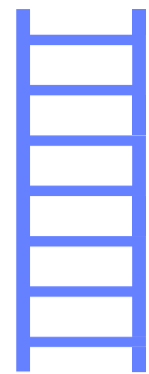


Ladder Knowledge



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

Structuring the Dance

- **Getting nectar** (balance): 8 counts
- **Waggle dance** (movement in the hoop): 8 counts
- **Busy bees** (travel): 8 counts
- **Landing time** (around the hoop): 8 counts

Secret Garden

Welcome to the circus!

The Rainforest

- Some trees in Tasmania's rainforests can live for 2,000 years
- A quarter of ingredients in modern medicines come from rainforest plants.
- The Amazon rainforest in South America is so big that if it were a country, it would be the 9th biggest in the world.
- The forest floor is almost totally in darkness; only 2% of the sunlight reaches through the canopy.
- The canopy area of the rainforest can reach 40m high and some trees grow above the canopy to 80m!

JACK FROST

- Start position, 8 counts
- Leaping actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Darting actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Swirling actions 16 counts
- Finishing position 8 counts

Movement Skills

- actions
- dynamics
- space
- relationships

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

Socially respect, collaboration, work safely, communication

Emotionally independence, confidence, perseverance, determination

Thinking provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

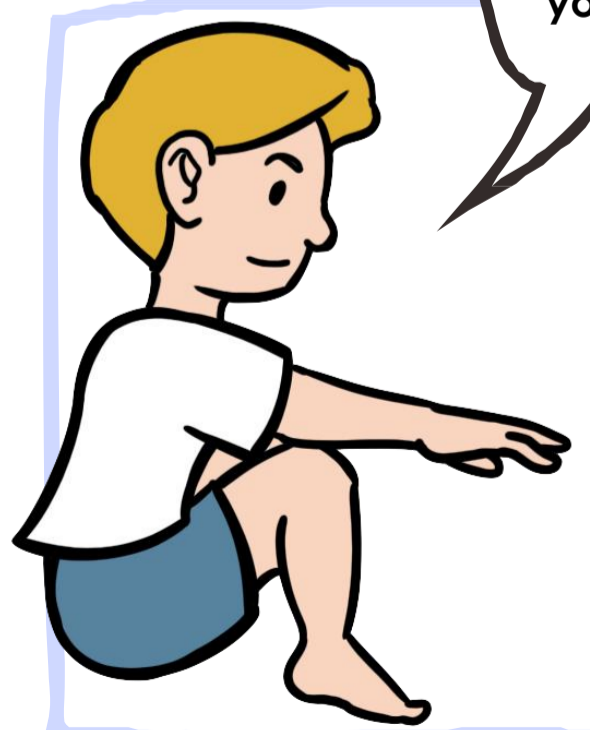
Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working on your own.

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



- 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

Newspaper Dance

What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

- How to play:**
- Each player begins standing on a large piece of newspaper.
 - When the music plays move off the newspaper and dance around the space.
 - When the music stops stand on the newspaper. Players are not allowed to touch the floor.
 - When successful reduce the size of the newspaper by folding it.
 - Keep playing until you cannot stand without going out of the boundary.



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Key Vocabulary



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

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

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Ladder Knowledge



Shapes:
Some shapes link well together.

Balances:
Squeezing your muscles helps you to balance.

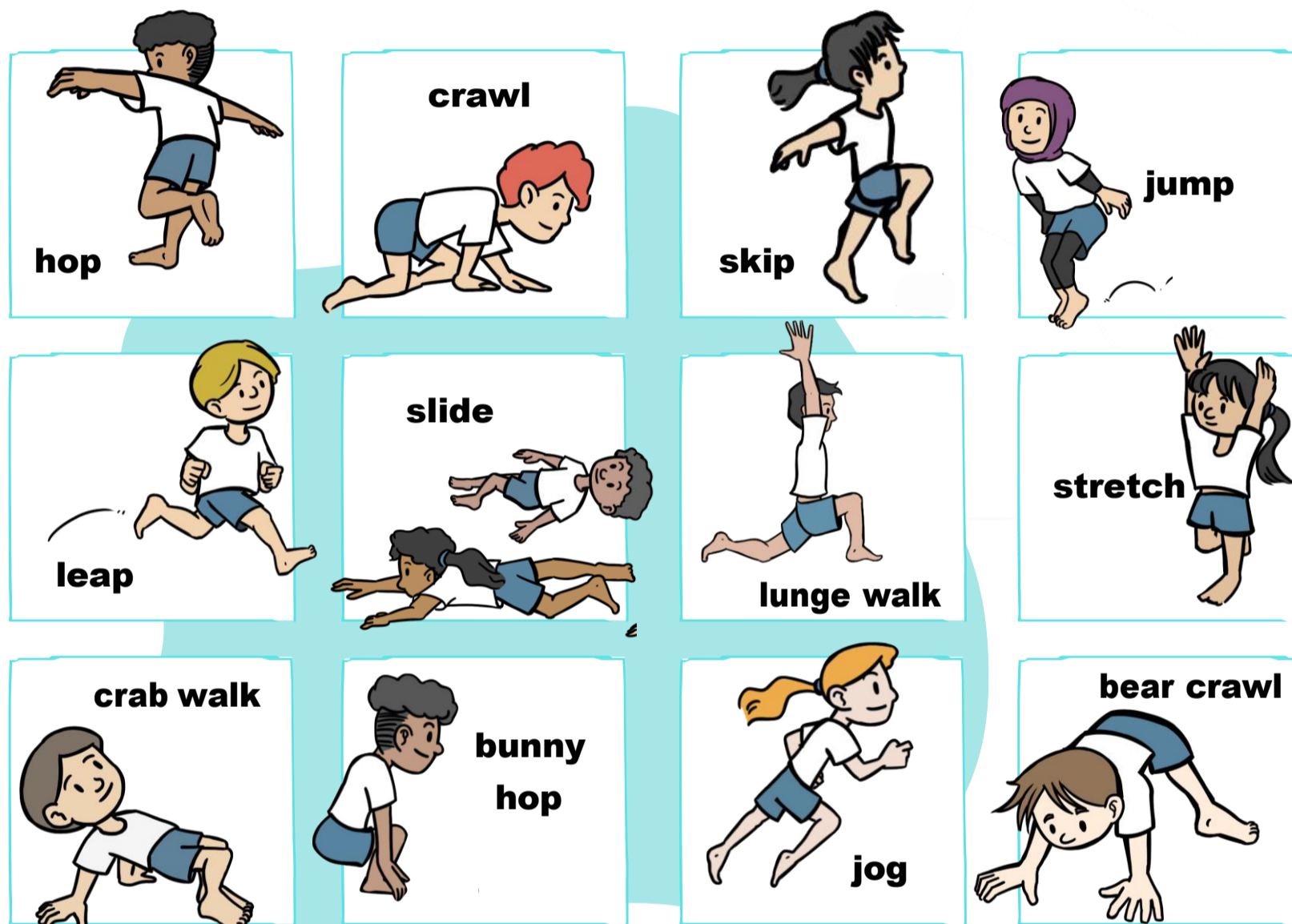
Rolls:
There are different teaching points for different rolls.

Jumps:
Looking forward will help you to land with control.

About this Unit

In gymnastics you learn to move your body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.

Here are some cool ways to travel.



Movement Skills

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

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

Socially leadership, work safely, respect

Emotionally confidence, independence

Thinking select and apply actions, creativity

Strategy

Use shapes that link well together, it will help your sequence to flow.

Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

Home Learning

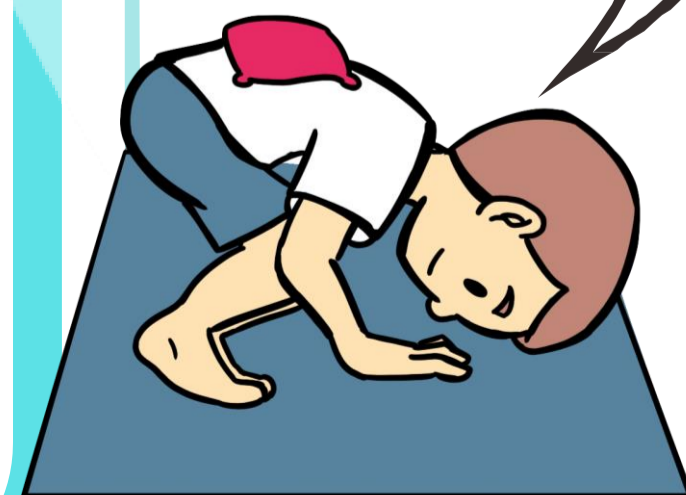
Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Key Vocabulary



balance		
direction	pike	speed
level	roll	star
link	sequence	straddle
pathway	shape	tuck

If you enjoy this unit why not see if there is a gymnastics 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

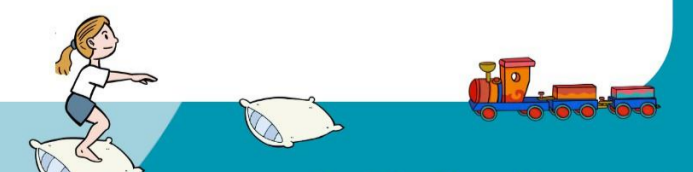
Gymnastics Obstacle Course



What you need: a dressing gown rope, two pillows and toy

How to play:

- Create a gymnastics course by placing out the rope, pillows and toy.
- Balance along the rope, jump and land on each of the pillows then create a balance by creating the same shape as your chosen toy.
- Place the items further apart and link your actions using different travelling actions e.g. crawl, spin, hop, lunge etc.



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



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Knowledge Organiser

Invasion Year 2

Ladder Knowledge



Sending & receiving:
controlling the ball before sending it will help you to get it to the right place or person.

Dribbling:
keeping your head up will help you to see where defenders are.

Space:
moving into space away from defenders helps you to pass and receive a ball.

Attacking:
when your team is in possession of the ball you are an attacker and we can score.

Defending:
when your team is not in possession of the ball, you are a defender and need to try to get the ball. Standing between the ball and the attacker will help you to stop them from getting the ball.

About this Unit

Invasion games are games where there are two teams and two goals. Teams try to score in the opposite team's goal. Examples include football, handball, rugby, netball, basketball, hockey.

In invasion games, the team that is in possession of the ball (the team that has the ball) are the attackers. The team that is not in possession of the ball (the team that does not have the ball) are the defenders.

I need to try to score goals

I need to try to move towards the goal

My team need to keep the ball

I need to stop the other team from scoring

My team need to try to get the ball

Which person is the attacker and which person is the defender?



Movement Skills

- dribble
- throw
- catch
- kick
- receive
- run
- change speed
- change direction

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

Socially

communication, kindness, support others, co-operation, respect, collaborate

Emotionally

empathy, perseverance, honesty, integrity, independence

Thinking

creativity, select and apply, comprehension, problem solving, provide feedback

Rules

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

Tactics

Attacking tactics

- Move into space towards goal
- Make quick decisions to pass
- Communicate with each other to let a teammate know you are free.

Defending tactics

- Mark an opponent
- Stand in between the attacker and the ball
- Have someone take on the role of goalkeeper.

Healthy Participation



- Make sure any equipment not used is stored out of the way.

Key Vocabulary



attack	opponent	score
defend	possession	shoot
defender	receive	tactic
goalkeeper	send	teammate
mark		

If you enjoy this unit why not see if there is a club in your local area that plays an invasion game. This could be a basketball, football, handball, hockey, netball or tag rugby club.



Home Learning

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

Protect the gate

What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- Six attempts then change roles.

What was your score /6?



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This unit will help you to:

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

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



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Knowledge Organiser

Net and Wall Games Year 2

About this Unit

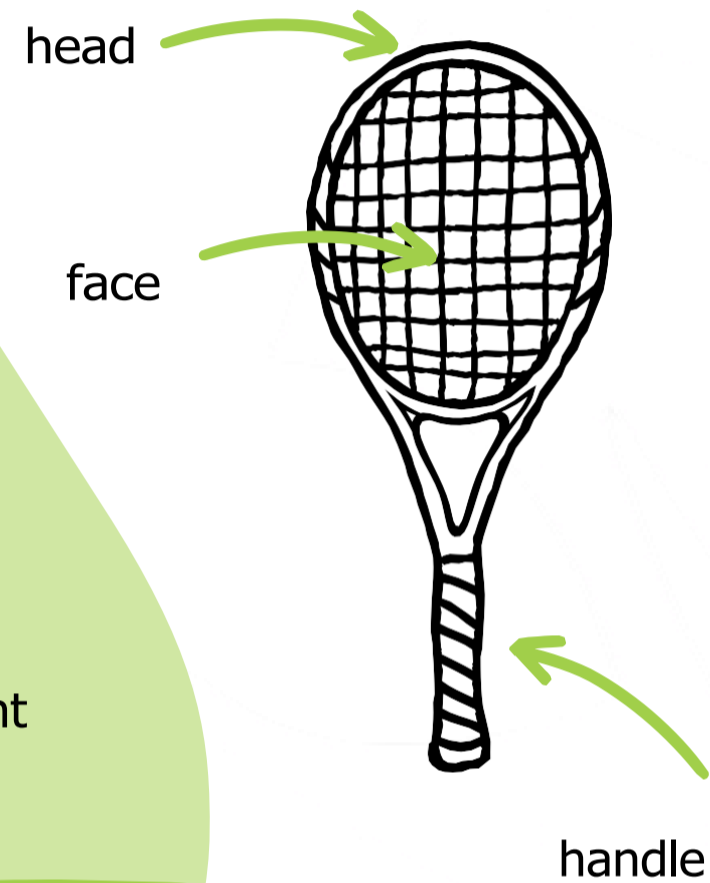
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



Ladder Knowledge



Hitting:
watch the ball as it comes towards you to help you to get ready to hit it.

Feeding:
use enough power when throwing to let the ball bounce once before your partner returns it.

Rallying:
sending the ball towards your partner will help you to keep a rally going.

Footwork:
using a ready position helps you to react quickly and return/catch a ball.

Movement Skills

- throw
- catch
- hit
- track

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

Socially co-operation, respect, support others

Emotionally honesty, persevere

Thinking select and apply, reflection, decision making, comprehension

Rules

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

Rules:

Using tactics makes it difficult for my opponent.

Tactics

Attacking tactics

- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

Defending tactics

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.

Home Learning

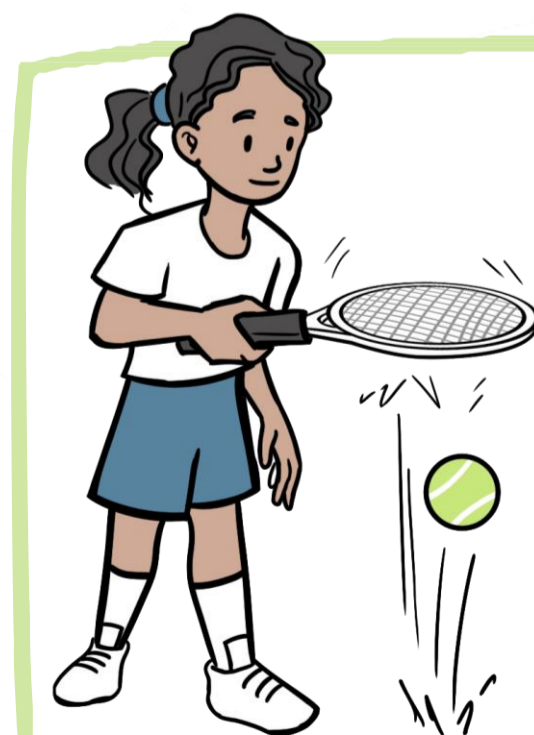


Find more games that develop these skills in the Home Learning Active Families tab on www.getset4education.co.uk

Key Vocabulary



- | | |
|---------|----------------|
| against | ready position |
| defend | receive |
| partner | return |
| point | trap |
| quickly | |



If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.



This unit will help you to:

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

Catch Tennis



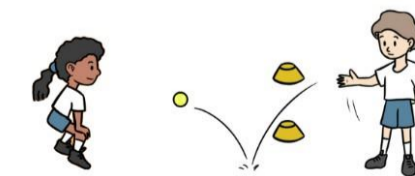
What you need: two players, three markers and a ball

How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.



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



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