



Get Set 4 Education

Knowledge Organiser Team Building Year 1

About this Unit

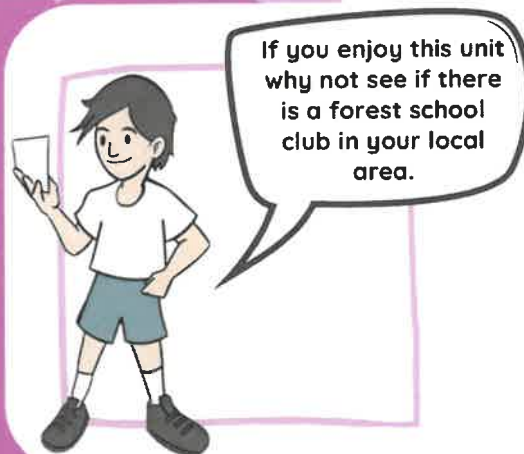
Being able to work as a team is an important skill.
What helps to make you a good team mate?



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.



This unit will help you to:

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

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...'



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Get Set 4 Education

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.

Working together:

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



Problem solving:

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



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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About this Unit

In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.

star

tuck

pike

arch

straddle

dish

Key Vocabulary



action	jump	speed
balance	level	squeeze
control	point	star
direction	roll	straight
	shape	travel

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

Ladder Knowledge 	Shapes: You can improve your shapes by extending parts of your body.	Balances: Balances should be held for 5 seconds.	Rolls: You can use different shapes to roll.	Jumps: Landing on the balls of your feet helps you to land with control.
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Movement Skills

- travelling actions
- shapes
- balances
- shape jumps
- barrel roll
- straight roll
- forward roll

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

- Social** respect, collaboration, sharing, work safely
- Emotional** confidence, self regulation, perseverance
- Thinking** comprehension, select and apply action, creativity

Strategy

Use a starting and finishing position so that people know when your sequence has begun and when it has ended.

Healthy Participation

- Remove shoes and socks.
- Make sure the space is clear before using it.

Home Learning

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

Crabs and Scorpions

What you need: two markers, one player, one person to time

How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Transport the socks one at a time from one marker to the other.
- How many socks can you move in 2 minutes?

Rules:

- Socks must be carried on stomach on the way there (crab)
- Players must travel back on their hands and feet stomach facing down (scorpion)

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This unit will help you to:

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

Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Ladder Knowledge



Shapes:

Some shapes link well together.

Balances:

Squeezing your muscles helps you to balance.

Rolls:

There are different teaching points for different rolls.

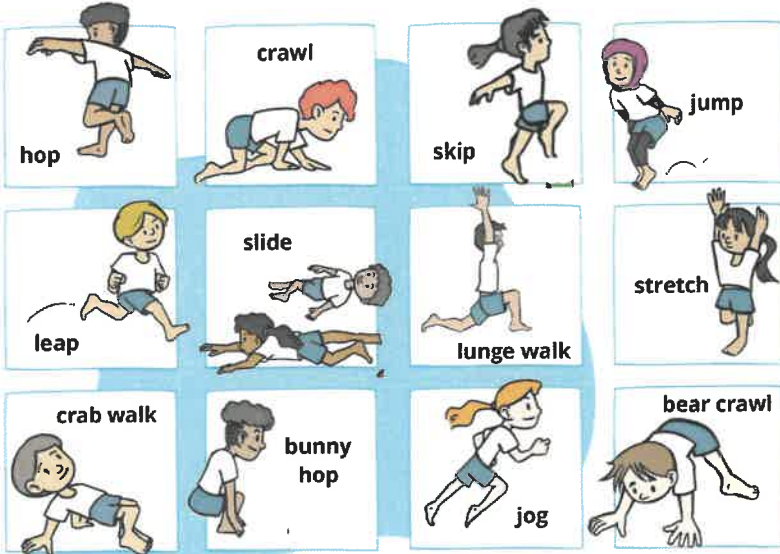
Jumps:

Looking forward will help you to land with control.

About this Unit

In gymnastics you learn to move your body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.

Here are some cool ways to travel.



Movement Skills

- shapes
- balances
- travelling actions
- shape jumps
- barrel roll
- straight roll
- forward roll

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

Social

leadership, work safely, respect

Emotional

confidence, independence

Thinking

select and apply actions, creativity

Strategy

Use shapes that link well together, it will help your sequence to flow.

Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

Home Learning

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



Gymnastics Obstacle Course



What you need: a dressing gown rope, two pillows and toy

How to play:

- Create a gymnastics course by placing out the rope, pillows and toy.
- Balance along the rope, jump and land on each of the pillows then create a balance by creating the same shape as your chosen toy.
- Place the items further apart and link your actions using different travelling actions e.g. crawl, spin, hop, lunge etc.



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Key Vocabulary



balance	pike	speed
direction	roll	star
level	sequence	straddle
link	shape	tuck
pathway		

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



This unit will help you to:

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

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

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.

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.

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

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



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 its 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



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



This unit will help you to:

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

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 cap with a lifeguard, a supervising adult, a kickboard and some waterproof objects



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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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Get Set 4 Education

Knowledge Organiser Swimming Year 3 and Year 4

About this Unit



Learning how to swim is very important! It's like having a special superpower that helps you stay safe and have lots of fun in the water.

Let's see why:

- Safe swimmer: when you know how to swim, you can be a safe swimmer and avoid getting into trouble in the water. It's like wearing a magical shield that keeps you safe from water dangers.
- Water hero: imagine being a water hero who knows how to help someone if they're in trouble in the water.
- Strong and healthy: swimming is like a workout for your whole body. It makes your muscles strong, your heart happy, and keeps you fit and healthy.
- Awesome adventures: when you can swim, you can try so many cool things like snorkelling to see colourful fish, surfing on big waves, or even playing fun water games with your friends.
- Believe in yourself: learning to swim might seem tricky at first, but when you practice and learn, you'll feel very proud of yourself.

Key Vocabulary



- alternate:** one then the other
- backstroke:** a swimming style performed on the back
- breaststroke:** a swimming style performed on the front
- breathing:** when a swimmer chooses to breathe
- buoyancy:** how able an object is to float in water
- crawl:** a type of stroke
- floating:** the ability to stay on the water's surface
- front crawl:** a stroke used in swimming
- glide:** move across the water with a smooth continuous movement
- H.E.L.P position:** Heat Escape Lessening Posture: a position for floating in cold water when wearing a life jacket and awaiting rescue
- handstand:** an inverted balance in which weight is held on hands
- huddle:** a position for two or more people floating in cold water wearing life jackets and awaiting rescue
- rotation:** the circular movement of an object around a central point

- sculling:** quick movements of the hands to keep the head above the water
- sidestroke:** a stroke where the swimmer lies on their side, helpful as a lifesaving stroke as it uses less energy
- sinking:** travelling lower than the surface
- stroke:** the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle
- submerge:** to be underwater
- surface:** where the water ends
- surface dive:** to go beneath the water
- survival:** the act of living
- tactics:** a plan or strategy
- technique:** the action used correctly
- treading water:** a survival technique used to keep the head above the water
- water safety:** actions to keep people safe around water

Ladder Knowledge



- Year 3:** keeping your legs together for crawl helps you to stay straight in the water.
- Year 4:** keeping your legs together for crawl helps you to stay straight in the water.

Strokes:

- Year 3:** turning your head to the side to breathe will allow you to swim with good technique.
- Year 4:** breathing out with a slow consistent breath enables you to swim for longer before needing another breath.

Breathing:

Water safety:

- Year 3:** treading water enables you to keep upright and in the same space.
- Year 4:** if you fall in the water float.

Movement Skills

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

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

- Social:** communication, support and encourage others, keep myself and others safe, collaboration,
- Emotional:** confidence, honesty, determination, independence, perseverance
- Thinking:** comprehension, observe and provide feedback, tactics, select and apply skills

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

Dolphin Dash



What you need: a swimming pool with a lifeguard, a supervising adult

How to play:

- Choose a starting and finishing point in the pool. These can be across the width of the pool or from one end to the other.
- Line up at the starting point. Everyone will be a dolphin for this game!
- Swim using your best dolphin strokes by moving your body in a wave like motion with arms and legs straight!
- Every few strokes, do a little dolphin jump by lifting your upper body slightly out of the water. Pretend you're leaping over waves.
- Playing with others? Who can reach the other side first?
- Playing by yourself? How long does it take you to reach the other side?



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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.

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

hit

- use the middle of the racket
- point your racket where you want the ball to go

track

- move your feet
- get in line with the ball

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 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

Tactics

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

Key Vocabulary



- | | |
|---------|----------------|
| net | ready position |
| partner | score |
| point | track |
| racket | underarm |

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

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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About this Unit

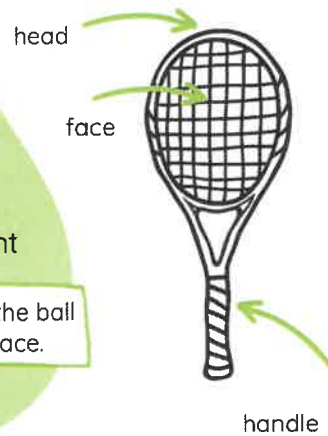
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

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



Key Vocabulary



against	ready position
defend	receive
partner	return
point	trap
quickly	



Ladder Knowledge



Hitting:	Feeding:	Rallying:	Footwork:
watch the ball as it comes towards you to help you to get ready to hit it.	use enough power when throwing to let the ball bounce once before your partner returns it.	sending the ball towards your partner will help you to keep a rally going.	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 | Defending tactics |
| <ul style="list-style-type: none"> • Hit or throw the ball away from your opponent • Make quick decisions about where to hit/throw | <ul style="list-style-type: none"> • 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 rackets, 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 underneath 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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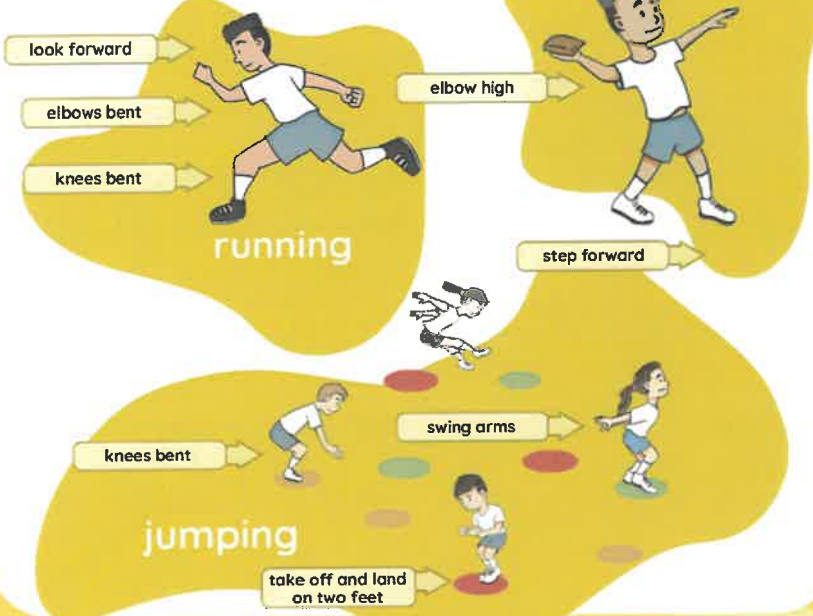
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- change direction quickly
- balance
- move different parts of your body at the same time
- be faster
- move for longer

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About this Unit

Athletics is made up of running, jumping and throwing.



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.



This unit will help you to:

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

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



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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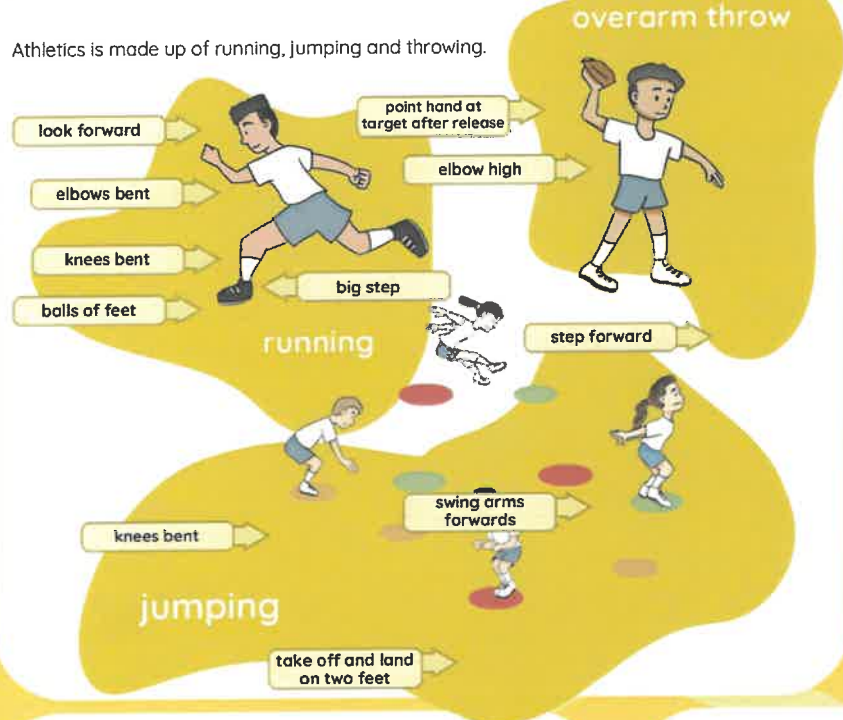


Key Vocabulary

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

About this Unit

Athletics is made up of running, jumping and throwing.



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.

Key Vocabulary



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



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

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, 3 large bottles, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket so 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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