

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

Tennis or 'Jeu de paume' (palm game) was first played without rackets and used the palm of the hand to hit the ball. The game was invented in the 12th century by monks in Northern France.

It wasn't until the 16th century that rackets were added and it became known as tennis. It was a very popular sport and King Henry VIII was a keen tennis player.

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?



Key Vocabulary

- alternate:** one then the other
- co-operative:** working together
- compete:** take part in a contest
- contact:** the point where you hit the ball
- continuous:** keep a rally going
- control:** being able to perform a skill with good technique
- court:** the space used for a tennis game
- deny:** to prevent an action happening
- extend:** to make longer
- rally:** when a point is played back and forth
- receiver:** the person who the ball is being hit to
- reflect:** to think back on the experience
- swing:** smooth semi circular action
- tactic:** a plan that helps you to attack or defend



Ladder Knowledge



Shots:
Play a forehand when the ball comes to your dominant side.
Play a backhand when the ball comes to your non-dominant side.

Rallying:
Move your feet to the ball to help you to hit in a more balanced position and increase the accuracy of your shot.

Footwork:
Get your feet in the right position to help you to balance before playing a shot.

Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

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

- Social** co-operation, support and encourage others, collaboration, respect
- Emotional** perseverance, honesty, determination
- Thinking** identifying strengths and areas for improvement, reflection, select and apply, comprehension, use tactics

Rules

- Win a point if:**
- Opponent hits the ball in the net
 - Opponent hits the ball out of the court area
 - Opponent misses the ball or it bounces twice

Tactics

- **Attacking:**
Look at where your opponent is and try to place the ball away from them.



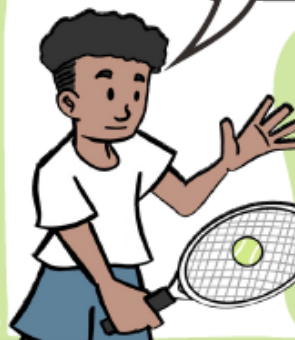
- **Defending:**
Move quickly to a ready position in the centre of the space.
Cover the space between you when playing with someone else.

Healthy Participation



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

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



How will this unit help your body?

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

Home Learning



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

Jeu de Paume (Palm Game)

What you need: a ball and a wall

How to play:

- Using the palm of your hand, can you...
- Hit ball up continuously?
 - Bounce the ball down continuously?
 - Hit the ball up, let it bounce once then hit it up again? How many can you do in a row?

Playing against a wall, can you...

- Hit the ball against the wall, let it bounce then hit it again keeping a rally going? How many can you do in a row?



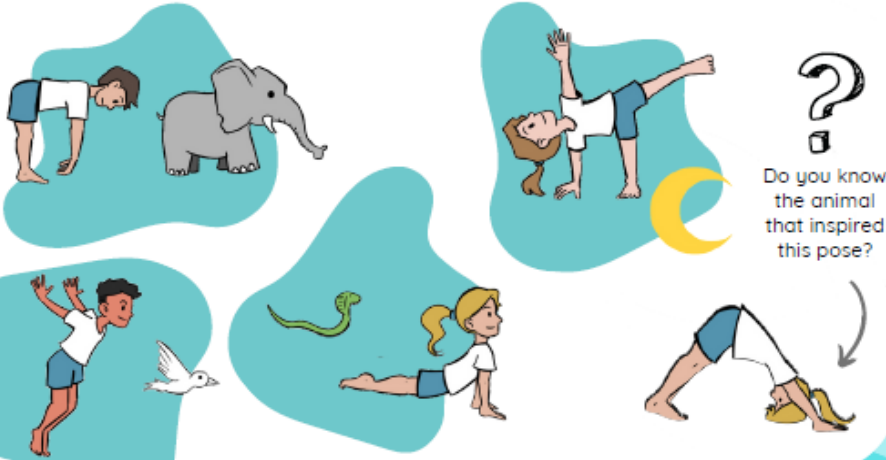
Knowledge Organiser

Yoga Year 3 and Year 4

About this Unit

Yoga is the name for a type of exercise that helps our mind and body. In yoga, we put our body into different positions these are called poses. We can link these poses together to create sequences of movement called a flow. In this unit you will learn yoga poses and techniques that will help you to connect your mind (what you are thinking and feeling) with your body.

Often yoga poses take inspiration from animals and nature like these poses...



Do you know the animal that inspired this pose?

Key Vocabulary

- breath:** moving air in and out of your body
- control:** being able to perform a skill with good technique
- extend:** to make longer
- flexibility:** the ability of muscles and joints to move through a range of motion
- flow:** a yoga sequence
- gratitude:** being thankful
- lengthen:** to make longer
- link:** to join together
- mindfulness:** to bring attention to experiences occurring in the present moment
- notice:** to pay attention to
- pose:** a position, usually still
- relax:** to become calm
- stable:** to be balanced
- strength:** the amount of force your body can use
- wellbeing:** the emotional state of someone



Ladder Knowledge



Year 3: use the whole of the body part in contact with the floor, it will help you to balance.

Year 4: move with your breath, it will help you to balance.

Flexibility:

Year 3: if you move as you breathe out you can stretch a little bit further.

Year 4: different poses will need you to extend different body parts.

Strength:

Year 3: you will need to use different muscles for different poses.

Year 4: people have different levels of strength.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social working safely, supporting others, sharing ideas, collaboration, respect

Emotional confidence, determination, integrity, focus

Thinking recall, creativity, selecting actions, providing feedback, reflection

Strategies

Use your breath to help you to focus.

When you experience a stressful event (like an unexpected dinosaur in your classroom), your heart rate increases and your breathing becomes lighter.

Deep breathing helps to get more oxygen into your body and helps you calm down, lower stress, and focus. Counting your breath is a great way to focus your attention. Breathe in for four counts and out for four counts.

Mindfulness is a personal journey.

Mindfulness is a technique which involves noticing what's happening around you in the moment. It can help you to feel happier and calmer.

How you notice the world around you might be different to a friend and that's ok.

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning

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

Your Flow

What you need: a flat space
Yoga poses often take inspiration from animals and nature. Like the ones here:



How to play:

- Look around in nature or think of animals that could inspire your poses.
- Create a yoga flow (sequence) by linking 5-6 of poses together.
- You could also use the poses shown above.

Remember to move slowly and breathe deeply.

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



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About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

This dance is inspired by a spy!

Counts 1-4:
Creep forwards lightly on your toes, looking from side to side.

Counts 5-8:
Stand with your feet shoulder width apart, bend your knees. Transfer weight from left to right, turning your head from left to right. Repeat other side.

Counts 1-4:
Step while turning, travelling sideways to the left.

Counts 5 and 6:
Kick your right foot round in a circle.

Counts 7 and 8:
Run backwards quickly.

The Spy Set Phrase

CARNIVAL TIME

Samba music has its roots in Brazilian and African music.

Music and dance play a major role in the Rio de Janeiro Carnival.

States of Matter				
solid	actions	dynamics	space	relationships
	kick lunge stamp step slide	strongly heavily robotically	same level straight pathways	unison side by side in contact matching
	slide wave twist ripple extend	smoothly fluidly gently gracefully	curved pathways varied directions	some performers in contact canon
	spin leap roll jump kick	smoothly gently fluidly	varied directions pathways levels	random timing not in contact spaced

The Twist

- The twist was a dance inspired by rock and roll music.
- It became the first worldwide dance craze in the early 1960s.
- The actions are wild and spontaneous, with swivelling of the hips and toes as the dancer moves up and down.
- Big facial expressions and exaggerated moves.

Key Vocabulary

- action:** the movement a performer uses e.g. travel, jump, kick
- action and reaction:** one movement has an effect on another movement e.g. push/pull, up/down, forward/backward
- canon:** when performers complete the same action one after the other
- dynamics:** how an action is performed e.g. quickly, slowly, gently
- expression:** actions or gestures used to share thoughts or feelings
- flow:** actions that move from one to another easily
- formation:** where performers are in the space in relation to others
- match:** to perform the same action as someone else
- mirror:** reflecting the movements of another person as if they are a reflection
- order:** the sequence of actions
- performance:** the complete sequence of actions
- phrase:** a short sequence of linked movements
- relationship:** the ways in which dancers interact; the connections between dancers
- represent:** to stand for something
- rhythm:** a strong, regular repeated pattern of movement
- space:** the 'where' of movement such as levels, directions, pathways, shapes
- structure:** the way in which a dance is ordered or organised
- timing:** moving to the beat of the music
- unison:** two or more people performing the same movement at the same time



Ladder Knowledge



- Actions:** Some actions are better suited to a certain character, mood or idea than others. Think carefully about the actions you choose to help you show your dance idea.
- Dynamics:** Some dynamics are better suited to a certain character, mood or idea than others. Think carefully about the dynamics you choose to help you show your dance idea.
- Space:** Space can be used to express a certain character, mood or idea.
- Relationships:** Some relationships are better suited to a certain character, mood or idea than others. Think carefully about the relationships you choose to help you show your dance idea.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social co-operation, communication, inclusion, collaboration

Emotional confidence, empathy, determination

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

Strategies

Being aware of other performers in your group will help you to move in time. You can select from a range of dance techniques to help translate your dance idea such as actions, space, dynamics and relationships.

Healthy Participation



You should be bare foot for dance. Ensure you always work in your own safe space when working independently.

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



How will this unit help your body?

balance, co-ordination, flexibility.

Home Learning



Family Fun Dance

How to play:

- Think of the typical gestures and movements some of your family members do all of the time.
- Decide on two or more typical movements for each person.
- Link these into a dance performance and add some music to your dance.
- Perform to your family.
- If you have a brother or sister, you could create the dance with them about your parents.

You could even use your pets for ideas.



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