# Knowledge Organiser
# Fundamentals Year 1

Get Set 4 Education

## Ladder Knowledge

**Running:** Bending your knees will help you to change direction. If you swing your arms it will help you to run faster.

**Balancing:** Looking ahead will help you to balance. Landing on your feet helps you to balance.

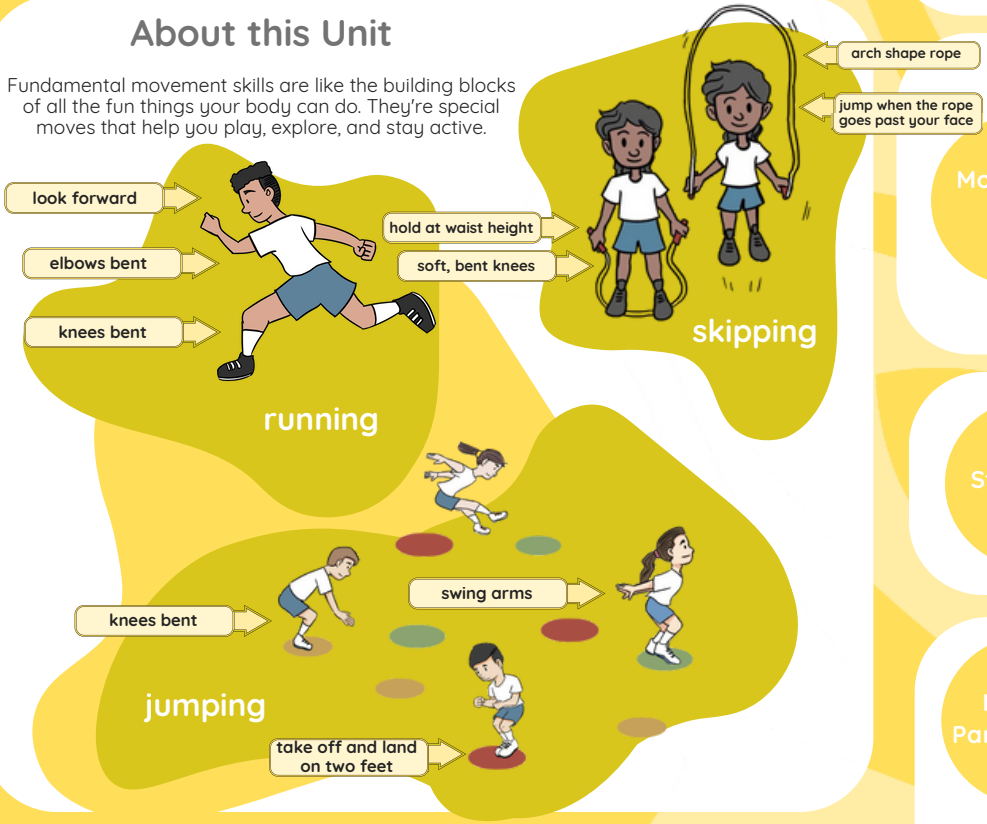
**Jumping:** Landing on the balls of your feet helps you to land with control.

**Hopping:** Hop with a soft bent knee.

**Skipping:** Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.

## About this Unit

Fundamental movement skills are like the building blocks of all the fun things your body can do. They're special moves that help you play, explore, and stay active.




## Movement Skills

- balance
- jump
- hop
- run
- speed
- agility
- dodge
- skip
- co-ordination

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

| | |
|---|---|
| Social | collaboration, work safely, support others |
| Emotional | determination, self regulation, honesty, perseverance |
| Thinking | comprehension, select and apply skills |

## Strategies

Just like learning new words or playing a game, you need to practice. Try running, hopping, skipping, jumping, and balancing every day!

## Healthy Participation

Behave and move in a safe way.

## Home Learning

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




## Key Vocabulary

| | | |
|---|---|---|
| bend | | |
| direction | jog | |
| dodge | jump | skip |
| fast | land | challenge |
| hop | ready position | swing |




## This unit will help you to:

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

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

© Copyright Get Set 4 Education Ltd.

# Knowledge Organiser
# Target Games Year 1

Get Set 4 Education

**Ladder Knowledge**

**Throwing:**

use an overarm throw for distance and an underarm throw for accuracy. Stand with opposite foot to throwing arm forwards.

## About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

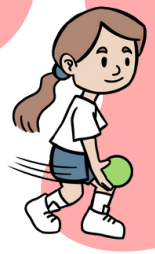
Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

In this unit, you will use underarm and overarm throwing to take part in lots of different challenges.



**overarm throw**

- elbow high
- step forward with your opposite foot
- use for distance



**underarm throw**

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

**Movement Skills**

- underarm throw
- overarm throw

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

- **Social** collaboration, leadership, work safely, encourage others
- **Emotional** perseverance, honesty
- **Thinking** comprehension, select and apply, creativity

**Rules**

Rules help you to play fairly.

**Tactics**

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




**Healthy Participation**

- Put unused balls in a safe place.

## Home Learning

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

### Socks in Pots!

**What you need:** three pairs of socks and three or more pots or pans

**How to play:**

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

www.getset4education.co.uk

## Key Vocabulary

| | |
|---|---|
| balance | |
| distance | score |
| further | swing |
| overarm | throw |
| point | underarm |




**This unit will help you to:**

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

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

© Copyright Get Set 4 Education Ltd.

# Knowledge Organiser
# Dance Year 1

Get Set 4 Education

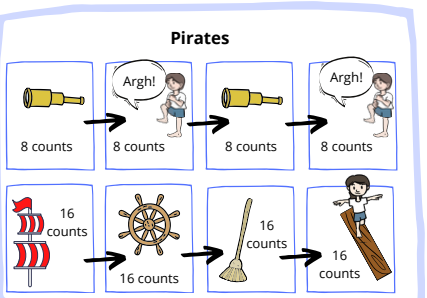
## Ladder Knowledge

| Actions: | Dynamics: | Space: | Relationships: | Performance: |
|---|---|---|---|---|
| Actions can be linked to create a dance. | You can create fast and slow actions to show an idea. | There are different directions and pathways within space. | When dancing with a partner it is important to be aware of each other and keep in time. | Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished. |

## About this Unit

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










## Movement Skills

- actions
- dynamics
- space
- relationships

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

**Social** respect, work safely, collaboration, communication

**Emotional** empathy, confidence, acceptance, determination, kindness

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

## Strategies

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

## Healthy Participation

- You should be bare foot for dance.
- Ensure you always work in your own safe space when working on your own.

## Key Vocabulary

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




## This unit will help you to:

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

## Home Learning

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




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

@getset4education136

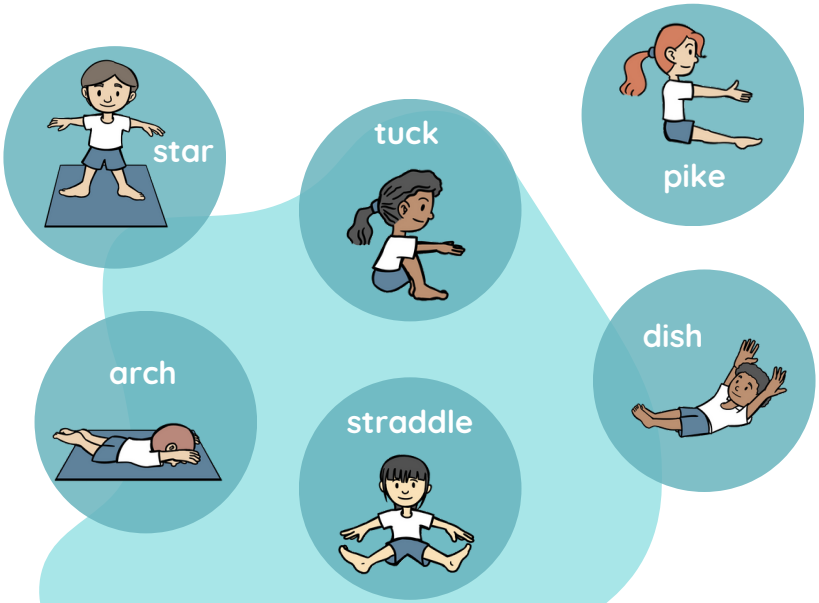
© Copyright Get Set 4 Education Ltd.

# Knowledge Organiser Gymnastics Year 1

Get Set 4 Education

## 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.




## Ladder Knowledge

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

## Movement Skills

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

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).

www.getset4education.co.uk

## Key Vocabulary

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




## 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

© Copyright Get Set 4 Education Ltd.

# Knowledge Organiser
# Striking and Fielding Year 1

Get Set 4 Education

## Ladder Knowledge

| Striking: | Fielding: | Throwing: | Catching: |
|---|---|---|---|
| the harder you strike, the further the ball will travel. | throwing the ball back is quicker than running with it. | use an overarm throw to throw over longer distances. | watch the ball as it comes towards you. |

## About this Unit

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.



**overarm throw**
- elbow high
- step forward with your opposite foot



**underarm throw**
- use a straight arm
- step forwards with your opposite foot



**catch**
- watch the ball
- catch with two hands
- move your feet to the ball



**track**
- move your feet to the ball
- scoop with two hands



**hit**
- watch the ball
- use the centre of the bat

## Movement Skills

- underarm throw
- overarm throw
- catch
- track
- bat

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

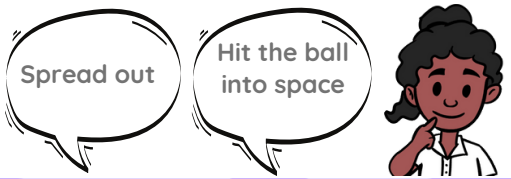
| | |
|---|---|
| Social | communication, collaboration, support and encourage others, kindness |
| Emotional | manage emotions, honesty, perseverance |
| Thinking | comprehension, use tactics, select and apply, decision making |

## Rules

**Rules help you to play fairly.**

## Tactics

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




## Healthy Participation

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

## Home Learning

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



**Field to Stop**

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

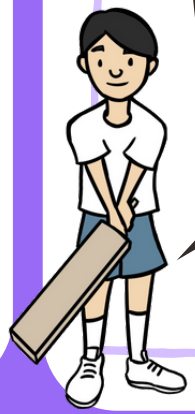
**How to play:**
- Place the marker in a space and stand next to it.
- One player is the batter with the ball, the other player is the fielder.
- The batter rolls the ball into the space and then scores points by sitting down and standing up (one point for each time they do this).
- The fielder runs to collect the ball, holds it in the air and shouts 'stop'.
- Batter to confirm their score and then change roles.
- Play again, with throwing.

FIELDER

www.getset4education.co.uk

## Key Vocabulary

| | |
|---|---|
| batter | hit |
| batting | out |
| bowl | ready position |
| bowler | track |
| fielder | underarm / overarm |
| fielding | |



If you enjoy this unit why not see if there is a club in your local area that plays a striking and fielding game. Examples could be a cricket or rounders club.

## This unit will help you to:

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

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

© Copyright Get Set 4 Education Ltd.

# Knowledge Organiser
# Athletics Year 1

Get Set 4 Education

## 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.

## About this Unit

Athletics is made up of running, jumping and throwing.




## 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.

## Key Vocabulary

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




## 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

### Fill it Up

Get Set 4 Education

**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.



www.getset4education.co.uk

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

© Copyright Get Set 4 Education Ltd.