



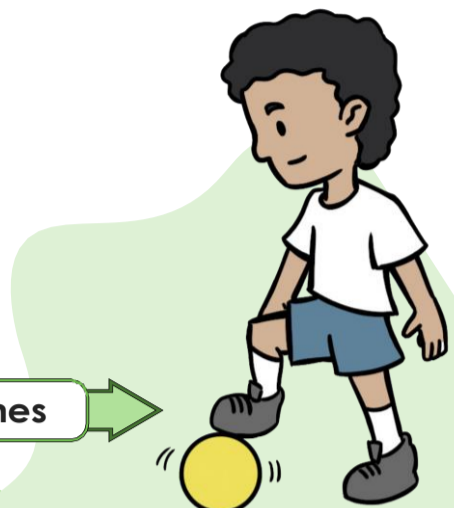
Get Set 4 Education

Knowledge Organiser

Ball Skills Y2

About this Unit

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your ball skills with practise.



roll

- body face target
- swing underarm
- step forward

dribble

- soft touches
- wide fingers
- soft touches

throw

- body face target

dribble

- wide fingers
- soft touches

catch

- wide fingers
- two hands

Ladder Knowledge



Sending:

Step forward with your opposite foot to throwing arm. This will help you to balance.

Catching:

Use wide fingers and pull the ball into your chest to catch securely.

Tracking:

It is easier to move towards a ball to track it than chase it.

Dribbling:

Keep your head up when dribbling to see the space and other players.

Movement Skills

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

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

Socially inclusion, communication, collaboration, leadership

Emotionally independence, honesty, perseverance, determination

Thinking comprehension, select and apply skills, use tactics

Strategies

For all ball skills use these tips:

Track the ball as it comes towards.
Point your hand or foot towards your target when sending the ball.
Cushion the ball as you receive it.

Healthy Participation



Make sure unused balls are stored in a safe place.

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

Home Learning

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

Key Vocabulary



bounce

catch

collect

control

dribble

kick

prepare

receive

release

roll

target

touch

underarm

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



This unit will help you to:

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

Sock Boule



What you need: a target object, rolled up socks, 2 or more players

How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.
- First player to 5 points wins.



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



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Get Set 4 Education

Knowledge Organiser Fundamentals Year 2

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.

run
look forward
elbows bent
knees bent

skip
arch shape rope
hold at waist height
soft, bent knees
jump when the rope goes past your face
look forward

hop
look forward

jump
knees bent
swing arms
take off and land on two feet

balance
look at something still
squeeze your muscles

Movement Skills

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

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

Socially collaboration, respect, take turns, communication, encourage others

Emotionally determination, honesty, perseverance

Thinking comprehension, make decisions, creativity, use tactics, recall

Strategy

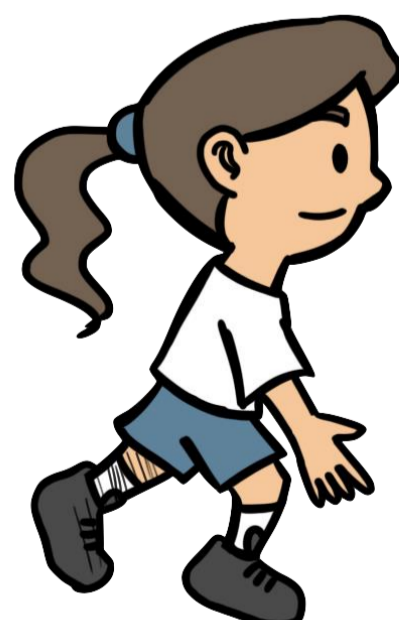
Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

Healthy Participation



Behave and move in a safe way.

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



Key Vocabulary



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

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.



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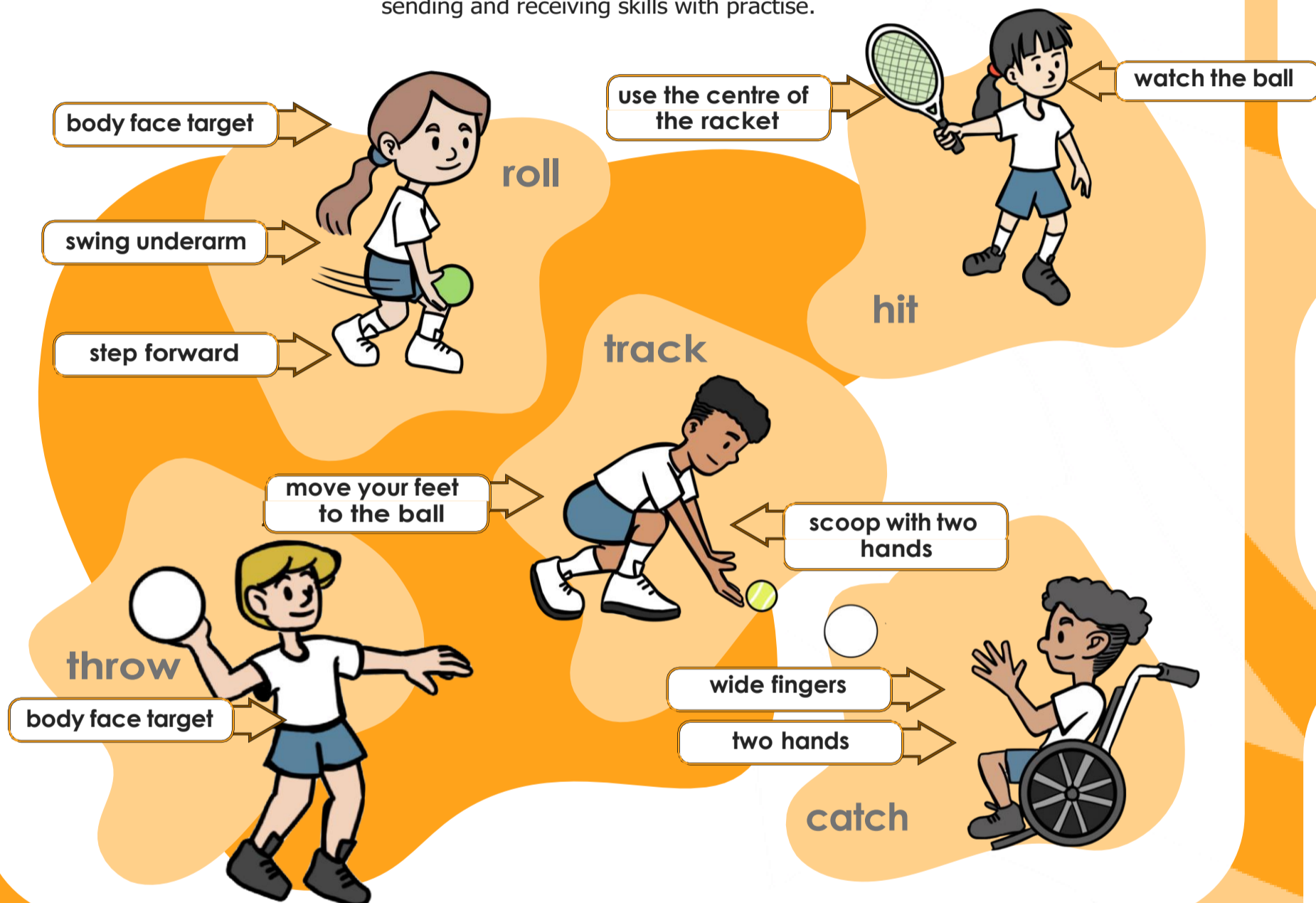
Knowledge Organiser

Sending and Receiving

Year 2

About this Unit

Sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practise.



Ladder Knowledge



Sending:

Control the ball before sending it. Stepping with opposite foot to throwing arm will help you to balance.

Receiving:

Use wide fingers and pull the ball in to your chest to help to securely catch.

Movement Skills

- roll
- track
- catch
- receive with feet
- kick
- send and receive with a racket

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

Socially communication, collaboration, leadership

Emotionally honesty, determination

Thinking identifying how to improve, comprehension

Strategies

For all ball skills use these tips:

Track the ball as it comes towards. Point your hand or foot towards your target when sending the ball. Cushion the ball as you receive it.

Healthy Participation



Make sure unused balls are stored in a safe place.

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

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



This unit will help you to:

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

Key Vocabulary



| | | |
|----------------|---------|--------|
| catch | | |
| distance | receive | target |
| kick | roll | throw |
| ready position | send | track |

Home Learning

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

Complete the Clock

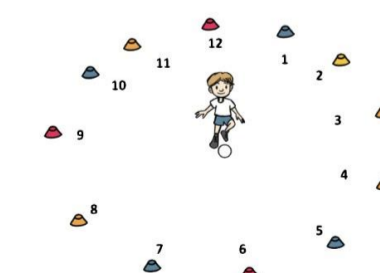


What you need: twelve markers, one ball

How to play:

- Create a circle with the markers. Identify where the numbers would be if it was a clock.
- Kick your ball through each of the gaps.
- Repeat, this time once through 1 o'clock, twice through 2 o'clock, all the way to twelve times through 12 o'clock.

Make this harder by asking someone to time you. How quickly you can complete the clock?



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About this Unit

Imagine a fun and relaxing activity that's like a magical adventure for your body and mind – that's yoga! Yoga is a special kind of exercise that makes your body strong, flexible, and happy.

In yoga, you get to do different poses, kind of like pretending to be things from nature. Yoga also teaches you how to take deep, calm breaths. Breathing is like magic because it helps you feel relaxed and focused.

And guess what? Yoga isn't just about moving your body and breathing. It's also about using your imagination and being mindful. Being mindful means paying close attention to how your body and mind feel in the present moment. It's like taking a little break from the busy world around you to be kind to yourself.

balance

look at something still

Yoga will help my body with:



strength

squeeze your muscles

flexibility

breathe out to stretch a little further

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

Key Vocabulary



breath

choose

create

flexibility

flow

focus

perform

pose

strength



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



This unit will help you to:

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

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.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Socially respect, leadership, work safely, collaboration

Emotionally 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



- Don't wear shoes or socks to make sure that you do not slip.
- Stretch slowly and breathe deeply, never force a pose.

Home Learning

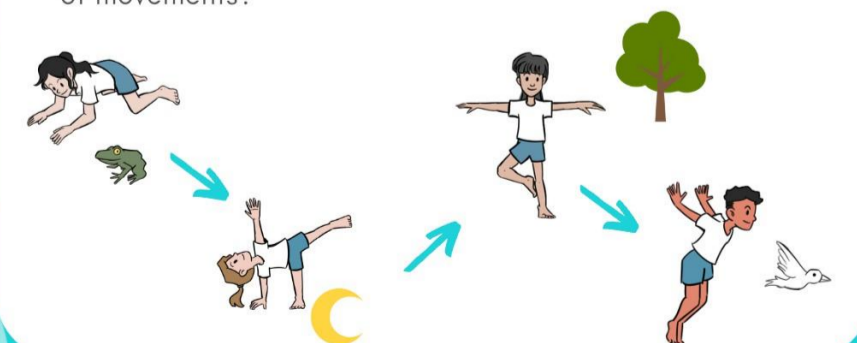
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Nature Walk

What you need: an outside space

What to do:

- Head outside and find four things in nature that you can use to inspire your poses. For example, a tree or a bird.
- Using your four things, can you create a pose that represents each one?
- Can you link your four poses together to create a sequence of movements?



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