# Knowledge Organiser
# Introduction to PE Unit 2
# Nursery/Reception

Get Set 4 Education

## Ladder Knowledge

**Problem Solving:**
Children will learn to make simple decisions in response to a task.

**Navigational Skills:**
Children will learn that moving into space away from others and leaving a gap when following a path will help to keep them safe.

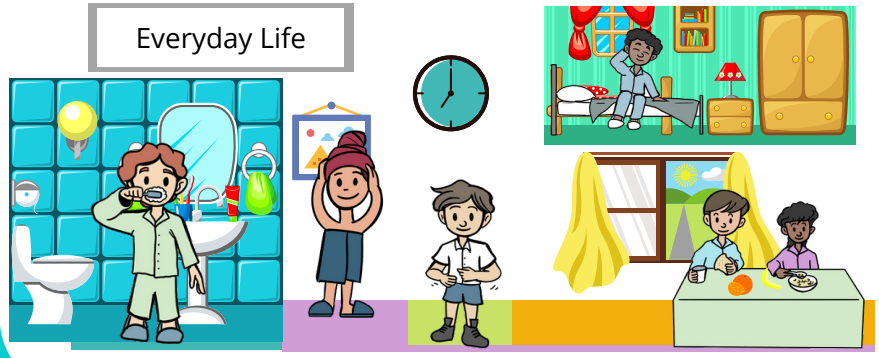
**Communication:**
Children will learn that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'.

**Reflection:**
Children will begin to identify when they are successful.

**Rules:**
Children will learn that rules help to keep us safe.

## About this Unit

In this unit children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.




## Personal, Social and Emotional

This unit will develop the following skills:

- **Social** – work safely, co-operation, support others, communication
- **Emotional** – honesty, confidence, perseverance, determination
- **Thinking** – comprehension, make decisions, creativity



## Physical Development

### Physical Skills

- run
- jump
- throw
- catch
- roll
- skip

Children will be taught to:

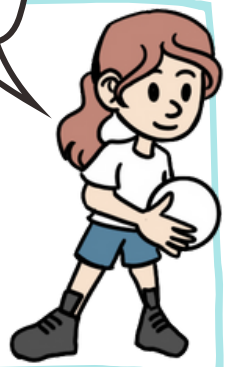
- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

## Communication and Language

### Key Vocabulary

| | | |
|---|---|---|
| catch | path | score |
| direction | rules | space |
| partner | safely | stop |

If children enjoy this unit why not see if there is a multi sports club in their area.



## This unit will help children to:

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

## Home Learning

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

### Find Three Things

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**What you need:** two or more people

**How to play:**

- One person says 'find three things that are.... blue.' etc.
- The other person then has to collect three things that are blue and bring them back.
- Make this harder by timing the player to see how long it takes them.
- Other things that could be collected include 'find three things that are... spotty, start with the letter 'C', round, soft to touch.'

Play with more people by seeing who can collect the three items first.

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

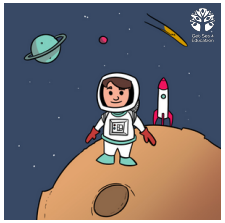
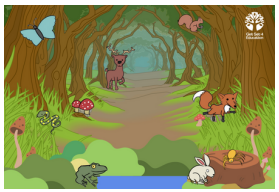
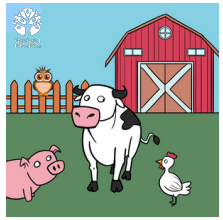
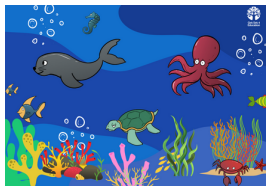
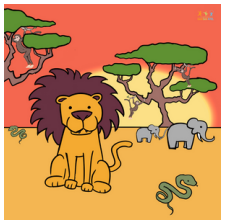
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# Knowledge Organiser
# Fundamentals Unit 2
# Nursery/Reception

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## About this Unit

Children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.



## Ladder Knowledge



**Running:** Children will learn to use big steps to run and small steps to stop. They will also learn that moving into space away from others helps to keep them safe.

**Balancing:** Children will learn to hold their arms out to help them to balance.

**Jumping:** Children will learn that bending their knees will help them to land safely.

**Skipping:** Children will learn that if they hop then step that will help them to use skipping as a travelling action.

**Hopping:** Children will learn that to hop they will use one foot.

## Personal, Social and Emotional

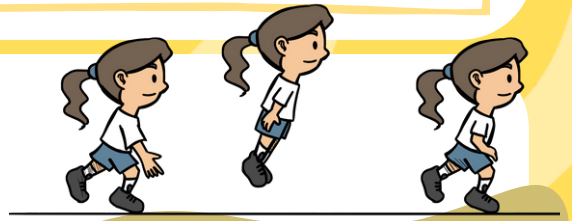
This unit will develop the following skills:

- **Social** – work safely, support others, share and take turns, co-operation
- **Emotional** – perseverance, honesty, determination, confidence, acceptance
- **Thinking** – comprehension, creativity, select and apply, exploration

## Physical Development

### Physical Skills

- run
- balance
- change direction
- jump
- hop
- travel



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

## Home Learning

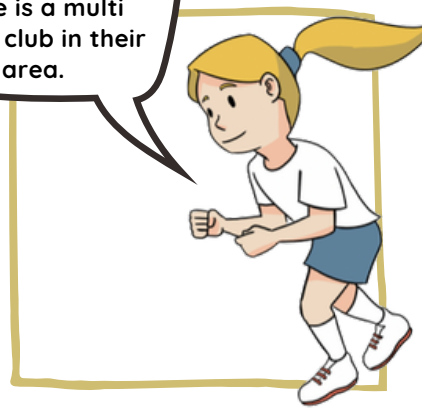
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

## Communication and Language

### Key Vocabulary

| | | |
|---|---|---|
| balance | jump | safely |
| bend | land | slide |
| crawl | rules | slow |
| fast | run | stop |
| hop | | |

If children enjoy this unit why not see if there is a multi sports club in their area.



## This unit will help children to:

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

## Traffic Lights

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**What you need:** an adult to call the instructions

**How to play:**

- Children imagine they are getting in the car, putting their seatbelt on and holding their steering wheel.
- They complete the instructions said by the adult e.g.
- Green light: jog around
- Red light: stop
- Yellow light: sit down
- Roundabout: spin a circle
- Speed bumps: jump up and down
- Zebra crossing: lie in a straight shape
- Reverse: walk backwards



Have a go at making up your own. You could even include different gears for different speeds.

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

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# Knowledge Organiser Gymnastics Unit 2 Nursery/Reception



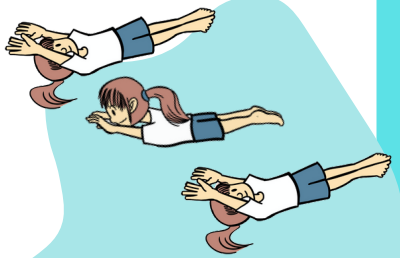
## About this Unit

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



barrel roll





straight roll

## Ladder Knowledge

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

## Personal, Social and Emotional

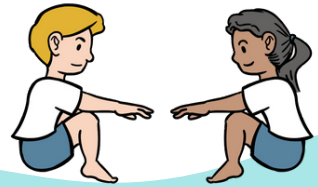
This unit will develop the following skills:

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

## Physical Development

## Physical Skills

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



Children will be taught to:

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

## Home Learning

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

### Book Balance

**What you need:** your favourite story

**How to play:**

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



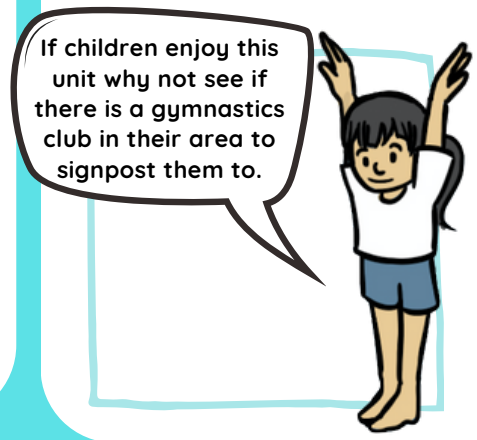
- Read through your story or ask someone else to!
- Each time the character is mentioned, hold the balance you have created for five seconds.
- Make this harder by holding your balance until the next character is mentioned!

www.getset4education.co.uk

## Communication and Language

## Key Vocabulary

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




## This unit will help children to:

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

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

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# Knowledge Organiser
# Ball Skills Unit 2
# Nursery/Reception

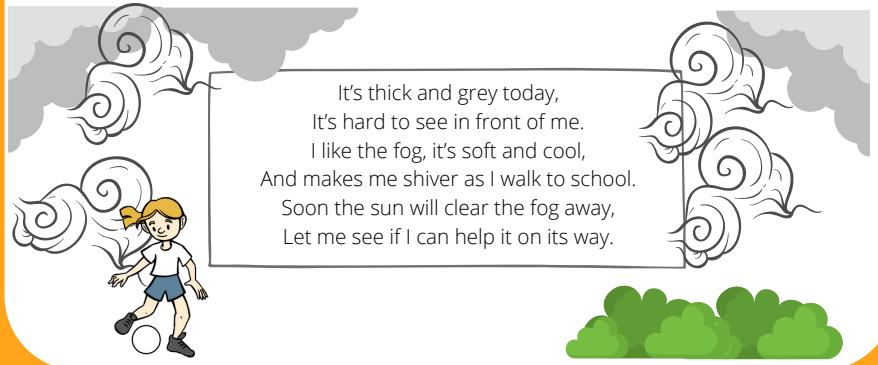
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## Ladder Knowledge

| Sending: | Catching: | Tracking: | Dribbling: |
|---|---|---|---|
| Children will learn to look at the target when sending a ball. | Children will learn to have hands out ready to catch. | Children will learn to watch the ball as it comes towards them and scoop it up with two hands. | Children will learn that keeping the ball close will help with control. |

## About this Unit

In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills though a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.



It's thick and grey today,
It's hard to see in front of me.
I like the fog, it's soft and cool,
And makes me shiver as I walk to school.
Soon the sun will clear the fog away,
Let me see if I can help it on its way.

## Personal, Social and Emotional

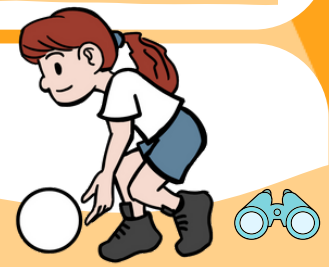
This unit will develop the following skills:

- **Social** – co-operation, take turns, work safely, communication
- **Emotional** – perseverance, independence, determination, honesty
- **Thinking** – comprehension, use tactics

## Physical Development

### Physical Skills

- roll
- track
- throw
- dribble with hands
- dribble with feet
- kick
- catch



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

## Home Learning

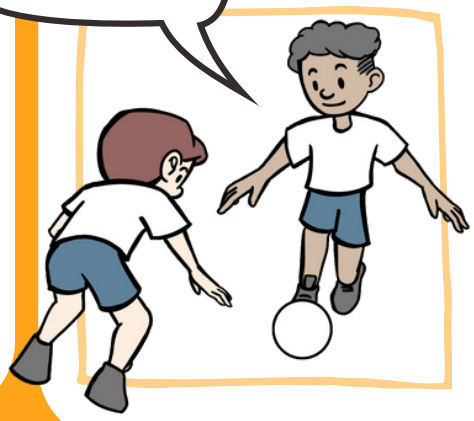
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

## Communication and Language

### Key Vocabulary

| | | |
|---|---|---|
| ball | partner | score |
| catch | ready | space |
| dribble | roll | target |
| kick | safely | throw |

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



### This unit will help children to:

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

## Kickaroo

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**What you need:** a ball, pillows

**How to Play:**

- Place a pillow a few steps away. Practice kicking the ball to hit the pillow.
- Kick the ball and chase after it, try to catch it before it stops moving.
- Count how many times you can kick the ball within a certain time frame (e.g., 1 minute).
- Create an obstacle course using pillows. Kick the ball around the obstacles.

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

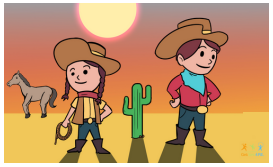
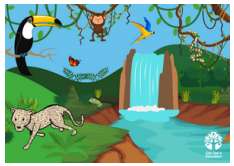
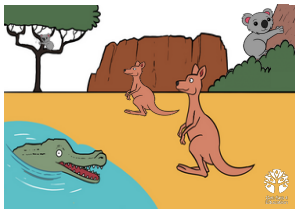
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# Knowledge Organiser
# Games Unit 2
# Nursery/Reception

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## About this Unit

In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.


## Ladder Knowledge

| Running: | Throwing: | Catching: | Striking: | Tactics: | Rules: |
|---|---|---|---|---|---|
| Children will learn to use big steps to run and small steps to stop. | Children will learn to point their hand at their target when throwing. | Children will learn to watch the ball and have hands out ready to catch. | Children will learn to point their racket at their target when striking. | Children will learn to make simple decisions in response to a task and that there are different roles in games. | Children will learn that rules help them to stay safe. |

## Personal, Social and Emotional

This unit will develop the following skills:

**Social** communication, help others, respect, take turns, co-operation

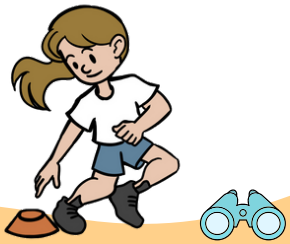
**Emotional** perseverance, honesty, determination, manage emotions

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

## Physical Development

### Physical Skills

- run
- throw
- change direction
- catch
- strike



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

## Communication and Language

### Key Vocabulary

| | | |
|---|---|---|
| aim | lose | stop |
| gallop | partner | tag |
| hit | run | target |
| hop | safely | team |
| jump | score | win |

**If children enjoy this unit why not see if there is a multi sports club in their area.**



### This unit will help children to:

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

## Home Learning

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

### Capture the Socks

**What you need:** a basket, four pairs of rolled up socks and two players

**How to play:**

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.

How many socks did you get in the basket?

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