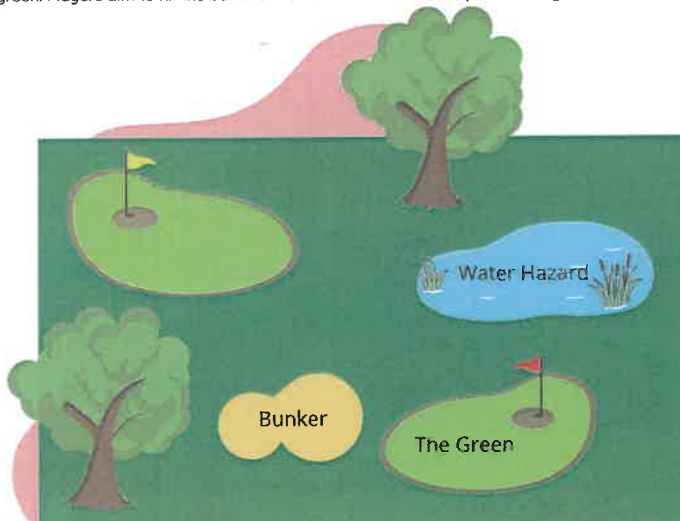


Knowledge Organiser

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

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?

www.getset4education.co.uk

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



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Knowledge Organiser

Swimming Year 5 and Year 6

About this Unit

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

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



Did you know...



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

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

Key Vocabulary



afloat: floating on water
buoyancy: how able an object is to float in water
buoyant: when an object floats in water
conserve: to protect something
continuously: without gaps
dolphin kick: used for the butterfly stroke, created by a whipping motion with the legs
endurance: ability to keep going
exhale: to breathe out
flexed: bent
flutter kick: a kick used in crawl and backstroke in which the legs are extended straight back and alternately moved up and down
huddle: a position for two or more people floating in cold water wearing life jackets and awaiting rescue
inhale: breathe in
motion: process of moving
outstretched: extended
personal best: a target outcome of an individual
propel: to move forward
retrieve: to collect
rotate: turn
somersault: to rotate 360° around a horizontal point
streamline: the position you get your body in to flow through the water easily
stroke: the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle
synchronised: when performers complete the same action at the same time
technique: the action used correctly
treading water: a survival technique used to keep the head above the water

Ladder Knowledge



Strokes:

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

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

Breathing:

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

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

Water safety:

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

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

Movement Skills

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

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

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

Emotional determination, work fairly, honesty, confidence, perseverance

Thinking comprehension, creativity, make decisions, tactics

Rules

1. Stop and think, always swim in a safe place

When swimming outdoors preferably swim at a lifeguard beach, organised session or a supervised space.

2. Stay together, always swim with an adult

When swimming outdoors you must always stay together. NEVER go alone.

3. Float

If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.

4. Call 999

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

Healthy Participation



- Always swim with an adult.
- Wait for a qualified lifeguard before entering the water.

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



How will this unit help your body?

balance,
co-ordination, flexibility,
speed, stamina, strength

Home Learning

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

Splash Tag



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

How to play:

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

Top tip: swim underwater to avoid the splashes.

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



www.getset4education.co.uk

Knowledge Organiser

Football Year 5 and Year 6

About this Unit

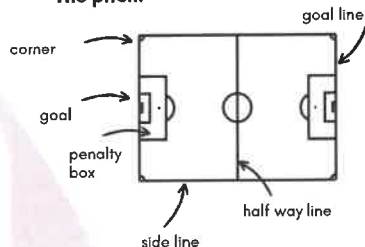
Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

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 man's 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:

Year 5: not having a defender between you and the ball carrier helps you to send and receive with better control.

Year 6: making quick decisions about when, how and who to pass to will help you to maintain possession.

Dribbling:

Year 5: dribbling in different directions and at different speeds will help you to lose a defender.

Year 6: choosing the appropriate skill for the situation under pressure will help you maintain possession.

Space:

Year 5: moving to space even if you do not receive the ball will help to create space for a teammate.

Year 6: transitioning quickly between attack and defence will help your team to maintain or gain possession.

Movement Skills

- 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. All players must be five big steps away from the person taking the free kick.
- If a ball goes out of play on a side line, a throw in 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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Head to our youtube channel to watch the skills videos for this unit.



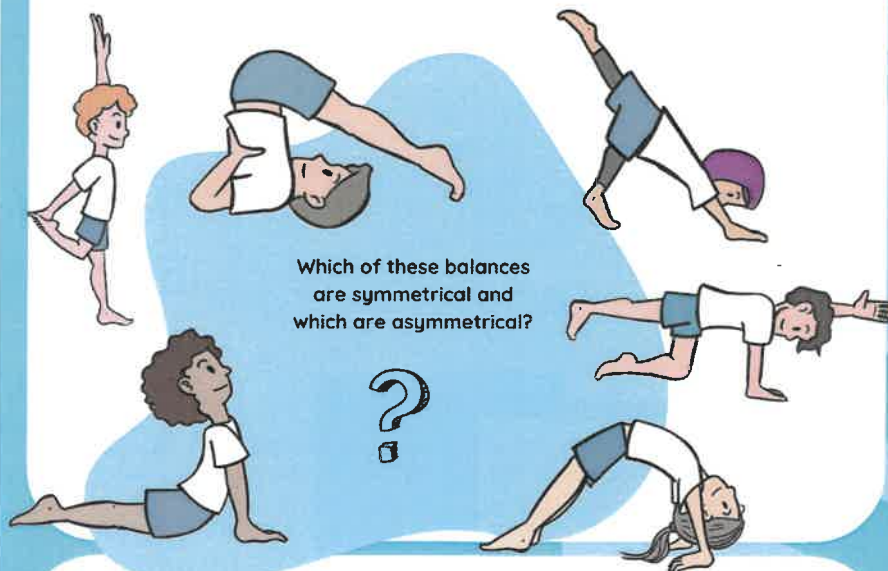
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Knowledge Organiser

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.



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



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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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

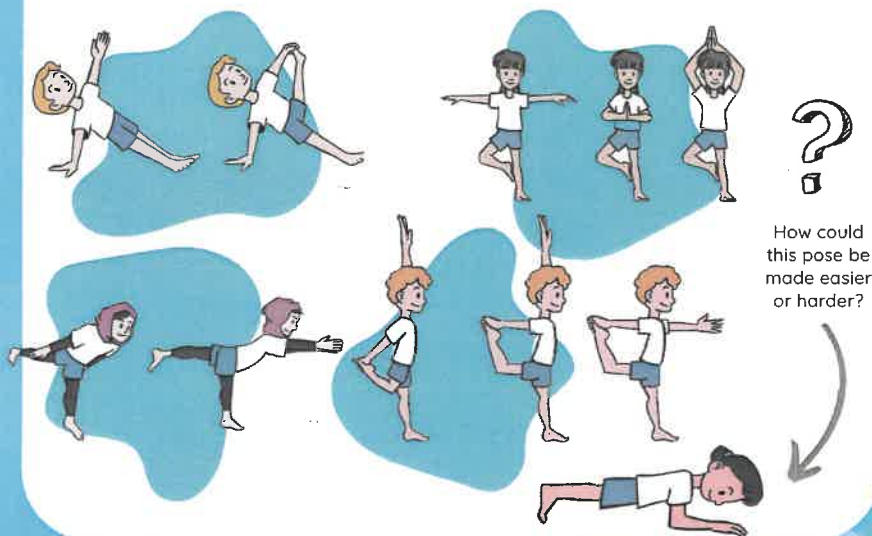
Yoga Year 5 and Year 6

About this Unit

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

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

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



Key Vocabulary

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

Ladder Knowledge



Balance:

Year 5: you need to apply force to maintain balance in a partner pose.

Year 6: different poses will require you to apply force in different places and at different times to maintain control and balance.

Flexibility:

Year 5: you can improve your flexibility when moving with your breath.

Year 6: identify which muscles require more practice to increase your flexibility.

Strength:

Year 5: different poses will use different muscles to hold them.

Year 6: you can build up strength by practicing in your own time.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

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

Strategies

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

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter.

Deep breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

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

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

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning

Bumble Bee Breath

What you need: a quiet space

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

How to play:

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

Try this breath before school or after lunchtime.

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



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Knowledge Organiser

Cricket Year 5 and Year 6

About this Unit

Cricket is a striking and fielding game. A full cricket match is played between two teams of 11 players each. Runs are scored by hitting a ball and running between the stumps called wickets.

The game started in England in the 16th century. The earliest reference to the sport is in a court case of 1598. Later, the game spread to countries of the British Empire in the 19th and 20th centuries.

Today, it is a popular sport in England, Australia, India, Pakistan, Sri Lanka, Bangladesh, South Africa, New Zealand and the West Indies to name a few!

Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out



Can you think of any other striking and fielding games that share these principles?



wickets



Key Vocabulary

- abide:** act in accordance with the rules
assess: make a judgement of the situation
collaborate: work together
close catch: having both hands relatively close to the body to catch, little fingers together
consistently: do the same again
deep catch: catch a ball from height, thumbs together in front of head
long barrier: a fielding action used to stop a ball coming at speed
momentum: the direction created by weight and power
short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed
situation: circumstances that create the environment
stance: the body position taken
tactic: a plan
tournament: a competition of more than two teams
track: to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Striking:

- Year 5:** stance is important to allow you to be balanced as you hit.
Year 6: momentum and power for striking a ball comes from legs as well as arms.

Fielding:

- Year 5:** backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.
Year 6: there are lots of different fielding techniques. Assess the situation to help you decide on the best one.

Throwing and catching:

- Year 5:** look at where the batter is before deciding where to throw. Understand when to use a close catch technique or deep catch technique.

Throwing and catching:

- Year 6:** decide who to throw to and when to throw in order to get batters out. Accuracy, speed and consistency of throwing and catching will help to limit a batter's score.

Movement Skills

- deep and close catching
- underarm and overarm throwing
- overarm bowling
- long and short barrier
- batting

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

Social collaboration, communication, respect

Emotional honesty, perseverance

Thinking observation, provide feedback, select and apply skills, tactics, assessing

Rules

BOWLING

- Each fielding player is required to bowl 5 balls per set.
- Balls can be bowled using underarm (only one bounce allowed or deemed a no-ball), or overarm bowling action (two bounces allowed).
- Overarm bowling with a straight arm is preferred.

RUNS

- 2 runs = no ball (no extra delivery - Free hit)
- 2 runs = wide balls (no extra delivery - Free hit)
- A ball is considered a wide ball or no-ball if it is deemed un-hittable e.g. rolling, bounces more than once, too high or too far to be hit fairly.

Tactics

Batters

- Look at where the fielders are and try to place the ball away from them.
- Finish with the bat pointing in the direction you want the ball to go.

BATTING

- Batting teams are organised into pairs
- Each batting pair will receive 10 balls (2 overs)
- Umpires to swap batters, so each is given an opportunity to contribute.

OUT

- Bowled out: bowler bowls a ball that hits the wicket
- Caught out: fielders catches a batted ball
- Run out: fielders hit the wickets with the ball when the batter isn't there
- Stumped out: wicket keeper stumps the wicket when the batter isn't there

Fielders

- Spread out to cover space.
- Consider which fielding technique to use: How quickly is the ball approaching you? Has the ball gone past you? Is the ball coming in flat or high?

Healthy Participation



Always keep a safe distance between yourself and a batter. Ensure you handle the bat in the way suggested by the teacher at all times.



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

How will this unit help your body?

Balance, speed, strength, co-ordination, agility.

Home Learning

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

Cricket Runs

What you need: 2 or more players, two markers, one ball, one bat (optional)

How to play:

Place two markers 10m apart. One player is the bowler, one the batter.

Bowler overarm bowls to the batter, batter attempts to bat then scores runs by running between the cones.

Bowler stops the batter by standing at a cone with the ball, or get a batter out by throwing the ball to hit the marker they are running towards. 5 bowls then change over.

5 bowls then change over.



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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 5

About this Unit

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



Dance by Chance

Merce Cunningham is an American composer.

Cunningham created a style of dance that was by chance, often called 'dance by chance'.

He used random and chance methods to choreograph dance by assigning actions, dynamics and relationships and space to numbers.

He then used methods such as phone numbers, birthdays and rolling a dice to create his dance.



Rock and Roll

- Rock 'n' roll is a genre of music that originated in the USA in the early 1950s.
- The music combines a number of different styles including country, gospel, rhythm and blues and jazz.
- You may have heard of famous rock 'n' roll artists such as Elvis Presley.
- Dancers need to have good stamina and co-ordination as the style uses lots of spins, jumps, lifts, slides with upbeat and lively dynamics.
- Dancers had exaggerated smiles as they danced and enjoyed the music.



Ancient Maya

This dance takes inspiration from Ancient Maya.

The Mayan civilisation began long ago (it is believed as early as 1500 BCE), in a place called 'Mesoamerica'. This very large area is made up of Mexico and part of Central America where there is the Maya rainforest. The Mayans built amazing cities. They were experts at reading the stars and even built their cities as a map of the sky.

The Mayans had ceremonies and rituals, including human sacrifices, that would have been filled with music and dancing.



This dance is inspired by Chinese New Year which is celebrated between 21st January and 20th February depending on the moon.

Each year relates to an animal.

The lion represents joy and happiness.

The longer the dragon is in the dance, the more luck it will bring to the community.



Key Vocabulary

actions: the movement a performer uses e.g. travel, jump, kick
canon: when performers complete the same action one after the other

choreograph: create a sequence of actions or movements
choreography: the sequence of actions or movements

collaborate: work jointly with others

dynamics: how an action is performed e.g. quickly, slowly, gently

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

genre: a style

motif: a movement phrase that relates to the stimulus that is repeated and developed throughout the dance

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

performance: the complete sequence of actions

phrase: a short sequence of linked movements

posture: the position someone holds their body in

quality: the standard of the skill

relationship: the ways in which dancers interact; the connections between dancers

space: the 'where' of movement such as levels, directions, pathways, shapes

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

timing: moving to the beat of the music

transition: moving from one action or position to another

unison: two or more people performing the same movement at the same time



Ladder Knowledge



Actions:

Different dance styles utilise selected actions to develop sequences in a specific style. Consider the actions you choose to help show your dance style.

Dynamics:

Different dance styles utilise selected dynamics to express mood. Consider the dynamics you choose to help show your dance style.

Space:

Space relates to where your body moves both on the floor and in the air.

Relationships:

Different dance styles utilise relationships to express a chosen mood. Consider the relationships you choose to help show your dance style.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social collaboration, consideration and awareness of others, inclusion, respect, leadership

Emotional empathy, confidence, perseverance

Thinking creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills

Strategies

Use dance principles such as actions, dynamics, space and relationships to help you to express an atmosphere or mood.

Healthy Participation



You should be bare foot for dance.

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

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



How will this unit help your body?

balance, co-ordination, flexibility.

Home Learning

Dance by Chance

What you need: random objects

How to play:

- Choose 10 objects that can be safely thrown e.g. feather, sponge, towel.
- In a safe area, throw the object into the air and observe the way it travels in space and the dynamics of the movement to create your own actions inspired by the object.
- Number each object 0-10.
- Use your first 10 numbers from a familiar phone number to give you the order for your actions.

Add music to your dance if you would like.

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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 6

About this Unit

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



STAMP, CLAP

Choreographers (people who make up dances) sometimes don't perform to music.

Dance groups all over the world use everyday items such as brooms, bin lids and basketballs, as well as their own bodies as their stimulus to choreograph dance.

In this theme, you will be choreographing a dance and creating the music yourselves using your bodies.



Bhangra Dance

Bhangra is the traditional dance of Punjab in India. It originated with farmers as a folk dance celebrating the time of the harvest. Bhangra is traditionally danced to the dhol drum and has a very energetic and lively tone. It is often danced in circles and uses a lot of arm and shoulder movement.



Contemporary

Developed during the mid-twentieth century and has since grown to become one of the most popular genres for formally trained dancers throughout the world.

Contemporary dance is all about self-expression, storytelling, and interpretation.

Contemporary dancers have freedom of movement, allowing their bodies to freely express feelings, characters and events.

1970s Disco

- Disco first appeared in the early 1970s in the clubs of New York.
- Flared trousers, wildly-patterned shirts and colourful scarves were popular items of clothes to wear to the disco.
- Disco dance actions involve twists, turns, kicks and lots of struts to the disco beats.

Key Vocabulary



action: the movement a performer uses e.g. travel, jump, kick

aesthetic: how a performance or skill looks

choreography: the sequence of actions or movements

dynamics: how an action is performed e.g. quickly, slowly, gently

express: make suggestions

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

freeze frame: when performers create an image without movement

inspiration: to take ideas from

mood: a state of feeling

motif: a movement phrase that relates to the stimulus that is repeated and developed throughout the dance

phrase: a short sequence of linked movements

pose: a position, usually still

refine: to improve the quality

rehearse: to practise

stimulus: something that creates ideas

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

style: the type of dance

transition: moving from one action or position to another

Ladder Knowledge



Actions:

Actions can be improved with consideration to extension, shape and recognition of intent. Remember what you are trying to tell the audience when choosing your actions.

Dynamics:

Selecting a variety of dynamics in your performance can help to take the audience on a journey through your dance idea.

Space and relationships:

Combining space and relationships with a prop can help you to express your dance idea.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social

share ideas, collaboration, support, communication, inclusion, respect, leadership

Emotional

confidence, self-regulation, perseverance, determination, integrity, empathy

Thinking

creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skill

Strategies

A leader can ensure your dance group performs together. Keep in character throughout your performance, it will help you to express an atmosphere or mood that can be interpreted by the audience.

Healthy Participation



You should be bare foot for dance.

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

Home Learning



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

Word Dance

What you need: a book or magazine

How to play:

- Open a random page and find 10 action and describing words.
- Create an action or movement for each word.
- Sequence the movements together to create a dance.
- Share your dance with somebody, add music if you would like.

Use a variety of space and levels to make your dance look interesting.



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



How will this unit help your body?

balance, co-ordination, flexibility.

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



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Knowledge Organiser

Fitness Year 5 and 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:	Balance:	Co-ordination:	Speed:	Strength:	Stamina:
Year 5: to change direction you need to push off your outside foot and turn your hips.	Year 5: dynamic balances are harder than static balances as the centre of gravity changes.	Year 5: people have varying levels of co-ordination that can improve with practice.	Year 5: taking big consistent strides will help to create a rhythm that allows you to run faster.	Year 5: muscles all have different names.	Year 5: keeping a steady breath will help you to move for longer periods of time.
Year 6: agility requires speed, strength, good balance and co-ordination.	Year 6: apply force to maintain control and balance.	Year 6: co-ordination also requires good balance.	Year 6: speed can be improved by training. Different distances require different speeds.	Year 6: you can build up strength by practicing in your own time.	Year 6: 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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Head to our youtube channel to watch the skills videos for this unit.



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Knowledge Organiser

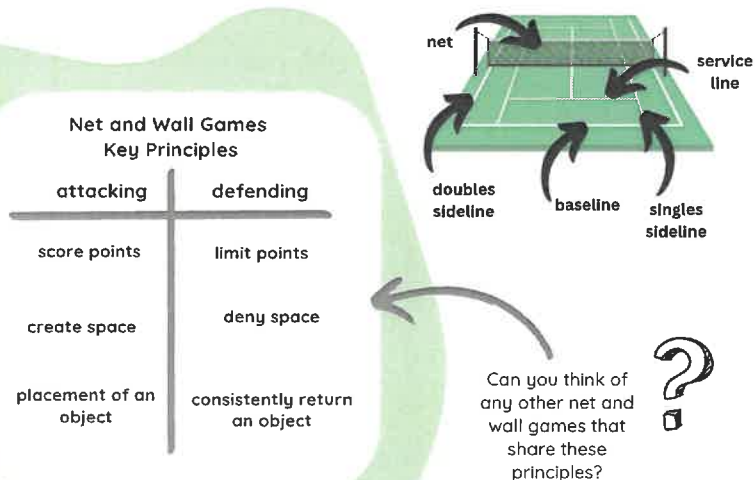
Tennis Year 5

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

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

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



Key Vocabulary

adjust: move feet to get in a better position
baseline: the back line of the court
consecutive: in a row
continuous: keep a rally going
dominant: preferred side
groundstroke: allow the ball to bounce once
non-dominant: weaker side
option: possible choices
pressure: to add challenge
readjust: move feet again to get in a better position
release: the point at which you let go of an object
serve: used to start a game
situation: things that create what happens
tactic: a plan that helps you to attack or defend
technique: the action used correctly
volley: to play the ball before it bounces

Ladder Knowledge



Shots:

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

Serving:

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

Rallying:

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

Footwork:

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

Movement Skills

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

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

Social

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

Emotional

perseverance, honesty

Thinking

observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics

Rules

Win a point if:

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

Tactics

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

Healthy Participation



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

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



How will this unit help your body?

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

Home Learning

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

Rally

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

How to play:

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

What was your highest score?



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



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Knowledge Organiser

Tennis Year 6

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Scoring in tennis is very strange!

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

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

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



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



Net and Wall Games Key Principles

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

Key Vocabulary

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

Ladder Knowledge



Shots:

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

Serving:

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

Rallying:

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

Footwork:

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

Movement Skills

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

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

Social

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

Emotional

perseverance, honesty

Thinking

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

Rules

Win a point if:

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

Tactics

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

Serving rules:

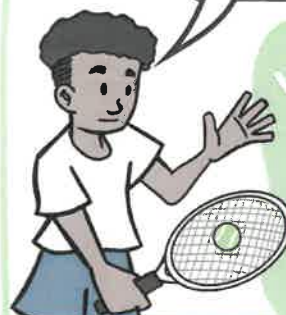
- Ball must bounce over the net and before the service line. If playing on a court with line markings, the ball must also travel diagonally on court into the opposite service box.
- If the ball bounces out or does not go over the net, you have a second serve.
- If the ball hits the net and bounces in,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

Healthy Participation



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

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



How will this unit help your body?

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

Home Learning

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

Champ

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

How to play:

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



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



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Knowledge Organiser

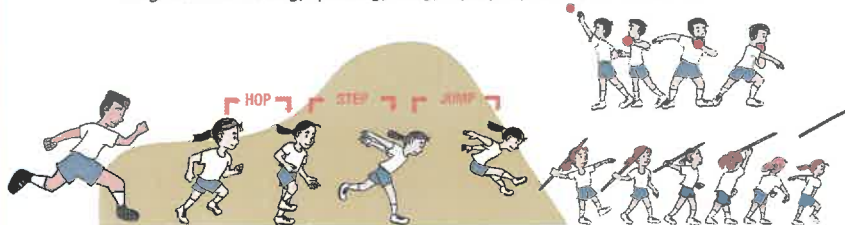
Athletics Year 5

About this Unit

Athletics is made up of events that are classified as either track or field. Running events are classified as track and throwing and jumping events are classified as field events.



You will learn the following athletic activities:
long distance running, sprinting, relay, triple jump, shot put and javelin.



Official Athletic Events

Running
Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle Distance
800m, 1500m
Long Distance
5,000, 10,000
Steeplechase

Jumping
Long jump
Jump for distance
Triple jump
Jump for distance
High jump
Jump for height
Pole vault
Jump for height

Throwing
Discus
Fling throw
Shot
Push throw
Hammer
Fling throw
Javelin
Pull throw

Have you
seen any of
these events
before?



Key Vocabulary

approach: a way of dealing with a situation
changeover: what happens when the relay baton is passed from one runner to another
consistent: to repeat something in the same way
dominant: preferred side
drive: a forceful and controlled movement to help move you forward
event: the name of different athletic activities
field: the collective name for jumping and throwing activities
force: create power
javelin: a spear like object used in a throwing event
momentum: the direction created by weight and power
shot put: a heavy round object used in a throwing event
stamina: the ability to move for sustained periods of time
stride: the length of the step
technique: the action used correctly
track: a marked oval path, where various running, hurdling, and relay events take place



Ladder Knowledge



Running:

Taking big consistent strides will help you to create a rhythm that allows you to run faster. Keeping a steady breath will help you when running longer distances.

Jumping:

Drive your knees high and fast to build power so that you can jump further.

Throwing:

Transfer your weight to increase the distance. The transfer of weight will be different depending on the throw. Think back body to front body.

Movement Skills

- pace
- sprint
- relay changeovers
- jump for distance
- push throw
- pull throw

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

Social collaboration, negotiation, communication, supporting others
Emotional perseverance, confidence, concentration, determination
Thinking observing and providing feedback, selecting and applying, comprehension

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Rules

Healthy Participation



In throwing activities ensure you:
• wait for instruction and check the area is clear before throwing.
• there is adequate space between throwers.

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

Triple Jump

What you need: 2 x markers and a large space.

How to play:

- Use one marker as the jumping line.
- Practise the pattern: hop, step, jump. Think 'same foot, other foot, land both feet'.
- Add a run up. Begin the jump from your jumping line.
- Practise to build up speed and distance.
- Measure your jump by marking the body part that lands closest to the jumping line with your marker and using a big step to mark 1 metre.

HOP
Take off and land on same foot, drive knees upwards and forwards

STEP
Land on opposite foot. As far as you can to gain distance.

JUMP
Land two feet. Jump forward and drive hands forward



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



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Knowledge Organiser Athletics Year 6

About this Unit

All events within athletics are forms of running, walking, jumping or throwing. Elite athletics competitions take place all over the world. The most famous is the Olympic Games, held every four years. Other competitions include The World Athletics Championships and The World Indoor Championships.

You will learn the following athletic activities:
long distance running, sprinting, triple jump, discus and shot put.



Official Athletic Events

Running
Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle Distance
800m, 1500m
Long Distance
5,000, 10,000
Steeplechase

Jumping
Long Jump
Jump for distance
Triple Jump
Jump for distance
High Jump
Jump for height
Pole Vault
Jump for height

Throwing
Discus
Fling throw
Shot
Push throw
Hammer
Fling throw
Javelin
Pull throw

Have you
seen any of
these events
before?



Key Vocabulary

discus: a disc that is thrown in athletics
drive: a forceful and controlled movement to help move you forward
event: activities that are either running, jumping or throwing
explosive: produce force in a short space of time
fling: technique used to throw a discus
grip: the way an object is held
maximum: to work to your best
meet: an athletics competition
officiate: to be in charge of the rules
pace: how fast you are running
pattern: sequence of movements
phase: a section of an action
power: speed and strength combined
release: the point at which you let go of an object
rhythm: a strong, regular repeated pattern of movement
stance: the body position taken
strategy: a plan of action to complete a set task or challenge

Ladder Knowledge



Running:

The main muscle groups used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps). You need to prepare these muscles before running.

Jumping:

A run up builds speed and power and will enable you to jump further.

Throwing:

The main muscles used in throwing include arms (triceps, biceps), shoulders (deltoid), and legs when transferring weight (hamstrings and quadriceps). You need to prepare these muscles before throwing.

Movement Skills

- pace
- sprint
- jump for distance
- push throw
- fling throw

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

Social negotiating, collaborating, respect

Emotional empathy, perseverance, determination

Thinking observing and providing feedback, comprehension

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Healthy Participation



In throwing activities ensure you:
• wait for instruction and check the area is clear before throwing
• there is adequate space between throwers

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

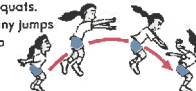


Long Jump World Record Attempt

What you need: A measuring tape.

How to play:

- The standing long jump world record is held by Bryon Jones, who recorded a jump of 3.73m
- Warm up with 1 minute jogging on the spot followed by ten squats.
- Then see how many jumps it takes for you to reach the same distance.



How many jumps does it take for you to reach 3.73m?

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



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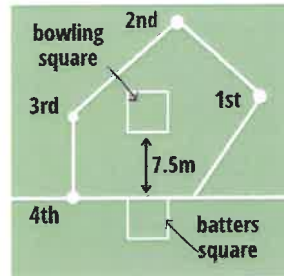
Knowledge Organiser

Rounders Year 5 and Year 6

About this Unit

Rounders is a striking and fielding game. The game has one fielding team and one batting team. Both teams will play one round, called an 'innings', as fielders and once as batters. Batters hit a small ball with a bat that has a rounded end. They score by running around the four bases on the field.

The game of rounders has been played in England since Tudor times.



Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out

Can you think of any other striking and fielding games that share these principles?



Key Vocabulary

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

Ladder Knowledge



Striking:
Year 5: stance is important to allow you to be balanced as you hit.
Year 6: momentum and power for striking a ball comes from legs as well as arms.

Fielding:
Year 5: backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.
Year 6: assess the situation before selecting the fielding action.

Throwing and catching:
Year 5: look where the batter is before deciding where to throw.
 Use a close catch when the ball is coming straight at you and a deep catch when it is dropping from high.

Throwing and catching:
Year 6: make good decisions on who to throw to and when to throw in order to get batters out.
 Accuracy, speed and consistency of throwing and catching will help to limit a batter's score.

Movement Skills

- throw
- catch
- bowl
- bat
- field

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

Social communication, collaboration, respect, co-operation
Emotional honesty, self regulation, sportsmanship
Thinking select and apply skills, reflection, assess, tactics

Rules

OUTS

A player will be called out if they are:

- Caught out: fielders catches a batted ball
- Run out: their teammate runs to the same post as them
- Stumped out: fielder stumps the post that the batter is running to
- They run inside the bases

Tactics

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

Healthy Participation



- Backstops must stand 2m behind the batter.
- Batters must take their bat with them when they run.
- Always keep a safe distance between yourself and a batter.

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

How will this unit help your body?

agility, balance, co-ordination, speed.



Home Learning

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

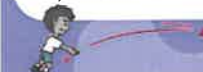
Spell it Out

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

How to play:

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

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



www.getset4education.co.uk

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



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