a target game. In golf the targets are small holes that are found on short grass areas called the green. Players aim to hit the ball into the holes in as few hits as possible. In golf hits are called strokes.



Key Vocabulary

abide: act in accordance with the rules
align: place or arrange things in a straight line
angle: formed when two lines come together at a shared point e.g. arm to floor
appropriate: suitable approach
chip: a shot used in golf over a short distance
drive: a shot in golf used to hit over a long distance
force: create power
grip: the way an object is held
par: the number of strokes expected for a particular hole or course
putt: a short shot played when the ball is on the green (near the hole)
shot: the type of hit used
stance: the body position taken



Ladder Knowledge



Striking

Year 6: identify the distance to the hole to help you select the correct stroke.

Movement Skills

- balance
- co-ordination
- striking

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

Social work safely, support and encourage others, collaboration
Emotional perseverance, self regulation, patience, honesty
Thinking analysis, select and apply skills

Rules

- Strokes must be taken from where the ball stops.
- Be honest when adding up your score.

Healthy Participation



- Remain a safe distance from others when they are swinging.
- Do not swing the clubs when waiting to play.



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

How will this unit help your body?

balance and co-ordination

Home Learning



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

Indoor Golf



What you need: markers, a ball or pair of rolled up socks per player, a frying pan, a pen and a piece of paper.

How to play:

- Create your golf course by placing two markers in each room of your home. Place the markers 0.25m apart to create a gate, the 'hole'.
- Begin at the opposite end of the room. Using your frying pan, count how many attempts it takes to hit your ball through the hole.
- Write down how many hits it took to get the ball through each hole and add up your total at the end.
- Playing with someone else? Who can complete the course with the least number of hits?
- Playing by yourself? Can you complete the course again and complete it with less hits?



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Knowledge Organiser

Gymnastics Year 5

About this Unit

Gymnastics began in ancient Greece as a way to exercise and develop physical strength. The Ancient Greeks practiced gymnastics as a way to prepare for war. In 1896, the first modern Olympics took place in Athens, Greece. Gymnastics was a key part of the Olympic events and traditions and still is to this day.

Which of these balances are symmetrical and which are asymmetrical?



Key Vocabulary

asymmetrical: not equal on both sides

canon: when performers complete the same action one after the other

cartwheel: an inverted movement performed on hands and feet

decide: to choose

extension: moving a body part outwards or straight

identify: recognise

inverted: where hips go above head

matching: to perform the same action as someone else

mirroring: reflecting the movements of another person as if they are a reflection

momentum: the direction created by weight and power

observe: watch

pathways: designs traced in space (on the floor or in the air)

performance: the complete sequence of actions

quality: the standard of the skill

stable: to be balanced

symmetrical: two parts that match exactly

synchronisation: moving at the same time

transition: moving from one action or position to another



Ladder Knowledge



Shapes:

Shapes underpin all other skills.

Inverted movements:

Sometimes you need to move slowly to gain control and other times you need to move quickly to build momentum.

Balances:

Use contrasting balances to make your sequences look interesting.

Rolls:

Work within your own capabilities, this may be different to others.

Jumps:

Use jumps to link actions. Change the shape of your jumps to make your sequence look interesting.

Movement Skills

- symmetrical and asymmetrical balances
- rotation jumps
- straight roll
- forward roll
- straddle roll
- backward roll
- cartwheel
- bridge
- shoulder stand

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

Social

work safely, support others, collaboration

Emotional

confidence, perseverance, resilience, determination

Thinking

observe and provide feedback, creativity, reflection, select and apply actions, evaluate and improve sequences

Strategy

Use different pathways to help make your sequence look interesting.

Healthy Participation



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

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



How will this unit help your body?

balance,
co-ordination,
flexibility, strength

Home Learning

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



Limbo



What you need: a long stick or rope (maybe dressing gown ropes tied together), three people.

How to play:

- Two people hold either end of the stick at chest height.
- Top tip: hold it in cupped hands so that it will fall easily when touched.
- Players take turns going under the stick without touching it. Each time they complete a round the stick gets lowered.

Rules: Only your feet can touch the floor.

Top tip: bend your knees and lean as far back as needed to travel under the stick.



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



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Get Set 4
Education

Knowledge Organiser

Gymnastics Year 6

About this Unit

Gymnastics traces its roots back to ancient Greece, where it was a crucial part of physical training. The word "gymnastics" even comes from the Greek word "gymnos," meaning naked, as ancient athletes often practiced in the nude. There are two main types of gymnastics: artistic and rhythmic. Artistic gymnastics includes those jaw-dropping flips and twists you see on the Olympic vault and floor routines. Rhythmic gymnastics, on the other hand, features elegant dance moves and performances with apparatus like ribbons and hoops.

Perfect Performance Tools



canon

synchronisation

matching

mirroring

forwards

backwards

sideways

symmetrical

asymmetrical

Use these performance tools to improve the quality of your sequences.



Key Vocabulary

aesthetics: how a performance or skill looks

competent: able to perform

contrasting: different to one another

counter balance: creating a balance by pushing against a partner

counter tension: creating a balance by pulling away from a partner

engage: to activate

execution: completing the action

flight: time in the air

formation: where performers are in the space in relation to others

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

progression: a stage of a skill

refine: to improve the quality

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

vault: performing an action over a piece of apparatus



Ladder Knowledge



Shapes:

Use clear shapes when performing other skills.

Inverted movements:

Spreading your weight across a base of support will help you to balance.

Balances:

Apply force to maintain control and balance.

Rolls:

You can use momentum to help you to roll. This momentum will come from different body parts depending on the roll you are performing.

Jumps:

Taking off from two feet will give you more height and therefore more time in the air.

Movement Skills

- straddle roll
- forward roll
- backward roll
- counter balance
- counter tension
- bridge
- shoulder stand
- handstand
- cartwheel
- flight

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

Social work safely, collaboration, communication, respect

Emotional independence, confidence, determination

Thinking observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences

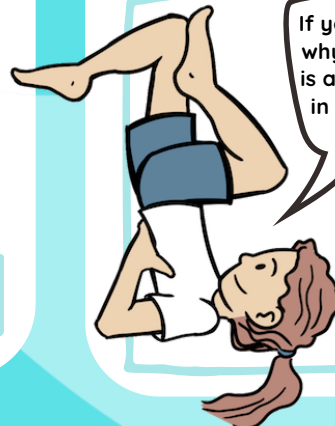
Strategy

Use changes in formation to help make your sequence look interesting.

Healthy Participation



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



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

How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning



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



Cereal Box Challenge



What you need: an empty cereal box, one or more players.

How to play:

- Place the cereal box on the floor.
- Pick the cereal box up using only your mouth.
- Nothing but your feet can touch the floor.
- If successful tear an inch from the top of the cereal box and play the game again.
- Repeat the challenge, taking an inch from the box each time.

Top tip: hold onto your leg/s to help you to balance.



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



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Knowledge Organiser

Handball Year 5

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.

In this unit you will be given the chance to referee. 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 court 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

angle: formed when two lines come together at a shared point e.g. arm to floor
ball carrier: person in possession
close down: to reduce the amount of space for an opponent
create: to make space
delay: to slow an object or player
deny: to slow an object or player
dominant: most powerful and accurate hand
drive: a fast movement that helps to tell the ball carrier that you want the ball
maintain: to keep
possession: to have
pressure: a feeling created by the situation
referee: the person who makes sure the rules are followed
situation: circumstances that create the environment
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

Ladder Knowledge



Sending & receiving:

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

Dribbling:

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

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
- dribble
- shoot
- change direction
- change speed

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

Social support, kindness, communication, collaborate

Emotional empathy, honesty, determination

Thinking decision making, comprehension, select and apply, identify, plan

Rules

The rule of three:

- If you have the ball in your hands you can take up to three steps then you either have to pass, shoot or dribble.
- If you choose to dribble, once you stop dribbling your options are to pass, shoot or take up to another three steps.
- If you choose to take another three steps, you have to pass or shoot, you cannot dribble again as this would be double dribble.
- You 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

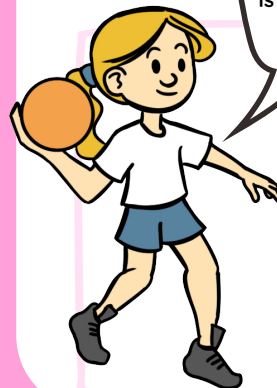
Using tactics will help your team to in both attack and defence. In this unit you will use attacking tactics to create space and maintain possession. You will use defending tactics as a team to attempt to delay opponent's and gain possession.

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

Body Parts



What you need: a ball that bounces

How to play:

- Explore dribbling the ball. Can you dribble:
 - With one hand
 - The other hand
 - Changing hand
 - Changing speed
 - Changing direction
- Challenge yourself to keep the ball bouncing the whole time whilst touching different body parts to the floor then standing up again. Try these:
 - Knees
 - Bottom
 - Back
 - Stomach
 - Forehead



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



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