Knowledge Organiser Fundamentals Year 2

Get Set 4 Education

Ladder Knowledge

Running: Putting weight into the front of your feet helps you to stop in a balanced position. Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

Balancing: Squeezing your muscles helps you to balance.

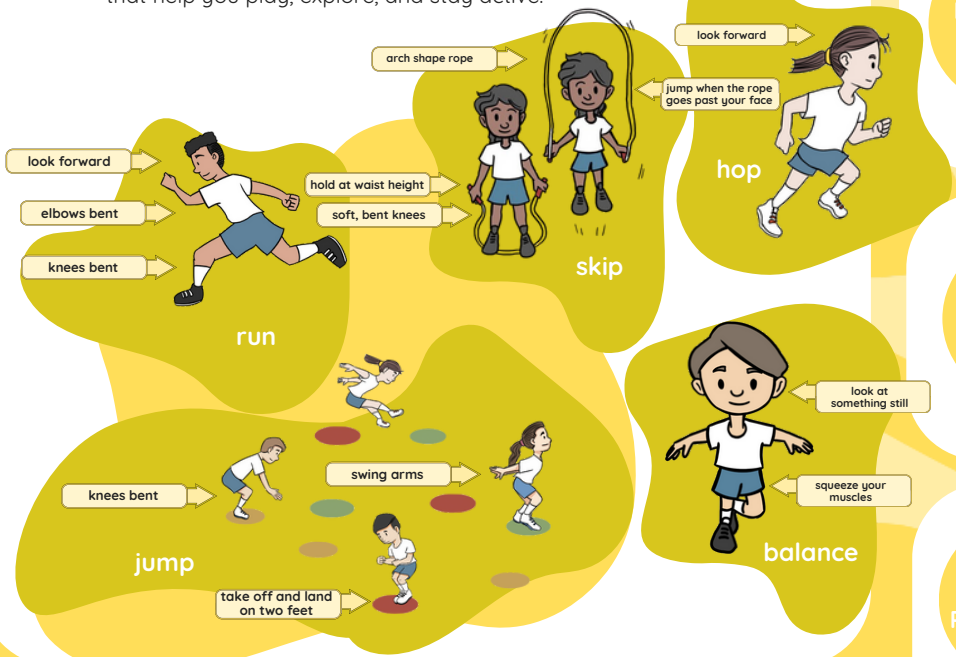
Jumping: Swinging your arms forwards will help you to jump further.

Hopping: If you look straight ahead it will stop you from falling over when you land.

Skipping: Swing opposite arm to leg to help you to balance when skipping without a rope.

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

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

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

- **Social** – collaboration, respect, take turns, communication, encourage others
- **Emotional** – determination, honesty, perseverance
- **Thinking** – comprehension, make decisions, creativity, use tactics, recall

Strategy

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

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

Footwork Frenzy

What you need: 6 socks

How to play:

- Place the socks in a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below three times to complete challenge.

1. Run through the gaps, placing one foot in each. Go as quickly as you can.
2. Jump two footed in each gap? Then backwards.
3. Jump feet wide, then feet together in the gaps.
4. Hopscotch. 1 foot, two feet, 1 foot, 2 feet etc
5. Rotate to turn sideways on each jump in the gaps.

www.getset4education.co.uk

Key Vocabulary

balance
dodge
hop
hurdle
jump
land
run
skip
speed
sprint
swing
take off
weight



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
Dance Year 2

Get Set 4 Education

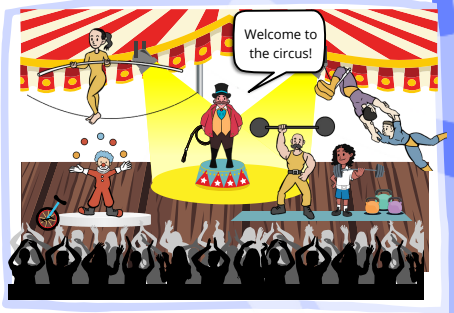
Ladder Knowledge

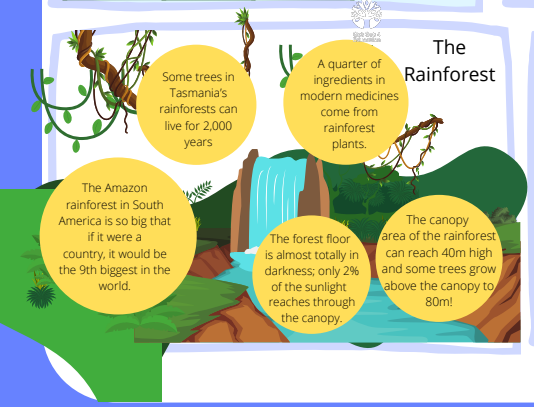
Actions:	Dynamics:	Space:	Relationships:	Performance:
Placing actions in a particular order will help you to tell the story of your dance.	You can change the way you perform actions to show an idea.	You can use different directions, pathways and levels in your dance.	Use counts of 8. It will help you to stay in time with your partner and the music.	Use facial expressions it will help to show the mood of your dance.

About this Unit

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









Movement Skills

- actions
- dynamics
- space
- relationships

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

Social	respect, collaboration, work safely, communication
Emotional	independence, confidence, perseverance, determination
Thinking	provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

Healthy Participation

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

Home Learning

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



Key Vocabulary

action	expression	
counts	level	perform
create	matching	speed
direction	mirroring	timing
dynamics	pathway	unison



This unit will help you to:

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

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

© Copyright Get Set 4 Education Ltd.

Knowledge Organiser
Mindful Movement Year 2

Get Set 4 Education

About this Unit

Mindful Movement is a fun way to help your body and mind feel strong and healthy.

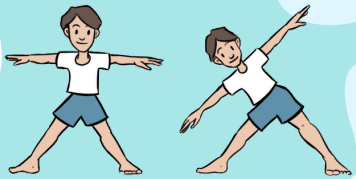
You can move and balance in different positions, often inspired by nature. You can also use slow calm breaths to help you relax and focus.

Being mindful means noticing how your body and mind feel in the moment.

balance
look at something still

flexibility
breathe out to stretch a little further

Mindful Movement will help my body with:



strength
squeeze your muscles

co-ordination
move slowly to move from one pose to another

Ladder Knowledge



Balance:
you can squeeze your muscles to help you to balance.

Flexibility:
flexibility helps you to stretch your muscles and increase the movement in our joints.

Strength:
strength helps you with everyday tasks such as carrying your school bag.

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

Movement Skills

- balance
- flexibility
- strength
- co-ordination

Social respect, leadership, work safely, collaboration

Emotional confidence, perseverance, honesty, focus, identify feelings

Thinking create, select and apply, comprehension, decision making, reflection

Strategies

- Use breathing activities and poses to help you feel calm and relaxed.
- Use breathing activities and poses to help you notice how you feel about a situation.

Healthy Participation

- Bare feet so you don't slip.
- Stretch slowly and breathe deeply..

Home Learning

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



Key Vocabulary

breath	flexibility	strength
choose	focus	
create	perform	



If you enjoy this unit why not see if there is a yoga or pilates class in your area.

This unit will help you to:

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

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

© Copyright Get Set 4 Education Ltd.

Knowledge Organiser
Target Games Year 2

Get Set 4 Education

Ladder Knowledge

Throwing:

stepping with opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

Striking:

finish with your object/hand pointing at your target.

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.



overarm throw

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



roll

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



underarm throw

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



strike

- swing with straight arms
- feet shoulder width apart
- finish with your club pointing where you want the ball to go

Movement Skills

- roll
- overarm throw
- underarm throw
- strike
- dodge
- jump

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

Social congratulate, support others, co-operation, kindness

Emotional manage emotions, honesty

Thinking identify areas of strength and areas for development, select and apply, comprehension, decision making

Rules

Know how to score points for each game and follow simple rules.

Tactics

Use and apply simple tactics. They help us to make a plan to complete a challenge.

Healthy Participation

- Make sure unused balls are stored safely.
- If hitting a ball make sure there is a safe space.

Key Vocabulary

accurate
ahead
aim
opponent
overarm
release
strike
target
teammate
underarm



This unit will help you to:

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

Home Learning

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



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

© Copyright Get Set 4 Education Ltd.

Knowledge Organiser
Team Building Year 2

Get Set 4 Education

Ladder Knowledge

Problem solving:
listening to each other's ideas might give you an idea you hadn't thought of.

Navigational skills:
a map tells us where we are.

Communication:
using encouraging words when speaking to a partner or group will help them to trust you.

Reflection:
talking about what you have done well and what you could improve will help you if you play again.

About this Unit

Being able to work as a team is an important skill. What does good team work look like?



Respect:
They teach you to be more understanding of others and to share responsibilities between you.



Communication:
Learning to listen to others, giving and following instructions and sharing ideas.

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



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



Movement Skills

- run
- jump
- balance
- co-ordination

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

Social support and encourage others, communication, inclusion, trust, kindness

Emotional perseverance, confidence, determination, accepting

Thinking comprehension, identify strengths and areas for development, problem solving

Rules

Listen carefully to the rules of each game so that you can use them.

Healthy Participation

- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

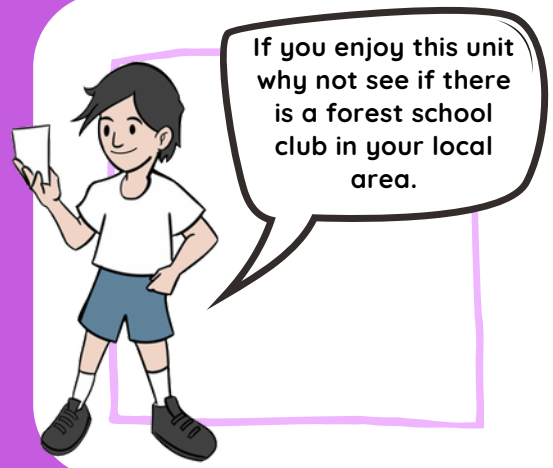
Home Learning

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



Key Vocabulary

communicate	plan
include	solve
instructions	successful
map	support



This unit will help you to:

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

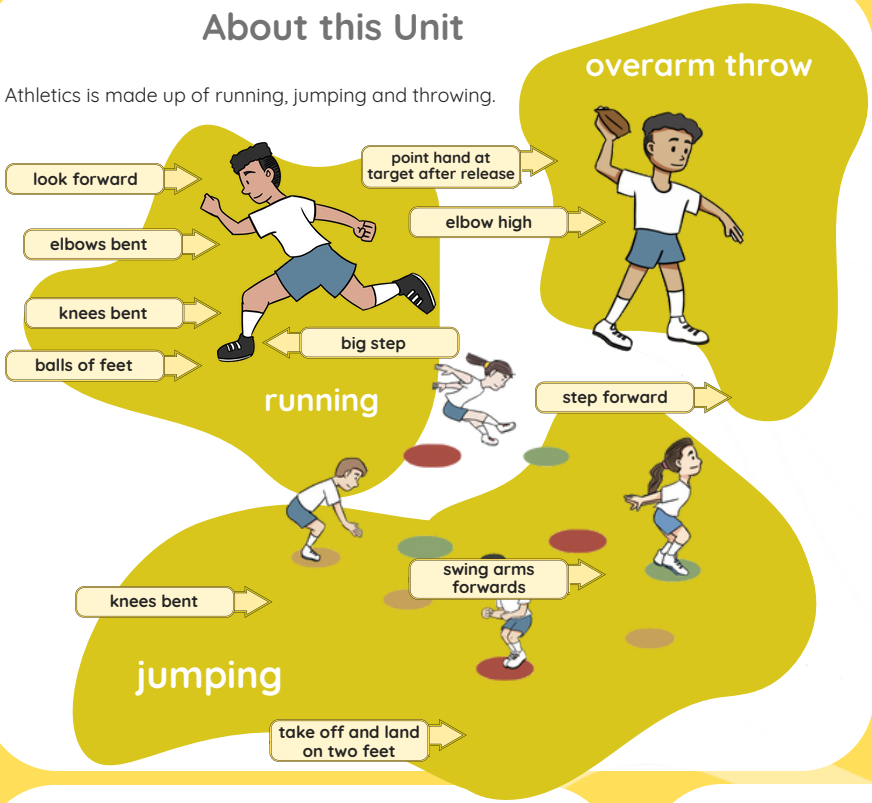
© Copyright Get Set 4 Education Ltd.

Knowledge Organiser
Athletics Year 2

Get Set 4 Education

About this Unit

Athletics is made up of running, jumping and throwing.



Ladder Knowledge

Running:
Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

Jumping:
Swinging your arms forwards will help you to jump further.

Throwing:
Throw in a straight line by pointing your throwing hand at your target as you let go of the object.

Movement Skills

- run
- jump for distance
- jump for height
- throw for distance
- throw for accuracy

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

Social communication, work safely, support others

Emotional determination, independence

Thinking comprehension, observe and provide feedback, explore ideas, select and apply skills

Rules

Follow the rules when working with others.

Healthy Participation

- Behave and move in a safe way.
- Wait to take turns when told to.

Home Learning

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



Key Vocabulary

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



This unit will help you to:

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

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

© Copyright Get Set 4 Education Ltd.