

Knowledge Organiser

Handball Year 3 and Year 4

Ladder Knowledge



Sending & receiving:

Year 3: point your hands to your target when throwing to help to send the ball accurately.

Year 4: cushioning a ball will help you to control it when catching it.

Dribbling:

Year 3: dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Year 4: protecting the ball when you dribble will help you to maintain possession.

Space:

Year 3: spreading out as a team will help to move the defenders away from each other.

Year 4: moving into space will help your team keep possession and score goals.

Attacking and defending:

Year 3: as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Year 4: as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

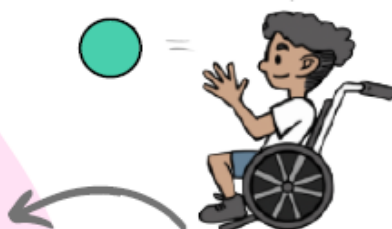
About this Unit

Handball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Games similar to handball can be traced back to ancient Egypt, Greece and Rome.

Handball as we know it now was founded at the end of the 19th century and is particularly popular in northern Europe, in places like Germany and in Scandinavia. Handball first appeared at the Olympics in 1936.

Handball is often described as a mix of football, basketball and water polo!



Can you think of any other invasion games that share these principles?

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Movement Skills

- throw
- catch
- run
- dribble
- shoot
- change direction
- change speed

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

Social kindness, communication, co-operation

Emotional honesty and fair play, determination, perseverance, confidence

Thinking decision making, select and apply, problem solving, comprehension

Rules

The rule of three:

- If you have the ball in your hands you can take three steps then you either have to pass, shoot or dribble.
- If you choose to dribble, once you stop dribbling your options are to pass, shoot or take another three steps.
- If you choose to take another three steps, you then have to pass or shoot, you cannot dribble again as this would be double dribble.
- Can only hold the ball for three seconds if standing with the ball.

Double dribble:

- Cannot dribble, stop, then dribble again.
- Cannot dribble with two hands.

Free pass:

- If a rule is broken or the ball goes out of play, a free pass is awarded to the other team. All players must be three big steps away from the person taking the free pass.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals..

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning



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

Hit the Spot

What you need: two markers e.g. a cushion and a ball or pair of socks

How to play:

- Place one marker down as the start spot and another marker as the target.
- Throw overarm to hit the target.
- For each successful hit, move the start marker one big step back.
- How far back can you get?
- Make this easier by making the target area larger.



www.getset4education.co.uk

Key Vocabulary



accelerate: speed up

accuracy: how close the object is to the given target

accurately: hit with aim

decision: select an outcome

delay: to slow an object or player

direction: forwards, backwards, sideways

gain: get possession of the ball

intercept: to gain possession of the ball

invasion: a game of two teams who invade each other's space to score goals

momentum: the direction created by weight and power

opponent: someone not on your team

opposing: in competition with

option: possible choices

possession: to have

referee: the person who makes sure the rules are followed

speed: how fast you are travelling



About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills put them into practise in different orienteering activities.



Map Reading

When orienteering it is important to be able to read a map. Map reading skills help you to figure out where you are and how to get to where you want to go.

Maps show us all of the amazing places on our planet, from towering mountains to sparkling rivers and bustling cities.

Reading a map is like solving a puzzle. A map often has a key which contains an explanation of what the different symbols on the map mean. When you learn to read these symbols, you can unlock the secrets of the map and understand what it is telling you.

Key Vocabulary

collaborate: work jointly with others

communicate: share information

effectively: achieving a desired outcome

instructions: information to guide a task

key: information given to help identify objects on a map

leader: a person who guides others

navigate: to plan or follow a route

orientate: to turn a map so that it always faces the same way as the ground it represents

reflect: to think back on the experience

role: the job given to each person

solve: to find an answer

symbol: a sign, shape or object representative of different features on a map e.g. a triangle for a mountain

teamwork: working with others to succeed



Ladder Knowledge



Problem solving:
Discussing the advantages and disadvantages of ideas will help to guide you to a conclusion about which idea to use.

Navigational skills:
Using a key and cardinal points on a map will help you to orientate it.

Communication:
There are different types of communication that you can use. This could be visual, verbal or physical. This means you can communicate without talking.

Reflection:
Critically reflecting on when and why you are successful at solving challenges will help you to improve in future challenges.

Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

Social communication, co-operation, collaboration

Emotional determination, resilience, honesty, trust, confidence

Thinking problem solving, evaluation, reflection, create, select and apply

Rules

Working with integrity means following the rules even when no-one else is watching. By having good integrity, we gain trust from others, learn to be dependable and form positive relationships.

Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.

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



How will this unit help your body?

balance, co-ordination, speed, stamina

Home Learning

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

At a stretch

What you need: Three pieces of paper and a measuring tape (optional).

How to play:

• Begin standing on one piece of paper.
Challenge: How far away from the paper you are standing on, can you place one of the other pieces of paper?

Rules:

- You must remain in contact with the paper you are standing on throughout the challenge.
- You cannot throw or kick any of the paper.
- You cannot touch the floor around you.

Playing against someone else? Who can place the paper furthest away?

Plan, do and reflect. You have 3 minutes to practise before you measure.



Knowledge Organiser

Swimming Year 3 and Year 4

About this Unit



Learning how to swim is very important! It's like having a special superpower that helps you stay safe and have lots of fun in the water.

Let's see why:



Safe swimmer: when you know how to swim, you can be a safe swimmer and avoid getting into trouble in the water. It's like wearing a magical shield that keeps you safe from water dangers.



Water hero: imagine being a water hero who knows how to help someone if they're in trouble in the water.



Strong and healthy: swimming is like a workout for your whole body. It makes your muscles strong, your heart happy, and keeps you fit and healthy.



Awesome adventures: when you can swim, you can try so many cool things like snorkelling to see colourful fish, surfing on big waves, or even playing fun water games with your friends.



Believe in yourself: learning to swim might seem tricky at first, but when you practice and learn, you'll feel very proud of yourself.

Key Vocabulary



alternate: one then the other

backstroke: a swimming style performed on the back

breaststroke: a swimming style performed on the front

breathing: when a swimmer chooses to breathe

buoyancy: how able an object is to float in water

crawl: a type of stroke

floating: the ability to stay on the water's surface

front crawl: a stroke used in swimming

glide: move across the water with a smooth continuous movement

H.E.L.P position: Heat Escape Lessening Posture: a position for floating in cold water when wearing a life jacket and awaiting rescue

handstand: an inverted balance in which weight is held on hands

huddle: a position for two or more people floating in cold water wearing life jackets and awaiting rescue

rotation: the circular movement of an object around a central point

sculling: quick movements of the hands to keep the head above the water

sidestroke: a stroke where the swimmer lies on their side, helpful as a lifesaving stroke as it uses less energy

sinking: travelling lower than the surface

stroke: the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle

submerge: to be underwater

surface: where the water ends

surface dive: to go beneath the water

survival: the act of living

tactics: a plan or strategy

technique: the action used correctly

treading water: a survival technique used to keep the head above the water

Ladder Knowledge



Strokes:

Year 3: keeping your legs together for crawl helps you to stay straight in the water.

Year 4: keeping your legs together for crawl helps you to stay straight in the water.

Breathing:

Year 3: turning your head to the side to breathe will allow you to swim with good technique.

Year 4: breathing out with a slow consistent breath enables you to swim for longer before needing another breath.

Water safety:

Year 3: treading water enables you to keep upright and in the same space.

Year 4: if you fall in the water float.

Movement Skills

- submersion
- float
- glide
- front crawl
- backstroke
- breaststroke
- rotation
- scull
- tread water
- handstands
- surface dives
- H.E.L.P and huddle position

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

Social communication, support and encourage others, keep myself and others safe, collaboration,

Emotional confidence, honesty, determination, independence, perseverance

Thinking comprehension, observe and provide feedback, tactics, select and apply skills

Rules

1. Stop and think, always swim in a safe place

When swimming outdoors preferably swim at a lifeguard beach, organised session or a supervised space.

2. Stay together, always swim with an adult

When swimming outdoors you must always stay together. NEVER go alone.

3. Float

If you fall into the water unexpectedly - float on your back until you can control your breathing. Then, either call for help or swim to safety.

4. Call 999

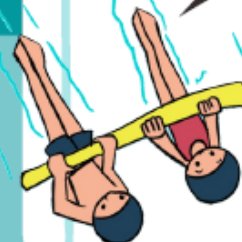
If you see someone in trouble, tell someone or go to the nearest telephone and dial 999.

Healthy Participation



- Always swim with an adult.
- Wait for a qualified lifeguard before entering the water.

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



How will this unit help your body?

balance,
co-ordination, flexibility,
speed, stamina, strength

Home Learning

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

Dolphin Dash



What you need: a swimming pool with a lifeguard, a supervising adult.

How to play:

- Choose a starting and finishing point in the pool. These can be across the width of the pool or from one end to the other.
- Line up at the starting point. Everyone will be a dolphin for this game!
- Swim using your best dolphin strokes by moving your body in a wave like motion with arms and legs straight.
- Every few strokes, do a little dolphin jump by lifting your upper body slightly out of the water. Pretend you're leaping over waves.
- Playing with others? Who can reach the other side first?
- Playing by yourself? How long does it take you to reach the other side?

