

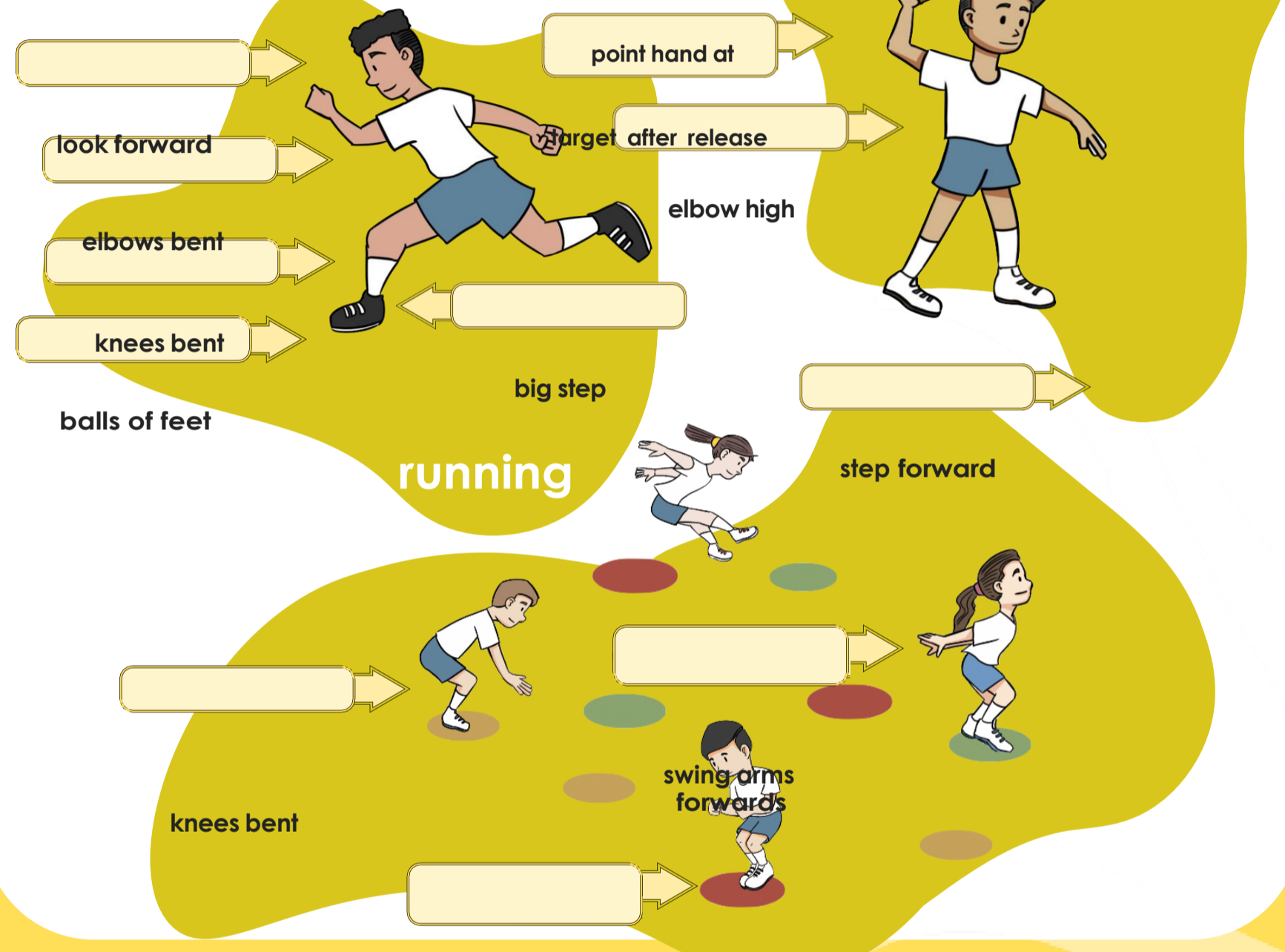


Get Set 4 Education

Knowledge Organiser Athletics Year 2

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

Follow the rules when working with others.



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



Mousetrap

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

What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

sprint take off

This unit will help you to:

target throw

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

Key Vocabulary

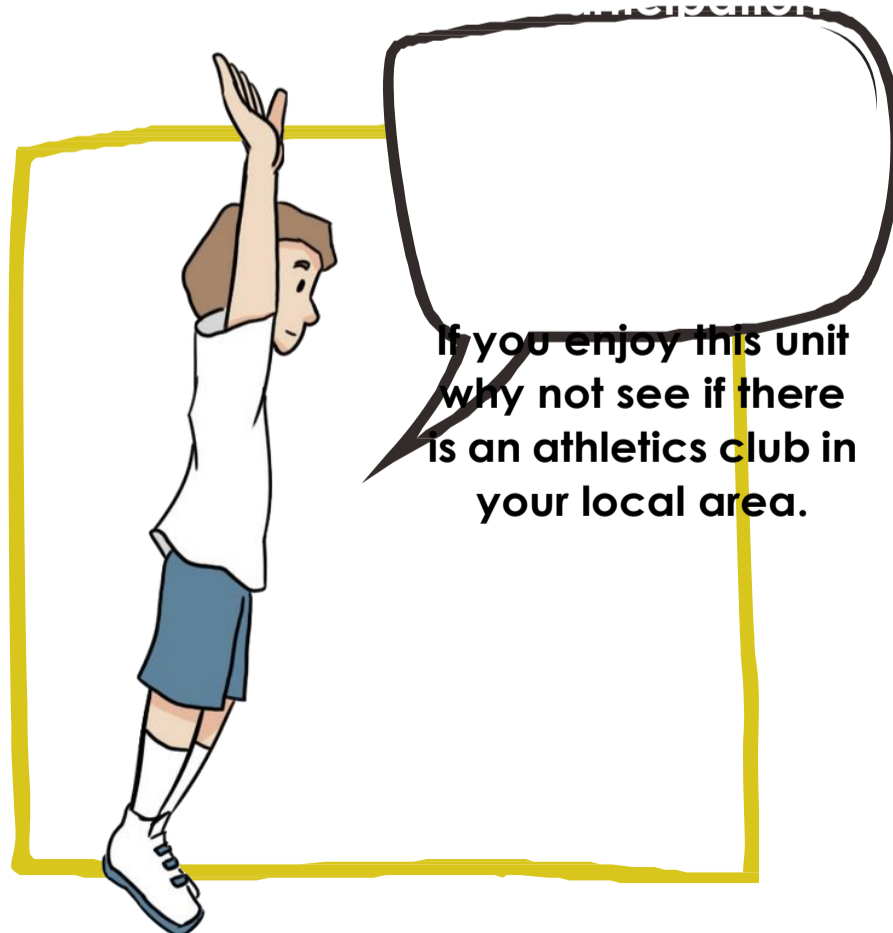


take off and land on two feet

aim
distance

far
fast

overarm
height
jog



jump landing

Knowledge Organiser

Fitness Year 2

Ladder Knowledge



Agility:
Using small quick steps will help you to change direction.

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

Co-ordination:
Some skills require you to move body parts at different times such as skipping.

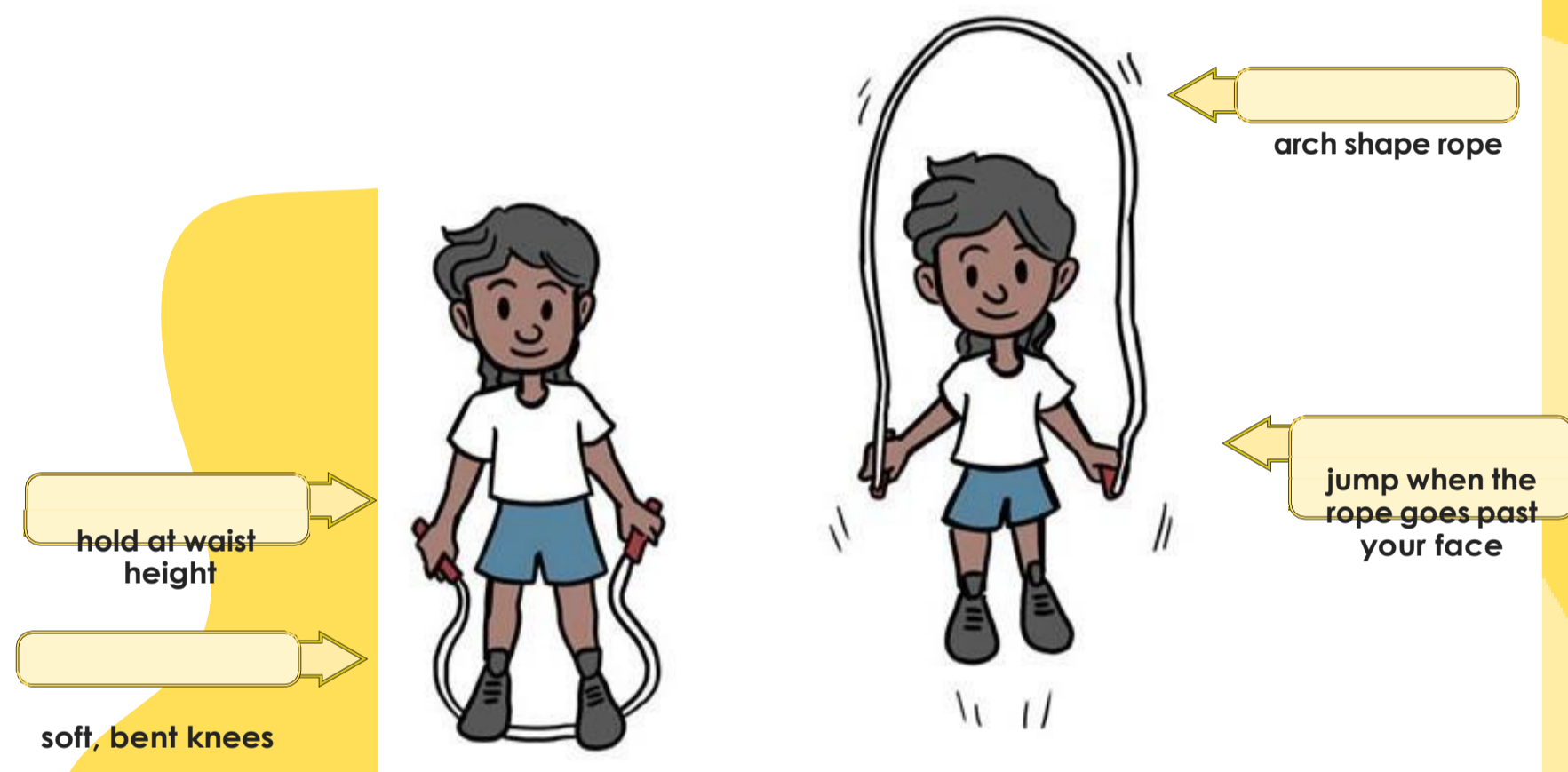
Speed:
Take shorter steps to jog and bigger steps to run.

Strength:
Strength helps us with everyday tasks such as carrying our school bag.

Stamina:
You need to run slower if running for a long time.

About this Unit

Being fit means keeping your body strong and full of energy. Just like how we take care of our toys to keep them working well, we need to take care of our bodies too. When we're fit, our bodies can do lots of fun things like running, playing, and exploring.



Movement Skills

- run
- stamina
- skip
- co-ordination
- agility
- strength
- balance

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

Socially encourage others, communication

Emotionally perseverance, determination

Thinking comprehension, identify strengths and areas for improvement

Strategy

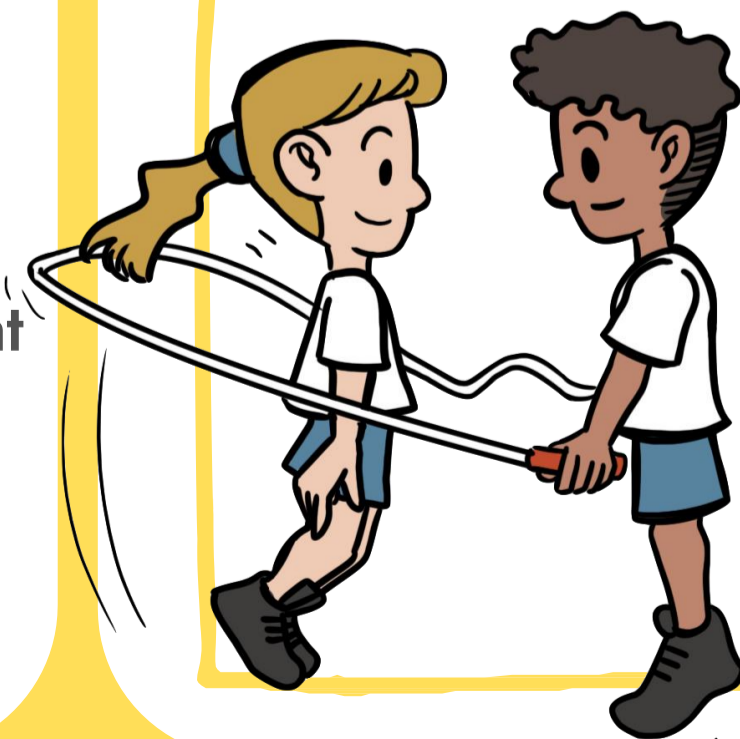
Keep trying lots of different activities outside of school to find something you enjoy.

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



bend breath

jump

sprint

exercise jog

land

speed



Home Learning

What's that Word?

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



What you need: people you live with

How to play:

- As a household choose three words that you are going to be your 'what's that' words for the day. e.g CAN, YOU and TV.
- Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.

This unit will help you to: Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises. You must get to remind them by saying:

What's that word?

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



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Knowledge Organiser

Striking and Fielding Year 2

Ladder Knowledge



Striking:
the batter is the person who hits the ball and tries to score. Striking the ball quickly will increase the power.

Fielding:
there are different roles on a fielding team such as a fielder, a bowler and a backstop or wicket keeper. Move towards the ball to collect it to limit a batter's points.

Throwing:
stepping with your opposite foot to throwing arm will help you to balance.

Catching:
use wide fingers and pull the ball in to your chest to help you to securely catch.

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.

There are different roles on a batting and fielding team:

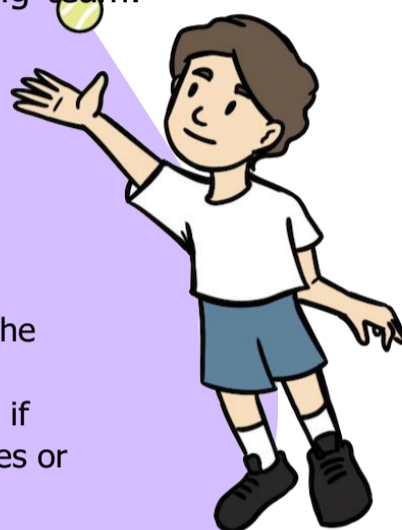
Batter

- hits the ball
- tries to score points
- is part of the batting team



Backstop/ wicket keeper

- stands behind the batter
- collects the ball if the batter misses or hits behind
- is part of the fielding team



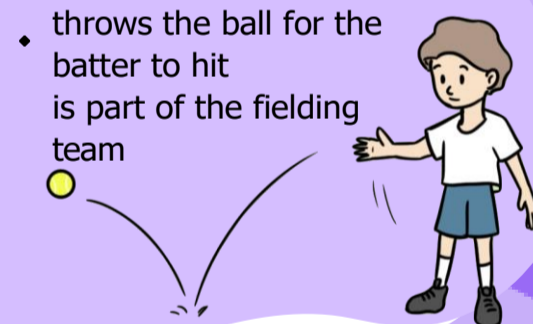
Fielder

- stands in space in the field
- collects the ball the batter has hit
- is part of the fielding team



Bowler

- throws the ball for the batter to hit
- is part of the fielding team



Movement Skills

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

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

Socially communication, encourage others, collaboration

Emotionally honesty, perseverance, determination, acceptance

Thinking use tactics, comprehension, select and apply, decision making

Rules

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

Tactics

Attacking (batting) tactics:

- Try to hit the ball away from the fielders
- Make quick decisions about whether to run

Defending (fielding) tactics:

- Spread out
- Make quick decisions about where to send the ball
- Know that moving towards the ball to collect is easier than running after a ball
- Throwing the ball back is quicker than running with it

Healthy Participation

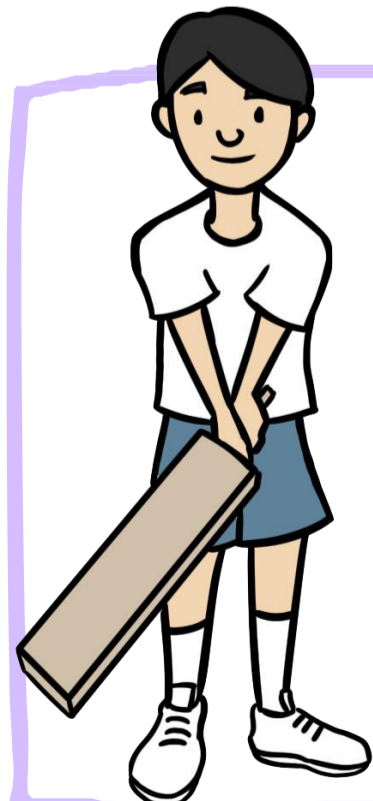
- Always keep a safe distance between yourself and a batter.
- Handle the bat in the way suggested by the teacher at all times.



Key Vocabulary



- | | |
|----------|--------------|
| backstop | fielder |
| batter | fielding hit |
| batting | out rules |
| bowler | |
| collect | |



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.

runs stump

tactics teammate

track

Home Learning

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

Roller Ball

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

How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must bring the ball and place it back on the start
- Four turns then change over.

This unit will help you to:

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



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