



Get Set 4 Education

Knowledge Organiser Gymnastics Unit 1 Nursery/Reception



About this Unit



Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.



star



tuck



pike



straight



straddle



Communication and Language



If children enjoy this unit why not see if there is a gymnastics club in their area to signpost them to.

Key Vocabulary

- | | | |
|---------|-------|----------|
| balance | land | squeeze |
| bend | rock | star |
| copy | roll | still |
| hold | shape | straight |
| jump | | |



Ladder Knowledge



- | | | | | |
|---|---|---|--|--|
| Shapes:
Children will learn to make different shapes with their body. | Balances:
Children will learn to be still when holding a balance. | Rolls:
Children will learn to change their body shape to help them to roll. | Jumps:
Children will learn that bending their knees will help them to land safely. | Strategy:
Children will learn that counting to five when holding a shape or balance will allow people to see it clearly. |
|---|---|---|--|--|

Personal, Social and Emotional

- This unit will develop the following skills:
- | | |
|------------------|--|
| Social | work safely, collaboration, share and take turns |
| Emotional | determination, confidence |
| Thinking | comprehension, creativity, select and apply |

Physical Development

Physical Skills

- shapes
- balances
- jumps
- rocking
- rolling
- travel

- Children will be taught to:
- Move around safely and with control.
 - Have an awareness of others and items in the teaching space.
 - Take turns when instructed.
 - To store equipment safely when not in use.
 - Remove shoes and socks when taking part in gymnastics lessons.
 - To use apparatus safely.



Home Learning

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



Transporter



What you need: two markers and an object to balance

How to play:

- Place two markers 5m apart.
- Begin next to one of the markers. The aim of the game is to transport your object from one marker to another without dropping it on the floor.
- Can you find a way to transport the object balancing it on your:
 - Stomach
 - Arm
 - Head
 - Back
- Playing against someone else? Race each time to see who can transport the object the quickest.



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This unit will help children to:

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

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



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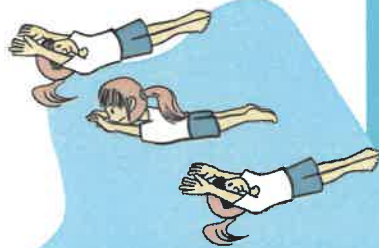
About this Unit

Children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences.

They begin to understand using levels and directions when travelling and balancing.



barrel roll



straight roll

Ladder Knowledge

Shapes:	Balances:	Rolls:	Jumps:	Strategy:
Children will learn to make different shapes with their body.	Children will learn to be still when holding a balance.	Children will learn to change their body shape to help them to roll.	Children will learn that bending their knees will help them to land safely.	Children will learn that counting to five when holding a shape or balance will allow people to see it clearly.

Personal, Social and Emotional

This unit will develop the following skills:

- Social** work safely, collaboration, share and take turns, support others
- Emotional** determination, confidence
- Thinking** comprehension, creativity, select and apply

Physical Development

Physical Skills

- shapes
- balances
- jumps
- rock and roll
- barrel roll
- straight roll
- progressions of a forward roll
- travelling



- Children will be taught to:
- Move around safely and with control.
 - Have an awareness of others and items in the teaching space.
 - Take turns when instructed.
 - To store equipment safely when not in use.
 - Remove shoes and socks when taking part in gymnastics lessons.
 - To use apparatus safely.



Home Learning

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



Communication and Language



Key Vocabulary

around	land	still
balance	over	straight
hold	rock	through
jump	roll	travel

If children enjoy this unit why not see if there is a gymnastics club in their area to signpost them to.



This unit will help children to:

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

Book Balance

What you need: your favourite story

How to play:

- Using your favourite story, pick out three characters and create a balance that represents each one e.g.



- Read through your story or ask someone else to!
- Each time the character is mentioned, hold the balance you have created for five seconds.
- Make this harder by holding your balance until the next character is mentioned!

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



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Get Set 4 Education

Knowledge Organiser

Swimming

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.

Stop and think:

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



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

So, here are four key messages to help you to stay safe:



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

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



Healthy Participation

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



Key Vocabulary



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

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

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

Emotional

confidence, determination, perseverance

Thinking

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.



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

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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