

About this Unit

Rugby is a fun game where two teams play against each other. It's called an invasion game because you try to enter the other team's space to score goals.

Rugby started in 1823 at a school called Rugby School. A pupil named William Webb Ellis picked up the ball while playing football and ran towards the other team's goal. This new way of playing became rugby!

If you choose to wear tags on your waist, opponents try to pull these off instead of tackling. It's all about teamwork, running, dodging and passing.

Invasion Games Key Principles

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

Rugby balls are different because they are shaped like an egg. They became oval by accident because of the rubber tubes used to make them.



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



Key Vocabulary

attack: the offensive action of trying to score goals or points

communicate: sharing information with others

control: with good technique

defend: try to limit the opposition scoring by marking a space or player to gain possession

dodge: change direction quickly, often used to lose a defender or avoid being caught

opposition: the other team

pitch: the space used for a tag rugby game

receiver: the person catching the ball

tactics: a plan that helps you to attack or defend

teamwork: working with others to achieve

technique: how you apply a skill

tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Swing your hands to your target when throwing to help to send the ball accurately.

Space:

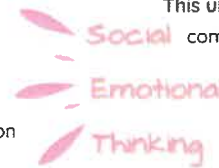
Spread out as a team to help you to move the defenders away from each other.

Attacking and defending:

As an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Movement Skills

- throw
- catch
- run
- change speed
- change direction



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

Social communicate, support, collaboration, respect

Emotional perseverance, self regulation, honesty, determination

Thinking make decisions, comprehension, application of rules and tactics

Rules

Tagging:

- Players wear two tags, one on each side.
- Players cannot push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- Once you have tagged, stand still, hold up the tag and shout 'tag' then give the tag back. The attacker needs to pass then place the tag back on their belt before re-joining the game.

Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.

Offside:

- Defending players must try to stay in front of the ball carrier.
- Onside is in front of the ball carrier, offside is behind the ball carrier.

Tactics

Using simple tactics will help your team to achieve an outcome e.g. we will defend in a line to help us to gain possession of the ball.

Healthy Participation

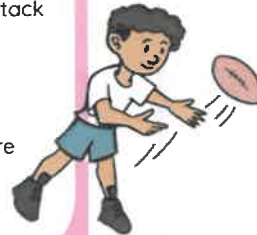


- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

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

How will this unit help your body?

agility, balance, co-ordination, speed, stamina



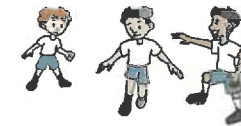
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Hats

What you need: a paper plate or cup per player

How to play:

- Players place their plate or cup on their head
- Aim of the game is to knock the oppositions object off their head whilst keeping your own.



Who's the last one left?

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



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About this Unit

Rugby 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.

Rugby was created in 1823 at Rugby School, when William Webb Ellis, one of the pupils there, picked up the ball whilst playing football and began running towards the opposition's goal. In 1871, the first international game was played and rugby is now played all over the world.

Invasion Games Key Principles

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

Rugby balls are different to most other balls because of their 'egg shape'. The balls were made using rubber tubes which because of their flexibility became oval by accident!



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

Key Vocabulary

accelerate: speed up
delay: to slow an object or player
dodge: change direction quickly, often used to lose a defender or avoid being caught
forward pass: when the ball is passed in the direction of a team's try line
gain: get possession of the ball
invasion: a game of two teams who invade each other's space to score goals
limit: to reduce
offside: when a tag is made, all defending players must get into an outside position. Outside is in front of the ball carrier, offside is behind the ball carrier.

onside: when the defender is in front of the ball carrier
option: possible choices
pitch: the space used for a tag rugby game
possession: to have
supporting: being an option for the person with the ball
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
try: the name of a point scored by placing the ball over the try line

Ladder Knowledge



Sending & receiving:

Cushioning a ball will help you to control it when catching it.

Space:

Moving into space will help your team keep possession and score goals.

Attacking and defending:

As an attacker run to the try line if there is a clear path. Pass when a teammate is free and in good space. As a defender track a player to stop them from being an option. Try to tag the ball carrier.

Movement Skills

- throw
- catch
- run
- change speed
- change direction



This unit will also help you to develop other important skills. support others, inclusion, communication, collaboration, respect

determination, honesty, independence, perseverance

decision making, comprehension, select and apply, reflection, identify strengths and areas for development

Rules

Tagging:

- Players wear two tags, one on each side.
- Players cannot push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- Once you have tagged, stand still, shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker has 3 seconds to pass then must place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.

Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.
- If a team uses a forward pass (any pass where the ball travels in the direction of the team's scoring/try line), a free pass is given to the non-offending team.

Offside:

- When a tag is made, all defending players must get into an onside position.
- Onside is in front of the ball carrier, offside is behind the ball carrier.
- Defenders must be three big steps in front of the ball carrier after a tag has been made and are not allowed to intercept or block the pass after a tag is made.



Blue team try line

Tactics

Using tactics will help your team to maintain possession and score or deny space, gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

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

The Rescuer

What you need: a marker e.g. a cushion, an object e.g. a teddy bear and a partner

How to play:

- Place your marker down to indicate the start and finish line.
- Place your object 10m away.
- One person, the rescuer, begins on the start marker, partner edges three big steps away. Rescuer attempts to reach the object and bring it back to the marker without being tagged by your partner.
- If tagged, the rescuer must go back to the start marker to try again.
- Have three attempts then change roles.

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Get Set 4 Education

Knowledge Organiser Fundamentals Year 3

About this Unit

Fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They're like the building blocks for all the other sports and activities you'll do in your life. So, when you practice these skills, you're getting better at moving your body in different ways, which makes it easier for you to play games and sports, and even just have fun with your friends!

- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.



Can you think of any other examples of when these elements would be useful?



Key Vocabulary



- agility:** the ability to change direction quickly
- balance:** the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)
- co-ordination:** moving two or more body parts at the same time
- control:** being able to perform a skill with good technique
- rhythm:** a strong, regular repeated pattern of movement
- take off:** how you leave the ground e.g. one foot or two feet.
- technique:** the action used correctly

Ladder Knowledge



Running:
Leaning slightly forwards helps to increase speed. Leaning slightly backwards helps you to slow down.

Agility helps us with everyday tasks.

Balancing:

Balance helps us with everyday tasks.

Jumping and hopping:

If you jump and land quickly, you will travel further.

Skipping:

Turn the rope from your wrists with wide hands to create a gap to step through.

Movement Skills

- balance
- run
- dodge
- hop
- jump
- skip

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

Social respect, communication, co-operation, safety

Emotional determination, perseverance, honesty, independence

Thinking comprehension, select and apply, tactics, exploration

Strategy

Try to develop your fundamental movement skills in everyday activities e.g. standing on one foot while brushing your teeth will develop balance and co-ordination. Hopping or jumping to the kitchen will give you a chance to develop these skills.

Healthy Participation



- Move in a safe way both with and without equipment.
- Ensure that all equipment is stored safely when not in use.

Home Learning



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



Stick Lunge



What you need: 2 players and stick e.g. a broomstick / mop

How to play:

- Players take it in turns to perform a lunge action
- Knees low, back straight, chest facing forwards.
- Lift the stick horizontally in front, with arms locked straight
- The other player attempts to destabilise the lunge by pushing and pulling the stick at the ends
- The player lunging tries to stay balanced and controlled in their lunge position throughout
- Count for 30 seconds and switch over.
- Repeat with the opposite leg forward.



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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



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



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About this Unit

Fundamental movement skills are a specific set of skills that involve different body parts. These skills are the base for more complex skills that you will learn throughout your life. They help us take part in games, sports and everyday activities. We use them when we walk, jump, ride a bike, eat food, get dressed, brush our teeth, sing and dance.

Physical fitness includes many different parts such as agility, balance, co-ordination, speed, stamina and strength. These elements are so important in everyday activities such as these examples...

- Agility is...
- Balance is...
- Co-ordination is...
- Speed is...

Can you finish the sentences?



Key Vocabulary



- accelerate:** speed up
agility: the ability to change direction quickly
balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)
co-ordination: moving two or more body parts at the same time
control: being able to perform a skill with good technique
decelerate: slow down
distance: the measurement of space
momentum: the direction created by weight and power
react: to respond quickly
rhythm: a strong, regular repeated pattern of movement
speed: how fast you are travelling
stability: balanced
technique: the action used correctly

Ladder Knowledge



Running:

Keep your elbows bent when changing direction to help you to stay balanced.

Balancing:

Squeeze different muscles to help you to stay balanced in different activities.

Jumping and hopping:

Swing your non-hopping foot helps to create momentum.

Skipping:

Keep your chest up to help you to stay balanced.

Movement Skills

- balance
- run
- dodge
- hop
- jump
- skip

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

Social respect, collaboration, support and encourage others

Emotional determination, perseverance, honesty

Thinking select and apply, observation, provide feedback, comprehension

Strategy

Identify your areas of strength and your areas for development. Then, think of everyday activities where you could practice e.g. standing on one foot while brushing your teeth will develop balance and co-ordination.

Healthy Participation



- Move in a safe way both with and without equipment.
- Ensure that all equipment is stored safely when not in use.

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

Home Learning

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

Change it

What you need: someone to time, four cushions and three socks.

How to play:

- Place the cushions randomly in a space. Place a sock on three of the four cushions, leaving one cushion empty.
- Time one minute.
- Collect one sock from a cushion and place it on top of the empty cushion. Then collect another sock from another cushion and place it on the new empty cushion. How many socks can you move in one minute?
- Play again, can you improve your score?
- Make this harder by moving the cushions further apart.

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

About this Unit

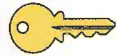
Football is an invasion game where two teams play against each other. The main goal is to invade the other team's space and score goals. In this unit, you will learn important attacking skills like dribbling, passing, shooting, as well as defending skills such as tracking and intercepting. We'll also focus on teamwork to apply tactics and move the ball towards goal and score.

Sometimes you will be asked to manage your own games. Keys to doing this successfully are:

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



Follow the rules.



Be honest.



Be kind to others.

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



Key Vocabulary

accurate: successful in reaching the intended target
attack: the offensive action of trying to score goals or points
communicate: share information
control: being able to perform a skill with good technique
defend: try to limit the opposition scoring by marking a space or player to gain possession
delay: to slow an object or player
intercept: to gain possession of the ball
invasion: a game of two teams who invade each other's space to score goals

pitch: the space used for the game
possession: to have
shoot: to send the ball towards the goal
referee: the person who makes sure the rules are followed
tactics: a plan that helps you to attack or defend
teamwork: working with others to achieve
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



Sending & receiving:

Point your kicking foot to your target when sending the ball to help to send it accurately.

Dribbling:

Dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Space:

Spreading out as a team will help to move the defenders away from each other.

Attacking:

As an attacker you need to maintain possession and score goals.

Defending:

As a defender you need to stop the opposition and gain possession.

Movement Skills

- run
- dribble
- pass
- receive
- track



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

- co-operation, communication, respect, listening
- determination, honesty, fairness, persevere
- make decisions, comprehension, select and apply skills, tactics

Rules

- No fouling (not too much contact - pushing etc). Fouls result in a free kick for the opposition.
- If the ball goes off the sides of the pitch the opposition have a 'kick-on'.
- If the ball leaves the pitch next to the goal, it is a goal kick (no corners in this unit).
- When the team starts with the ball (goal kick), the opposition must begin next to their goal.
- When a goal is scored, the opposition restarts the game with a goal kick.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals..

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



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

Roll Goal

What you need: at least 2 players, a ball, 4 markers

How to play:

Set up a goal approx. 2 metres wide with two markers marking corners. Take turns to roll the ball into the goal. A shot through the centre of the goal is 1 point, scoring in a corner is 2 points and missing the target is 0.

The ball must fully pass the goal line to count as a goal.

Now shoot using feet, aiming to score 1 or two points. Make it harder by having one person stand in the goal as the goalkeeper.

Tip tip use your toes to gain power or the side of your foot for a more accurate shot



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

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.

Bally ballerson!

Early versions of football can be traced back over 3000 years to the Mesoamerican civilisation where the ball they played with was actually a rock! Ancient Chinese civilisations used a round ball made out of feathers or fur, the Aboriginals used balls made of leaves and in Medieval Europe the ball was made out of a pig's bladder. When football as we know it grew in popularity, the ball changed too and nowadays, the ball is made out of leather.



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



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



Key Vocabulary

- accelerate:** speed up
- communicate:** share information
- control:** being able to perform a skill with good technique
- cushion:** take the power out of an object
- decision:** select an outcome
- delay:** to slow an object or player
- deny:** to prevent an action happening
- invasion:** a game of two teams who invade each other's space to score goals
- opposition:** the other team
- option:** possible choices
- pitch:** the space used for the game
- possession:** to have
- referee:** the person who makes sure the rules are followed
- 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



Sending & receiving:
Cushioning the ball will help you to control it when receiving it.

Dribbling:
Using changes of direction and speed when you dribble will help you to maintain possession.

Space:
Moving into space will help your team keep possession and score goals.

Attacking:
Shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space.

Defending:
Mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- run
- dribble
- pass
- receive
- track



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

co-operation, respect, communication

determination, honesty, persevere, independence

decision making, comprehension, select and apply, use tactics

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.

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



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

Shrink and Move



What you need: A ball and three markers (e.g. cushions)

How to play:

- Place two markers 2m apart to create a goal and the third marker 5m away as the starting point.
- Attempt to kick the ball through the goal.
- If successful, **shrink** the goal making it smaller. Repeat, trying to kick the ball through the goal.
- If successful, **shrink** the goal again and repeat.
- When the goal is ball sized, the next challenge is to **move** the start cone back 1m.
- If successful, repeat **moving** the start cone back again.



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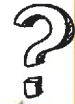
Head to our youtube channel to watch the skills videos for this unit. @getset4education136

About this Unit

You can move a ball in lots of different ways using lots of different parts of your body. In this unit you will learn how tracking helps you to improve all of your ball skills. Tracking is like having a built-in radar for the ball, it helps you predict where the ball is going next, useful whether you are dribbling, catching, or passing to another teammate.



Do you know which of these sports uses each of these movement skills?



Examples of games that use ball skills:

Target Games	Invasion Games	Striking & Fielding Games	Net & Wall Games
Boules	Netball		
Boccia	Football	Rounders	Tennis
New Age Kurling	Tag Rugby	Cricket	Volleyball
Dodgeball	Handball	Baseball	Badminton
	Basketball		

Key Vocabulary



- accurate:** successful in reaching the intended target
- block:** to prevent a movement or pathway of an object
- opponent:** someone not on your team
- personal best:** a target outcome of an individual
- possession:** when a team has the ball they are in possession
- power:** speed and strength combined
- receive:** to collect or stop a ball that is sent to you
- technique:** the action used correctly
- track:** to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Sending:
Pointing your hand/foot to your target as you release will help you to send a ball accurately.

Catching:
Moving your feet to the ball will make you more successful at catching.

Tracking:
Use a ready position to help you to react to the ball.

Dribbling:
Dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.

Movement Skills

- track
- throw
- catch
- dribble
- kick

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

Social

respect, co-operation, communication

Emotional

perseverance, motivation, self-regulation, concentration, independence

Thinking

comprehension, select and apply, feedback, make decisions

Tactics

Being closer to the target may bring you more success.
Moving the ball will make it harder for your opponents to track.
Spreading out will make it harder for your opponents to see the space and score.

Healthy Participation



Make sure unused balls are stored in a safe place to stop them rolling.

Make sure you work in a safe space and show an awareness of others as you send a ball.

If you enjoy this unit why not see if there is a ball game e.g. a football 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



Ballers



What you need: 1 ball, 1 wall, 4 markers and 2 players, a timer

How to play:

- **Throwing:** throw the ball against a wall and catch the rebound. How many can you catch in 1 minute?
- **Catching:** Stand opposite a partner. Each successful catch earns a point. How many points can you earn in 1 minute?
- **Dribbling:** Dribble around markers placed in a zigzag pattern. Time how long it takes to complete the course without touching the markers. Can you beat your own time with each attempt?
- **Kicking:** Set up a goal using two markers and practise kicking into the goal from different distances. Take turns to be the goal keeper. How many goals can you score in 1 minute?



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



@getset4education136

About this Unit

Ball skills build hand-eye co-ordination, spatial awareness and balance. You can control a ball using lots of different parts of your body. You may have seen a football player kick and dribble with their feet, or even use their head to header the ball, their hands to save a goal or throw the ball in from a sideline. The ball skills in this unit will help you in lots of activities and sports.



Examples of games that use ball skills:



Do you know which of these sports uses each of these movement skills?

Target Games	Invasion Games	Striking & Fielding Games	Net & Wall Games
Boules	Netball		
Boccia	Football	Rounders	Tennis
New Age Kurling	Tag Rugby	Cricket	Volleyball
Dodgeball	Handball	Baseball	Badminton
	Basketball		

Key Vocabulary

- accurate:** successful in reaching the intended target
- block:** to prevent a movement or pathway of an object
- collect:** to pick up
- control:** being able to perform a skill with good technique
- decision:** select an outcome
- momentum:** the direction created by weight and power
- opponent:** someone not on your team
- personal best:** a target outcome of an individual
- possession:** when a team has the ball they are in possession
- power:** speed and strength combined
- pressure:** to add challenge
- react:** to respond to quickly
- receive:** to collect or stop a ball that is sent to you
- select:** choose
- technique:** the action used correctly
- track:** to move your body to get in line with a ball that is coming towards you



Ladder Knowledge



Sending:
You can use a variety of ways to send the ball and it may depend on the situation e.g. distance, speed, if there is a defender.

Catching:
Adjust your hands to the height of the ball. Little fingers together for a close catch, thumbs together for a high catch.

Tracking:
Tracking a ball is an important skill used in games activities such as rounders, football and tennis.

Dribbling:
Dribbling with soft hands/touches will help you to keep control.

Movement Skills

- track
- throw
- catch
- dribble
- kick

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

- Social** communication, work safely, collaboration
- Emotional** perseverance, personal challenge, calmness, fairness
- Thinking** provide feedback, tactics, comprehension, reflection, make decisions

Strategy

Whether you are using your hands or feet, lots of teaching points that help you to use a ball are the same. For example when dribbling a ball with your hands, feet or even bouncing it on a racket, using soft touches will help you to control it.

See if you can think of any other teaching points that are the same even when using different body parts.

Healthy Participation



Make sure unused balls are stored in a safe place to stop them rolling.

Make sure you work in a safe space and show an awareness of others as you send a ball.

Home Learning

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

Kerby

What you need: 1 ball, two kerbs that are approx. 4m apart, 1 or more players

How to play:

- Players stand opposite each other on the pavement.
- Players take turns to throw to hit the opposite kerb.
- If successful the player can take a jump towards the opposite kerb and throw again.
- If unsuccessful the other player gets a turn.
- When throwing, if the ball bounces back and hits your own kerb or if it bounces back and you catch it, you take two jumps towards the opposite kerb.
- First player to reach the opposite kerb wins.



Play with more people by playing in teams.

www.getset4education.co.uk

If you enjoy this unit why not see if there is a ball game e.g. a basketball club in your local area.

How will this unit help your body?

agility, balance, co-ordination, speed



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



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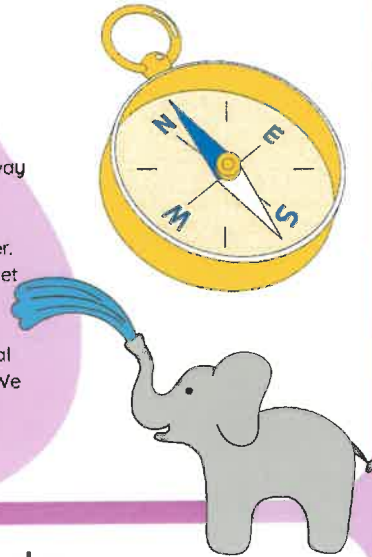
About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in an orienteering activity.

Orienteering is an activity that uses a map and compass to help the people taking part find their way around a course.

Maps help you travel from one location to another. They help you to find where you are and how to get where you want to go.

A compass is a device that shows you the cardinal directions. These are North East South and West. We can use a saying to help us to remember this **'Naughty Elephants Spray Water'**. A compass will always point to North.



Key Vocabulary

- communication:** share information
- compass:** a device that shows the cardinal directions
- course:** includes a start point, control points, and a finish point when orienteering
- discuss:** talk about
- honest:** give facts
- interrupt:** to speak while others are speaking
- map:** used to show locations
- route:** the path taken
- support:** to help
- symbol:** a sign, shape or object representative of different features on a map e.g. a triangle for a mountain
- tactics:** a plan to solve a problem
- teamwork:** working with others to succeed
- trust:** to believe in others



Ladder Knowledge



Problem solving:

Trying ideas before deciding on a solution will help you to come up with the best idea.

Navigational skills:

Holding a map so that the items on the map match up to real life will help you to read and understand the map and situation.

Communication:

Take turns when giving ideas and do not interrupt each other.

Reflection:

Think about when and why you are successful at solving challenges to help you in the future.

Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

Social communication, co-operation, inclusion, collaborate

Emotional determination, trust, confidence, honesty

Thinking problem solving, evaluate, reflection, create, comprehension, select and apply

Rules

Use rules given to you honestly to help to keep yourself and others safe.

Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.



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

How will this unit help your body?

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

Cross the swamp



What you need: Some toys and two pillows

How to play:

- Place your toys 8m away from a start line. This could be in another room if playing indoors.
- imagine that the space between the start line and the toys is a swamp.
- To rescue the toys use the two pillows to cross the swamp and retrieve one toy at a time
- You cannot touch the swamp. How many toys can you rescue in 3 mins?

Watch out for the crocs!



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About this Unit

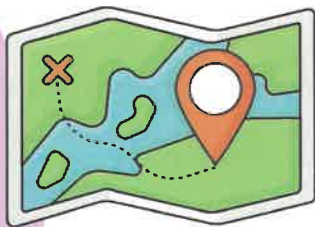
OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills put them into practise in different orienteering activities.

Map Reading

When orienteering it is important to be able to read a map. Map reading skills help you to figure out where you are and how to get to where you want to go

Maps show us all of the amazing places on our planet, from towering mountains to sparkling rivers and bustling cities.

Reading a map is like solving a puzzle. A map often has a key which contains an explanation of what the different symbols on the map mean. When you learn to read these symbols, you can unlock the secrets of the map and understand what it is telling you.



Key Vocabulary

collaborate: work jointly with others

communicate: share information

effectively: achieving a desired outcome

instructions: information to guide a task

key: information given to help identify objects on a map

leader: a person who guides others

navigate: to plan or follow a route

orientate: to turn a map so that it always faces the same way as the ground it represents

reflect: to think back on the experience

role: the job given to each person

solve: to find an answer

symbol: a sign, shape or object representative of different features on a map e.g. a triangle for a mountain

teamwork: working with others to succeed



Ladder Knowledge



Problem solving:

Discussing the advantages and disadvantages of ideas will help to guide you to a conclusion about which idea to use.

Navigational skills:

Using a key and cardinal points on a map will help you to orientate it.

Communication:

There are different types of communication that you can use. This could be visual, verbal or physical. This means you can communicate without talking.

Reflection:

Critically reflecting on when and why you are successful at solving challenges will help you to improve in future challenges.

Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

Social communication, co-operation, collaboration

Emotional determination, resilience, honesty, trust, confidence

Thinking problem solving, evaluation, reflection, create, select and apply

Rules

Working with integrity means following the rules even when no-one else is watching. By having good integrity, we gain trust from others, learn to be dependable and form positive relationships.

Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.

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



How will this unit help your body?

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



At a stretch

What you need: Three pieces of paper and a measuring tape (optional).

How to play:

- Begin standing on one piece of paper

Challenge: How far away from the paper you are standing on, can you place one of the other pieces of paper?

Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?

Plan, do and reflect. You have 3 minutes to practise before you measure.



www.getset4education.co.uk

About this Unit

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

Machines

There are an estimated 10 million factories in the world.

Industrial factories use big machinery to build things such as aeroplanes, cars, computers and electrical goods (like toasters, microwaves and washing machines).

Machines are made up of different parts that make them work and control their movements...

...such as levers, cogs, pistons, pumps and chains.

A trip to...

Dance Actions

LINE DANCING STEPS

Step 1: The Fan

counts: 1,2,3,4,5,6,7,8

Step 2: Heel, Toe

counts: 1,2,3,4,5,6,7,8

Step 3: Step Kick, Step Touch

counts: 1,2,3,4,5,6,7,8

Step 4: Grapevine

counts: 1,2,3,4,5,6,7,8

Key Vocabulary

action: the movement a performer uses e.g. travel, jump, kick
canon: when performers complete the same action one after the other
create: to make
dynamics: how an action is performed e.g. quickly, slowly, gently
explore: to try out and discover ideas
expression: actions or gestures used to share thoughts or feelings
extend: to make longer

feedback: information given to make improvements
formation: where performers are in the space in relation to others
interact: to communicate with others
pathway: designs traced in space (on the floor or in the air)
perform: to present to an audience
pose: a position, usually still
timing: moving to the beat of the music
unison: two or more people performing the same movement at the same time



Ladder Knowledge



Actions: If you share ideas with other people in your group and work collaboratively, you can try ideas before deciding on the best actions for your dance.

Dynamics: All actions can be performed differently to help to show effect.

Space: Use space to help your dance to flow.

Relationships: 'Formation' means the same in dance as in other activities such as football, rugby and gymnastics.

Movement Skills

- actions
- dynamics
- space
- relationships

Social

Emotional

Thinking

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

share ideas, respect, collaboration, inclusion, leadership, work safely

confidence, acceptance, sensitivity, perseverance

select and apply actions, creativity, observe and provide feedback

Strategies

Use canon and unison to create different effects in your dance. Listen carefully to the music you are dancing to. Dancing with an awareness of the music will make your dance look more complete.

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

Name Dance

How to play:

- imagine that your body is a paint brush.
- Move as though your body is writing your name in space.
- Once you have created a movement for each letter, join them all together so that it becomes one dance.
- Add music to your dance and try to move in time to it.

Show your dance to a family member or friend.



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



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About this Unit

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

This dance is inspired by a spy!

Counts 1-4:
Creep forwards lightly on your toes, looking from side to side.

Counts 5-8:
Stand with your feet shoulder width apart, bend your knees. Transfer weight from left to right, turning your head from left to right. Repeat other side.

Counts 1-4:
Step whilst turning, travelling sideways to the left.

Counts 5 and 6:
Kick your right foot round in a circle.

Counts 7 and 8:
Run backwards quickly.

The Spy Set Phrase

CARNIVAL TIME

Samba music has its roots in Brazilian and African music.

Music and dance play a major role in the Rio de Janeiro Carnival.

The Twist

- The twist was a dance inspired by rock and roll music.
- It became the first worldwide dance craze in the early 1960s.
- The actions are wild and spontaneous, with swivelling of the hips and toes as the dancer moves up and down.
- Big facial expressions and exaggerated moves.

States of Matter

solid	actions	dynamics	space	relationships
	kick lunge stamp step slide	strongly heavily robotically	same level straight pathways	unison side by side in contact matching
	slide wave twist ripple extend	smoothly fluidly gently gracefully	curved pathways varied directions	some performers in contact canon
	spin leap roll kick jump	smoothly gently fluidly	varied directions pathways levels	random timing not in contact spaced

Key Vocabulary

action: the movement a performer uses e.g. travel, jump, kick
action and reaction: one movement has an effect on another movement e.g. push/pull, up/down, forward/backward
canon: when performers complete the same action one after the other
dynamics: how an action is performed e.g. quickly, slowly, gently
expression: actions or gestures used to share thoughts or feelings
flow: actions that move from one to another easily
formation: where performers are in the space in relation to others
match: to perform the same action as someone else
mirror: reflecting the movements of another person as if they are a reflection

mirror: reflecting the movements of another person as if they are a reflection
order: the sequence of actions
performance: the complete sequence of actions
phrase: a short sequence of linked movements
relationship: the ways in which dancers interact; the connections between dancers
represent: to stand for something
rhythm: a strong, regular repeated pattern of movement
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
unison: two or more people performing the same movement at the same time

Ladder Knowledge



Actions:
Some actions are better suited to a certain character, mood or idea than others. Think carefully about the actions you choose to help you show your dance idea.

Dynamics:
Some dynamics are better suited to a certain character, mood or idea than others. Think carefully about the dynamics you choose to help you show your dance idea.

Space:
Space can be used to express a certain character, mood or idea.

Relationships:
Some relationships are better suited to a certain character, mood or idea than others. Think carefully about the relationships you choose to help you show your dance idea.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social co-operation, communication, inclusion, collaboration

Emotional confidence, empathy, determination

Thinking observe and provide feedback, select and apply skills, creativity, comprehension

Strategies

Being aware of other performers in your group will help you to move in time. You can select from a range of dance techniques to help translate your dance idea such as actions, space, dynamics and relationships.

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

Family Fun Dance

How to play:

- Think of the "top 10" gestures and movements some of your family members do all of the time.
- Decide on two or more typical movements for each person.
- Link these into a dance performance and add some music to your dance.
- Perform to your family.
- If you have a brother or sister, you could create the dance with them about your parents.

You could even use your pets for ideas.

www.getset4education.co.uk



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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Get Set 4 Education

Knowledge Organiser Cricket Year 3

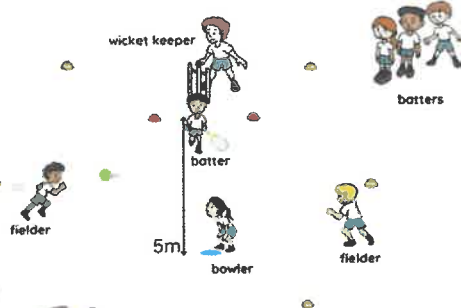
About this Unit

Cricket is a striking and fielding game. The game has one fielding and one batting team.

In cricket, players use their hands to catch balls, swing the bat to hit the ball, and field the ball while it's in motion. These actions require hand-eye coordination, which is essential for many other activities both in sports and daily life.

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



accuracy: how close the object is to the given target

bowl: when the bowler sends the ball to a batter

caught out: when a player catches an opponent's ball deeming them out

no ball: a bowled ball deemed to be outside of the rules

runs: what points are called in cricket

strike: to hit

tactics: a plan or strategy

technique: the action used correctly

tournament: a competition of more than two teams

track: to follow

umpire: a person who referees the game making sure the rules are followed

wicket: the three upright sticks and base

Ladder Knowledge



Striking:
Striking to space away from fielders will help you to score.

Fielding:
Communicate with teammates before throwing them a ball.

Throwing:
Being balanced before throwing will help to improve the accuracy of the throw.

Catching:
Move your feet to the ball.

Movement Skills

- underarm and overarm throwing
- underarm bowling
- batting
- catching

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

Social communication, support, collaboration, respect

Emotional honesty, perseverance, determination

Thinking select and apply skills and tactics, make decisions

Rules

BOWLING

- Underarm, only one bounce allowed or deemed a no-ball.

RUNS

- 1 point for each run between the wickets.
- 4 runs for a hit past the boundary which bounces first.
- 6 runs for a hit past the boundary which doesn't bounce first.
- If a 4 or 6 is scored, the runs between wickets do not count.

Fielders

- Spread out close to boundaries to prevent 4's and 6's.
- More fielders on one side based on the batter's dominant hand.

Tactics

Healthy Participation



Always keep a safe distance between yourself and a batter. Ensure you handle the racket/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

BATTING

- Batting teams are organised into pairs

OUT

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

Batters

- Bat to space away from fielders.

Home Learning



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



Score Runs



What you need: two or more players, a ball or rolled up pair of socks and two markers.

How to play:

- One player is the umpire and one the batter
- Umpire counts how many runs the batter can complete in one minute (swap roles).

Then:

- The batter collects a ball: the umpire is now a fielder
- The batter throws the ball and completes as many shuttle runs as they can.
- The fielder collects the ball and touches '1' on a marker to stop the batter

How many runs did the batter score? Switch roles.



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



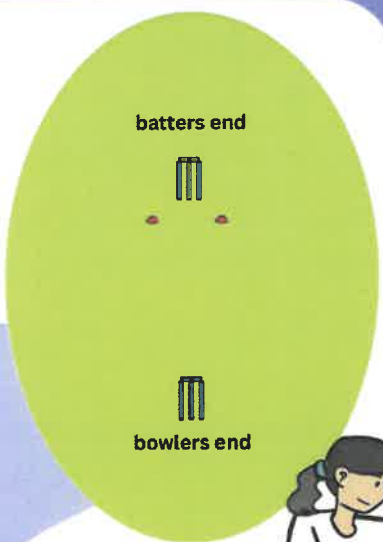
Get Set 4 Education

Knowledge Organiser Cricket Year 4

About this Unit

Cricket is a striking and fielding game. The game has one fielding and one batting team. A complete game can last until the fielders get the batters out or after a set number of overs.

The first ever international sporting event was a cricket match between Canada and USA in New York in 1844. Canada won.



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

accuracy: how close the object is to the given target

bowled out: when a bowler hits the wickets

caught out: when a player catches an opponent's ball deeming them out

cushion: take the power out of an object

decision: select an outcome

grip: the way an object is held

momentum: the direction created by weight and power

no ball: a bowled ball deemed to be outside of the rules

opposition: the other team

pressure: to add challenge

retrieve: to collect

run out: when a fielder hits a wicket before the batter is there

short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed

tactics: a plan or strategy

technique: the action used correctly

tournament: a competition of more than two teams

two-handed pickup: fielding technique where a field can scoop the ball with two hands

wicket: the three upright sticks and base

Ladder Knowledge



Striking:
Using the centre of the bat will provide the most control and accuracy.

Fielding:
It is easier to field a ball that is coming towards you rather than away, so set up accordingly.

Throwing:
Being balanced before throwing will help to improve the accuracy of the throw.

Catching:
Track the ball as it is thrown to help you to catch more consistently.

Movement Skills

- underarm and overarm throwing
- overarm bowling
- batting
- two handed pick up
- short barrier

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

- Social** collaboration, communication, respect
- Emotional** honesty, perseverance, determination
- Thinking** observe and provide feedback, apply strategies

Rules

BOWLING

- Balls can be bowled using underarm (only one bounce allowed or deemed a no-ball), or overarm bowling action (two bounces allowed).

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.

Fielders

- Wicket keeper: ready to catch the ball to stump the batsman out if they leave their wicket.
- Bowler: try to bowl the batter out with an accurate bowl.
- Fielders: spread out, communicate to field the ball quickly. Throw the ball to hit the wicket if close enough. Run to a wicket if not collecting the ball to be available to run a batter out.

BATTING

- Batting teams are organised into pairs.

OUT

- Bowled out: bowler bowls a ball that hits the wicket
- Caught out: fielder 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

Batters

- Place the ball away from fielders. Look at where the fielders and the ball is before deciding to run or stay.
- Communicate with your other batter.

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

Hit for Wicket

What you need: a wall or chair, a ball!

How to play: Begin 6m away from the target. Overarm bowl to hit the target. More than 2 bounces is a no-ball.

For each successful bowl collect a letter from the word 'wicket'. If you bowl a no-ball start again from the beginning.



Extra players? Who can spell the word first? Make this easier by underarm bowling (only one bounce allowed). Make this harder by standing further from the target.

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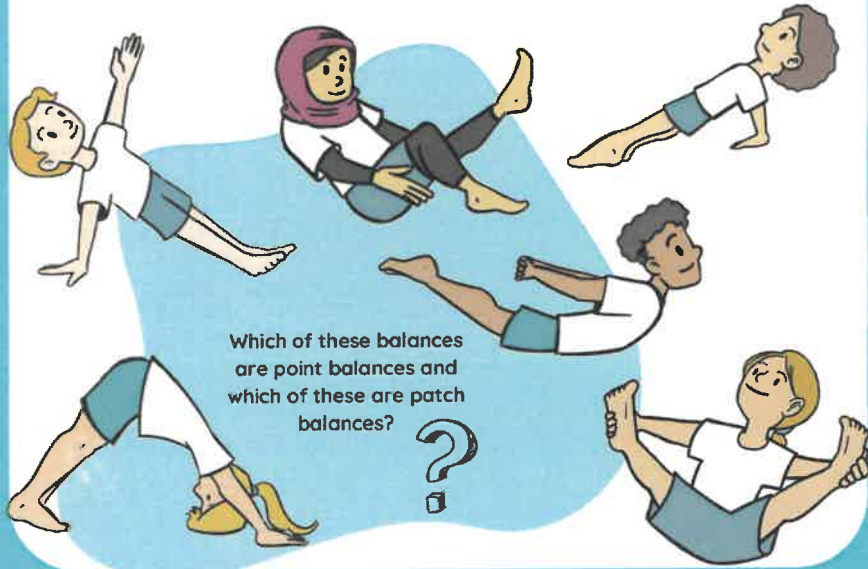
Head to our youtube channel to watch the skills videos for this unit.

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Knowledge Organiser Gymnastics Year 3

About this Unit

Gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes. Gymnastics was one of the first Olympic sports and is still an Olympic sport today. Almost all gymnastic events are performed on special equipment, such as rings or bars. This equipment is called apparatus.



Key Vocabulary

- body tension:** squeezing muscles to help to be stable when performing actions
- contrast:** different to one another
- control:** being able to perform a skill with good technique
- direction:** forwards, backwards, sideways
- extend:** to make longer
- flow:** smooth link
- landing position:** a stable position used after jumping
- match:** the same
- matching:** to perform the same action as someone else
- patch:** a large body part
- point:** a small body part
- take off:** the moment a person begins jump



Ladder Knowledge



Shapes:
Use body tension to make your shapes look better.

Balances:
Make your balances look interesting by using different levels.

Rolls:
Tuck your chin to your chest in a forward roll. Roll onto the top of your shoulders

Jumps:
Change the take off and shape of your jumps to make them look interesting.



Movement Skills

- point and patch balances
- jumps
- straight roll
- barrel roll
- forward roll

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

Social work safely, collaboration, supportive
Emotional perseverance, confidence, independence
Thinking observe and provide feedback, creativity, select and apply skills

Strategy

Use different levels 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.

Home Learning

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

Point and Patch

What you need: a mat, flat surface

How to play:

- Create a sequence using three or four balances include both point and patch balances.
- Add a start and finish position.
- Show a friend or family member.

Remember to hold the balances for five seconds!



www.getset4education.co.uk

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

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

About this Unit

Gymnastics is made up of a range of movement skills including balance, jumps rolls and shapes. Gymnastics began in ancient Greece as a way to exercise and develop physical strength. Modern gymnastics was developed in Germany in the late 1700s by Frederick Ludwig, who is considered the "Father of Modern Gymnastics."

Enter into a balance when both/all pupils have a clear understanding of their role.



Use a wrist grip for improved stability in any balance where pupils are holding hands.

Do not jump onto or off of another person. Always step down with control.



Ensure you have a base of support beneath you. The safest support points are over joints such as the hips and shoulders.



Key Vocabulary



body tension: squeezing muscles to help to be stable when performing actions

bridge: an inverted action on hands and feet

contrast: different to one another

extend: to make longer

flow: smooth link

fluidly: flow easily

inverted: where hips go above head

landing position: a stable position used after jumping

match: the same

momentum: the direction created by weight and power

perform: to present to an audience

rotation: the circular movement of an object around a central point

sequence: a series of actions

shoulder stand: an inverted action on shoulders

stability: balanced

wrist grip: a safe grip used when performing partner or group balances

Ladder Knowledge



Shapes:
Shapes can be used to improve your sequence. Be sure to show each shape clearly.

Inverted movements:
Inverted movements are actions in which your hips go above your head.

Balances:
Keep yourself and others safe in partner balances by using a wrist grip, only standing where there is a base of support and stepping into and out of the balances slowly.

Rolls:
Keep the shape of your roll using body tension.

Jumps:
Land toes first, look forwards and bend your knees to land with control.

Movement Skills

- individual and partner balances
- rotation jumps
- straight roll
- barrel roll
- forward roll
- straddle roll
- bridge
- shoulder stand

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

Social work safely, determination, collaboration, communication, respect

Emotional confidence, perseverance

Thinking observe and provide feedback, select and apply actions, creativity, evaluate and improve

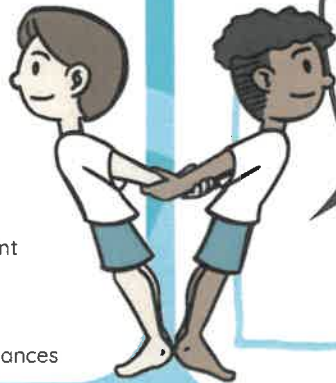
Strategy

Use different directions 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



Transporter

What you need: an empty box, 8 x pairs of rolled up socks, one player, one person to time.

How to play:

- The player begins lying on their back with the box at their head and the socks at their feet.
- They need to transport the rolled up socks, one at a time from their feet to the box behind their head.
- They can only use their feet to transport the socks.

How quickly can you move the socks?



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



@getset4education136



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.



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



- 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.

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.

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

Home Learning



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

Deliver the post

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

How to play

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

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



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Knowledge Organiser






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
- 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



Strokes:

- 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.

Breathing:

- 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.

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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About this Unit

Rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit a small ball and score by running around the four bases on the pitch. Rounders is thought to have originated in England as far back as the Tudor period, which was over 500 years ago.



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



Striking and Fielding Games Key Principles

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

Key Vocabulary



- accuracy:** how close the object is to the given target
- bowler:** a player on the fielding team
- caught out:** fielder catches a batted ball before it touches the ground
- collect:** to pick up
- no ball:** a bowled ball deemed to be outside of the rules
- score:** the total points for each team
- short barrier:** creating a barrier with hands in front of feet to stop a ball travelling at slow speed
- strike:** to hit
- stump:** touching a base with the ball
- stumped out:** when a fielder touches the ball to get the batter out
- tactics:** a plan or strategy
- tournament:** a competition of more than two teams
- umpire:** a person who makes sure the rules are followed

Ladder Knowledge



Striking:

Striking to space away from fielders will help you to score.

Fielding:

Look at where a batter is before deciding what to do. Communicate with teammates before throwing to them.

Throwing:

Being balanced before throwing will help to improve the accuracy of the throw.

Catching:

Move your feet to the ball.

Movement Skills

- underarm and overarm throw
- catch
- bowl
- track a ball
- bat

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

Social communication, collaboration, co-operation, respect

Emotional honesty, confidence, determination

Thinking comprehension, tactics, rules

Rules

OUTS

A player will be called out if they are:

- Caught out: fielder catches a batted ball
- Stumped out: fielder stumps the post that the batter is running towards

Tactics

Using simple tactics will help your team to achieve an outcome e.g. we will spread out as fielders to cover more space.

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.

Home Learning



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



Home Rounders



What you need: a ball, five markers, 2 + players

How to play:

- Create your rounders pitch with the markers. One bowling marker placed in the middle
- Take turns to be the fielder/bowler and the batter.
- Bowler underarm bowls to the batter.
- Batter strikes the ball with the palm of their hand and runs around the bases.

Batter scores:

- One rounder for getting to the 4th marker
- Half a rounder for getting to the second marker

Batter must stop running if the bowler has the ball and is standing in the bowling cone.

Batter is out if:

- the fielder catches the batted ball before it touches the ground
- the fielder stumps the marker that the batter is running towards



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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



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

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.



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



Striking and Fielding Games Key Principles

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

Key Vocabulary

- accuracy:** how close the object is to the given target
- batter:** a player on the batting team
- compete:** take part in a contest
- cushion:** take the power out of an object
- decision:** select an outcome
- limit:** to reduce
- no ball:** a bowled ball deemed to be outside of the rules
- pressure:** to add challenge
- retrieve:** to collect
- short barrier:** creating a barrier with hands in front of feet to stop a ball travelling at slow speed
- strike:** to hit
- stumped out:** when a fielder touches the ball to get the batter out
- tactics:** a plan or strategy
- technique:** the action used correctly
- tournament:** a competition of more than two teams
- two-handed pickup:** fielding technique where a fielder can scoop the ball with two hands
- umpire:** a person who makes sure the rules are followed



Ladder Knowledge



- Striking:** Using the centre of the bat will provide the most control and accuracy.
- Fielding:** It is easier to field a ball that is coming towards you than away, so set up accordingly.
- Throwing:** Being balanced before throwing will help to improve the accuracy of the throw.
- Catching:** Track the ball as it is thrown to catch more consistently.

Movement Skills

- underarm and overarm throw
- catch
- bowl
- track a ball
- field and retrieve a ball
- bat

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

- Social:** collaboration, communication, co-operate, support and encourage others
- Emotional:** honesty, fair play, confidence, determination
- Thinking:** comprehension, select and apply skills, tactics, make decisions

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

Applying attacking tactics will help to score points and avoid getting out.
Applying defending tactics will help to deny space, get opponents out and limit points

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

Kick Rounders

What you need: four markers, one ball two players.

How to play:

- Mark out a square with the four markers
- One player (the kicker) begins at one of the markers
- The other player (the fielder) rolls the ball to the kicker who kicks the ball as far as they can.
- The kicker then runs around the outside of all four markers scoring one point every time they return to their start marker.
- The fielder must retrieve the ball and place it on the start marker to stop the kicker running.
- Three turns then change over.

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



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About this Unit

Athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.



Official Athletic Events

Running	Jumping	Throwing
Sprinting 100m, 200m, 400m	Long jump Jump for distance	Discus Fling throw
Hurdles	Triple jump Jump for distance	Shot Push throw
Relay	High jump Jump for height	Hammer Fling throw
Middle Distance 800m, 1500m	Pole vault Jump for height	Javelin Pull throw
Long Distance 5,000, 10,000		
Steeplechase		

Have you seen any of these events before?



Key Vocabulary

- accuracy:** how close the object is to the given target
- baton:** equipment used in a relay event
- control:** being able to perform a skill with good technique
- event:** the name of different athletic activities
- further:** a greater distance
- personal best:** a target outcome of an individual
- power:** speed and strength combined
- relay:** a team of runners take turns to move the baton from start to finish
- speed:** how fast you are travelling
- strength:** the amount of force your body can use
- technique:** the action used correctly



Ladder Knowledge



Running:

Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

Jumping:

If you jump and land quickly it will help you to jump further.

Throwing:

The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further.

Movement Skills

- sprint
- jump for distance
- push throw
- pull throw

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

Social collaboration, work safely

Emotional determination, perseverance

Thinking observe and provide feedback, comprehension, explore technique

Rules

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



It's all About the Pace



What you need: socks and a stopwatch or clock

How to play:

- Mark a track around your home using socks
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

Notice what happens to the distance you complete when the time increases.



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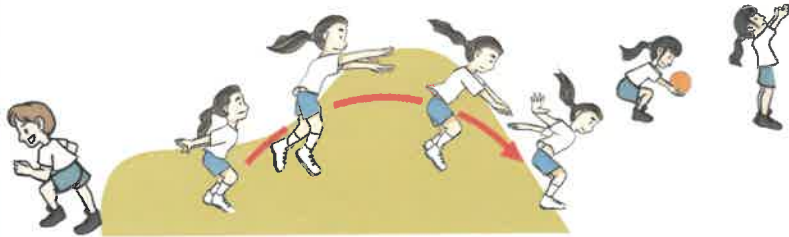
Head to our youtube channel to watch the skills videos for this unit.



@getset4education136

About this Unit

In this unit you will be set challenges for distance and time that involve using different styles of running, jumping and throwing. You will try to achieve your greatest possible speed, distance or accuracy and learn how to persevere to achieve your personal best. You will learn how to improve by identifying areas of strength as well as areas to develop. You will also be given opportunities to lead when officiating as well as observe and provide feedback to others.



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

accuracy: how close the object is to the given target
distance: how far or how high
heave: throwing with power from low to high
launch: the point where an object is let go
measure: to mark a distance
official: referees who judge events
officiate: to be in charge of the rules
pace: how fast you are running
power: speed and strength combined
record: to make note of
speed: how fast you are travelling
stamina: the ability to move for sustained periods of time
stride: the length of the step
technique: the action used correctly
transfer of weight: movement of body weight from one place to another



Ladder Knowledge



Running:
Pace yourself when running further or for a long period of time. A high knee drive, pumping your arms and running on the balls of your feet will give you power to run faster.

Jumping:

Transferring weight will help you to jump further. Swing your arms forwards and push your hips forward to help you to transfer weight.

Throwing:

Transferring weight will help you to throw further. Move the weight from your back leg to your front leg to help you to throw further.

Movement Skills

- pace
- sprint
- jump for distance
- throw for distance

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

Social collaboration, leadership

Emotional perseverance, determination, honesty

Thinking reflection, observing and providing feedback, exploring ideas, comprehension

Rules

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 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

It's all About the Pace

What you need: socks and a stopwatch or clock

How to play:

- Mark a track around your home using socks
- How many times can you run around your track in 30 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

Notice what happens to the distance you complete when the time increases.



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