

Knowledge Organiser Team Building Year 1

About this Unit

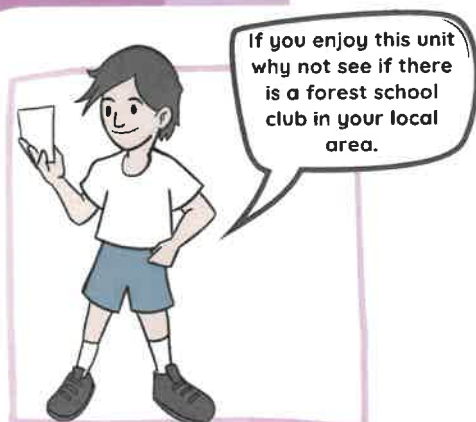
Being able to work as a team is an important skill. What helps to make you a good team mate?



Key Vocabulary



challenge	listen
co-operate	plan
instruction	share
lead	talk



Ladder Knowledge



Problem solving:
working well with others will help you to solve challenges.

Navigational skills:
deciding which way to go before starting will help you.

Communication:
using short instructions when telling a partner what to do will help them to understand.

Reflection:
we can always be better, we just need to look for how.

Movement Skills

- balance
- co-ordination
- run
- jump
- hit

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

Social trust, communication, inclusion

Emotional confidence, determination

Thinking identify, comprehension, reflection, planning

Rules

Rules help you to play fairly.

Healthy Participation



- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

Home Learning



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

Alphabet walk



Play: Outside

How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', the Z the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'



Knowledge Organiser Team Building Year 2

About this Unit

Being able to work as a team is an important skill. What does good team work look like?



Respect:
They teach you to be more understanding of others and to share responsibilities between you



Communication:
Learning to listen to others, giving and following instructions and sharing ideas.



Problem solving:
You get to learn from others and share ideas to find the best answer to solve a problem.



Working together:
Being able to share ideas and work together to come up with a plan.

Key Vocabulary



communicate

plan

include

solve

instructions

successful

map

support



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

Ladder Knowledge



Problem solving:
listening to each other's ideas might give you an idea you hadn't thought of.

Navigational skills:
a map tells us where we are.

Communication:
using encouraging words when speaking to a partner or group will help them to trust you.

Reflection:
talking about what you have done well and what you could improve will help you if you play again.

Movement Skills

- run
- jump
- balance
- co-ordination

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

Social support and encourage others, communication, inclusion, trust, kindness
Emotional perseverance, confidence, determination, accepting
Thinking comprehension, identify strengths and areas for development, problem solving

Rules

Listen carefully to the rules of each game so that you can use them.

Healthy Participation



- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

Home Learning



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

Magic Carpet



What you need: Ten socks, one towel per player, one or more players.

How to play:

- Mark a distance of 5m - 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else? Who can transport the most socks?

How else can you make the carpet move?



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This unit will help you to:

- balance
- move different body parts at the same time
- be faster

Knowledge Organiser

Dance Year 1

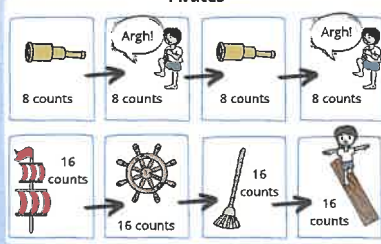
About this Unit

Here are some themes that you may explore in this dance unit...

The Weather



Pirates



How would these toys move?

TOYS



On Safari



Key Vocabulary

action	direction	
balance	fast	quickly
beat	level	slow
copy	pathway	slowly
counts	pose	timing



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

Ladder Knowledge



Actions:

Actions can be linked to create a dance.

Dynamics:

You can create fast and slow actions to show an idea.

Space:

There are different directions and pathways within space.

Relationships:

When dancing with a partner it is important to be aware of each other and keep in time.

Performance:

Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social

respect, work safely, collaboration, communication

Emotional

empathy, confidence, acceptance, determination, kindness

Thinking

creativity, select and apply actions, copy and repeat actions, provide feedback, recall

Strategies

Use big, clear actions. It will help the audience to see you clearly.

Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working on your own.



This unit will help you to:

- balance
- move different body parts at the same time
- be more flexible

Home Learning

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

Animal Dance



How to play:

- Create a short dance that uses the movements of an animal of your choice.
- Try not to just act like the animal, but use their movements e.g. the way they crawl, walk, sleep or jump.
- Think about how quickly or slowly they move.
- Think about how they move e.g. bouncy, smoothly.
- Choose some music that suits your animal too.

Show your dance to a family member or friend.



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



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Knowledge Organiser

Dance Year 2

About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

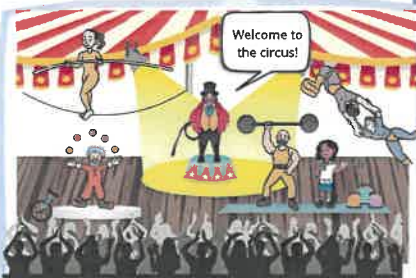
Structuring the Dance

- Getting nectar (balance): 8 counts
- Waggle dance (movement in the hoop): 8 counts
- Busy bees (travel): 8 counts
- Landing time (around the hoop): 8 counts

Secret Garden

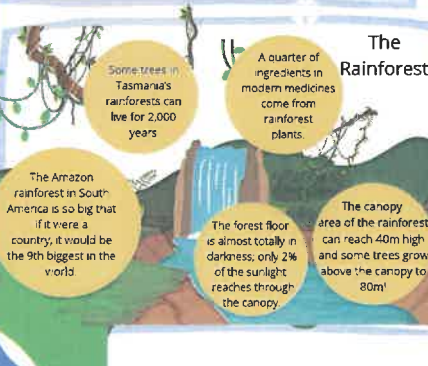


Welcome to the circus!



The Rainforest

- Some trees in Tasmania's rainforests can live for 2,000 years
- A quarter of ingredients in modern medicines come from rainforest plants.
- The Amazon rainforest in South America is so big that if it were a country, it would be the 9th biggest in the world
- The forest floor is almost totally in darkness, only 2% of the sunlight reaches through the canopy
- The canopy area of the rainforest can reach 40m high and some trees grow above the canopy to 80m!



JACK FROST

- Start position, 8 counts
- Leaping actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Darting actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Swirling actions 16 counts
- Finishing position 8 counts



Ladder Knowledge



Actions:

Placing actions in a particular order will help you to tell the story of your dance.

Dynamics:

You can change the way you perform actions to show an idea.

Space:

You can use different directions, pathways and levels in your dance.

Relationships:

Use counts of 8. It will help you to stay in time with your partner and the music.

Performance:

Use facial expressions it will help to show the mood of your dance.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social respect, collaboration, work safely, communication

Emotional independence, confidence, perseverance, determination

Thinking provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working on your own.

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



Key Vocabulary



action	expression	
counts	level	perform
create	matching	speed
direction	mirroring	timing
dynamics	pathway	unison

Home Learning



Newspaper Dance



What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



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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

Swimming Year 1 and Year 2

About this Unit

Swimming is an important life skill. It is a great way to exercise, have fun with friends and go on adventures but first things first, learning to swim helps keep you safe around water.

If you know how to swim, you can have fun in the pool, at the beach, or in a lake all while staying safe. So, here are four key messages to help you to stay safe:



Stop and think:

- Water is always moving
- The water is colder than you think
- Edges can be dangerous
- There may be dangers under water



Float:

- If you fall in, float until you feel calm
- Signal for help, raising one hand in the air and shouting for help
- If you can, swim to safety or hold on to something that floats

lifeguard
patrol area
flag



Stay together:

- Never swim alone
- Find a safe place to go, only swim in the sea where there is a lifeguard
- Plan your activity: check weather, tide times, get local advice and wear the right clothing



Call 999 or 112:

- If you see someone in trouble call 999 or 112
- Never enter the water to save others
- Look for something you can throw to help them float like a life ring
- Keep watch until help arrives



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

Ladder Knowledge



Strokes:

Year 1: using cupped hands will help you to swim, as the water cannot escape between your fingers.

Year 2: moving your arms quickly will help you to move through the water.

Breathing:

Year 1: take a big breath before submerging.

Year 2: inhale through your mouth when your face is above water and exhale through your mouth or nose when your face is underwater.

Water safety:

Year 1: floating can help you to stay safe.

Year 2: floating uses less energy than swimming.

Movement Skills

- float
- travel
- submerge
- kick
- pull
- glide

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

Social
Emotional
Thinking

working safely, co-operation, collaboration, support and encourage others, respect

confidence, determination, perseverance

create, comprehension, exploration, select and apply, planning, decision making, provide feedback

Rules

Walking on poolside helps to keep you safe.

Safely enter and exit the pool either by the side or using the steps.

Each pool will have it's own rules. Make sure you learn the rules of your pool.

Healthy Participation



- Always swim with an adult.
- Wait for a lifeguard before entering the water.
- Don't run around a poolside.

Key Vocabulary



back	float	
blow	front	rules
breath	glide	safely
bubbles	kick	splash
enter	pull	travel
exit	pulling	under

Home Learning



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

Deliver the post

What you need: a swimming pool with a lifeguard, a supervising adult, a kickboard and some waterproof objects

How to play

- Begin on one side of the pool and place a number of objects on the poolside.
- Taking one object at a time, place it on your kickboard and holds your kickboard across your chest.
- Kick on your back to the opposite side of the pool to deliver your object, then swim back to pick up the next object.
- Repeat until all of the objects have been delivered to the other side.
- Playing with someone else? Have a race to see who can deliver all objects first.

Make this harder by not using a kickboard and carrying the object.



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Knowledge Organiser

Net and Wall Games Year 1

About this Unit

Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.

throw

point your hand where you want the ball to go

try to make the ball bounce once

use an underarm throw



catch

use two hands

watch the ball



track

move your feet

get in line with the ball



hit

use the middle of the racket

point your racket where you want the ball to go



Key Vocabulary

net

partner

point

racket

ready position

score

track

underarm



Ladder Knowledge



Hitting:

use the centre of the racket for control.

Feeding:

use an underarm throw to throw to a partner.

Rallying:

throwing/hitting to your partner with not too much power will help them to return the ball.

Footwork:

using a ready position will help you to move in any direction.

Movement Skills

- throw
- catch
- hit
- track

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

Social support others, work safely, communication, co-operation

Emotional perseverance, independence, determination

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

Rules

Rules help you to play fairly.

Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Use a ready position

Send the ball away from a partner

Send the ball to one space then a different space

Track the ball as it comes towards you



Healthy Participation



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

Home Learning

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

Hot Spots

What you need: two players, six markers and a ball

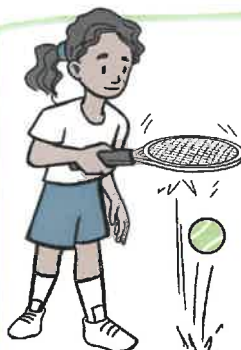
How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- The game is played until one pupil has all of the cones.
- Make this easier by using a bigger ball.



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If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

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



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Knowledge Organiser

Net and Wall Games Year 2

About this Unit

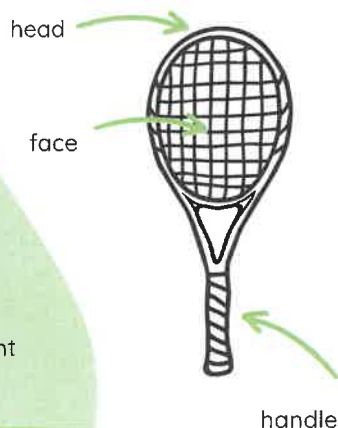
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



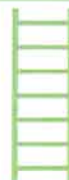
Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



Ladder Knowledge



Hitting:

watch the ball as it comes towards you to help you to get ready to hit it.

Feeding:

use enough power when throwing to let the ball bounce once before your partner returns it.

Rallying:

sending the ball towards your partner will help you to keep a rally going.

Footwork:

using a ready position helps you to react quickly and return/catch a ball.

Movement Skills

- throw
- catch
- hit
- track

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

Social co-operation, respect, support others

Emotional honesty, persevere

Thinking select and apply, reflection, decision making, comprehension

Rules

Know how to score points for each game and follow simple rules.

Tactics

Using tactics makes it difficult for my opponent.

Attacking tactics

- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

Defending tactics

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing

Healthy Participation



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

Home Learning

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

Catch Tennis

What you need: two players, three markers and a ball!

How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.



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Key Vocabulary



against

defend

partner

point

quickly

ready position

receive

return

trap



If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

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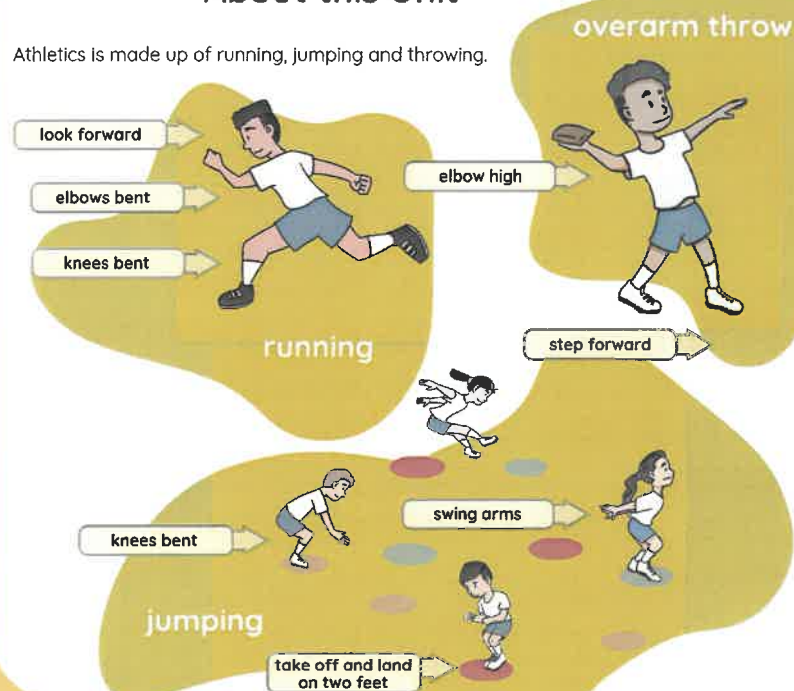
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Knowledge Organiser

Athletics Year 1

About this Unit

Athletics is made up of running, jumping and throwing.



Key Vocabulary

	hop	
balance	jog	safely
bend	jump	target
control	leap	time
direction	overarm	underarm
further	quickly	walk

Ladder Knowledge



Running:

Swing your arms, it will help you to run faster.

Jumping:

Landing on the balls of your feet helps you to land with control. Bend your knees, it will help you to jump further.

Throwing:

Stepping forward with your opposite foot to throwing hand will help you to throw further.

Movement Skills

- run
- balance
- agility
- co-ordination
- hop
- jump
- leap
- throw

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

Social work safely, collaboration
Emotional perseverance, independence, honesty, determination
Thinking reflection, comprehension, select and apply skills

Rules

Rules help you to play fairly.

Healthy Participation



- Behave and move in a safe way.
- Wait to take turns when told to.

Home Learning

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



Fill it Up

What you need: six socks and two pots

How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
 - Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
 - Who is the first to have 5 socks in their pot?
 - Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?
- Top tip: take small steps so that you can change direction quickly.



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



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



This unit will help you to:

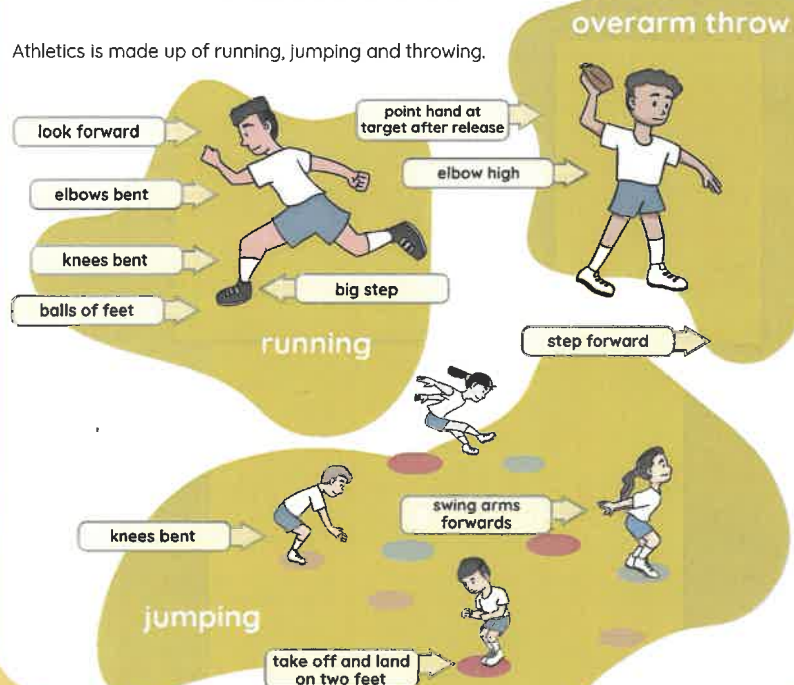
- change direction
- balance
- move different body parts at the same time
- be faster
- move for longer
- be stronger

Knowledge Organiser

Athletics Year 2

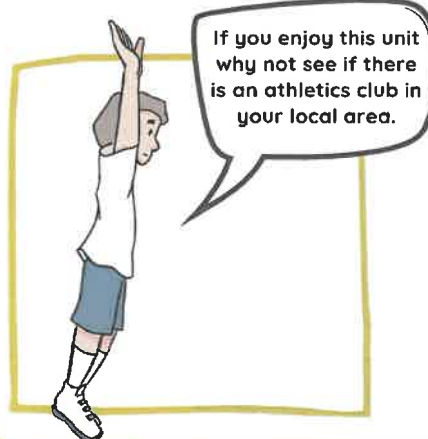
About this Unit

Athletics is made up of running, jumping and throwing.

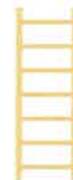


Key Vocabulary

aim	height	sprint
distance	jog	take off
far	jump	target
fast	landing	throw



Ladder Knowledge



Running:

Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

Jumping:

Swinging your arms forwards will help you to jump further.

Throwing:

Throw in a straight line by pointing your throwing hand at your target as you let go of the object.

Movement Skills

- run
- jump for distance
- jump for height
- throw for distance
- throw for accuracy

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

Social communication, work safely, support others

Emotional determination, independence

Thinking comprehension, observe and provide feedback, explore ideas, select and apply skills

Rules

Follow the rules when working with others.

Healthy Participation



- Behave and move in a safe way.
- Wait to take turns when told to.

Home Learning

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



Mousetrap

What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

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



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