



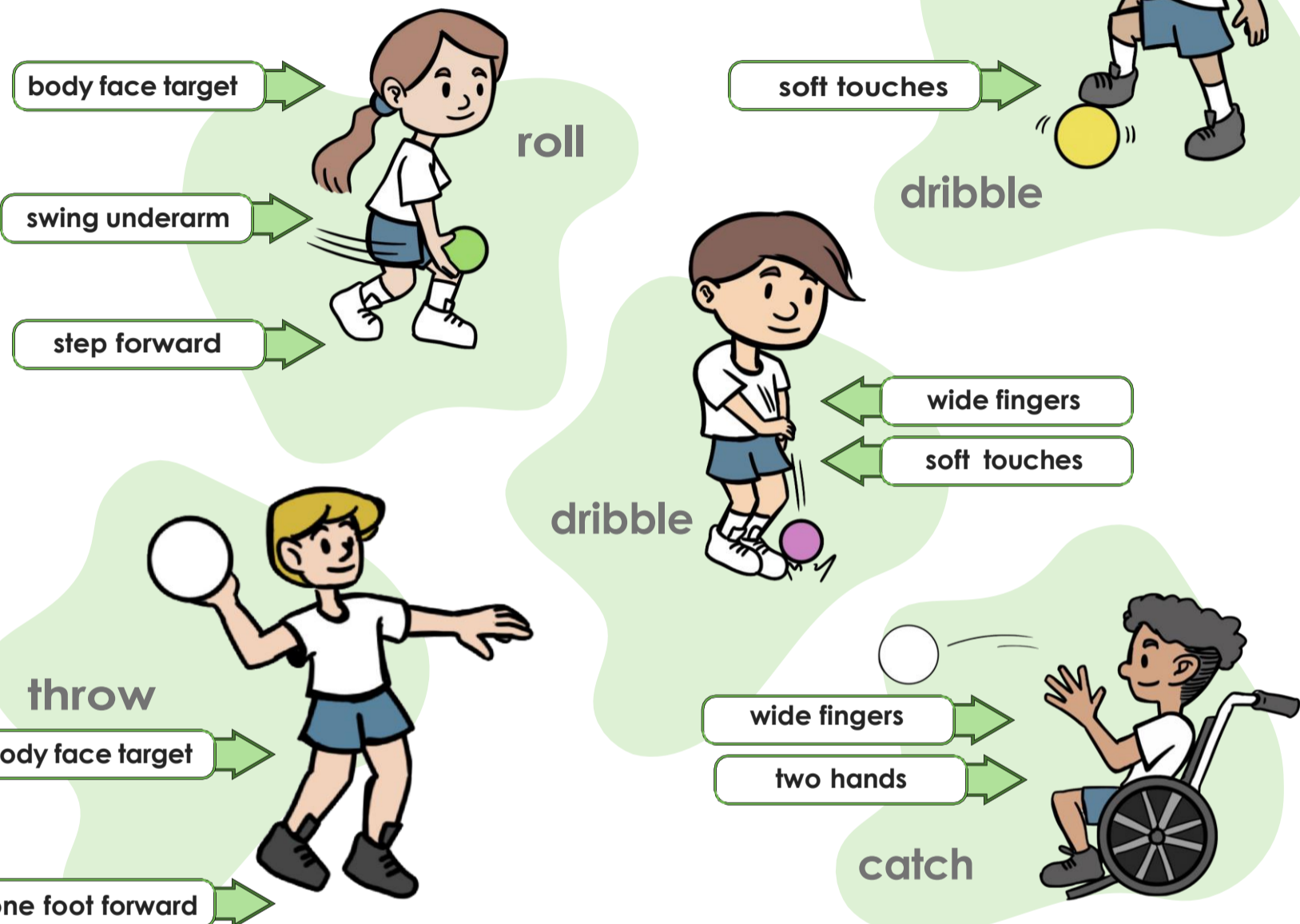
Get Set 4 Education

Knowledge Organiser

Ball Skills Y1

About this Unit

You can move a ball in lots of different ways, using different body parts.



Ladder Knowledge



Sending:

Face your body towards your target when rolling and throwing underarm. It will help you to balance.

Catching:

Watch the ball as it comes towards you.

Tracking:

Move your feet to get in the line with the ball.

Dribbling:

Moving with a ball is called dribbling. You can dribble with your hands and with your feet.

Movement Skills

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

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

Social communication, support others, co-operation

Emotional perseverance, honesty, determination

Thinking exploration, make decisions, comprehension, 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.

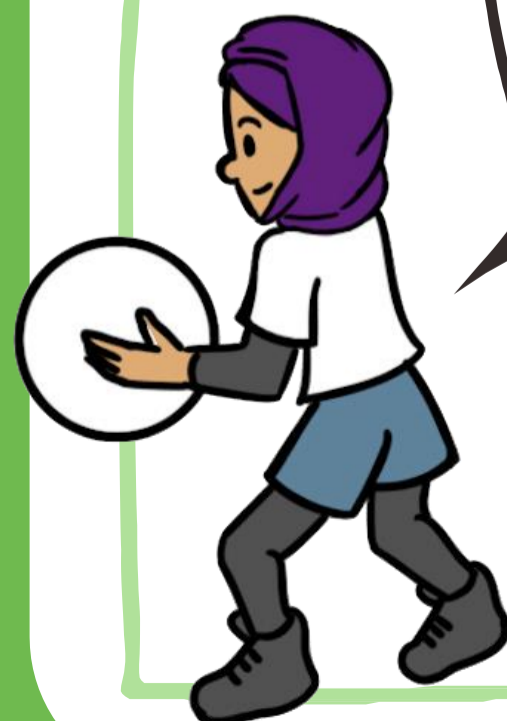
Make sure you work in a safe space and show an awareness of others as you use the ball.

Key Vocabulary



catch	safely	swing
control	score	target
dribble	space	track
ready position	soft	underarm
roll		

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



Home Learning

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

Bottle Skittles

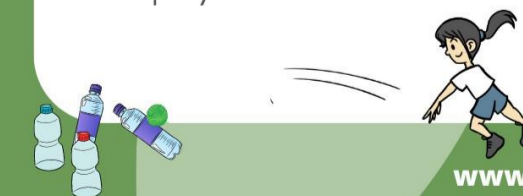


What you need: plastic bottles, a pair of socks, 1 or more players

How to play:

- Use empty plastic bottles as skittles. Set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Playing with more people?
See how many throws it takes each player to knock down all of the skittles.



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This unit will help you to:

- change direction
- balance
- move different body parts 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 Fundamentals Year 1

Get Set 4
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Ladder Knowledge



Running:
Bending your knees will help you to change direction. If you swing your arms it will help you to run faster.

Balancing:
Looking ahead will help you to balance. Landing on your feet helps you to balance.

Jumping:
Landing on the balls of your feet helps you to land with control.

Hopping:
Hop with a soft bent knee.

Skipping:
Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.

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.

running

- look forward
- elbows bent
- knees bent
- hold at waist height
- soft, bent knees

skipping

- arch shape rope
- jump when the rope goes past your face

jumping

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

Movement Skills

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

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

Socially collaboration, work safely, support others

Emotionally determination, self regulation, honesty, perseverance

Thinking comprehension, select and apply skills

Strategies

Just like learning new words or playing a game, you need to practice. Try running, hopping, skipping, jumping, and balancing every day!

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.



Home Learning

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

Skipping Challenges



What you need: a skipping rope or a dressing gown rope (tie two together to make it longer)

Challenge 1:
How many skips can you complete in a row?

Challenge 2:
Can you skip 5 times on your right foot and then 5 times on your left foot?

Challenge 3:
Can you skip with high knees, one foot and then the other?

Challenge 4:
Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

Challenge 5:
Can you skip backwards?



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Key Vocabulary



- bend
- direction
- dodge
- fast
- hop
- jog
- jump
- land
- ready position
- skip
- challenge
- swing

This unit will help you to:

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

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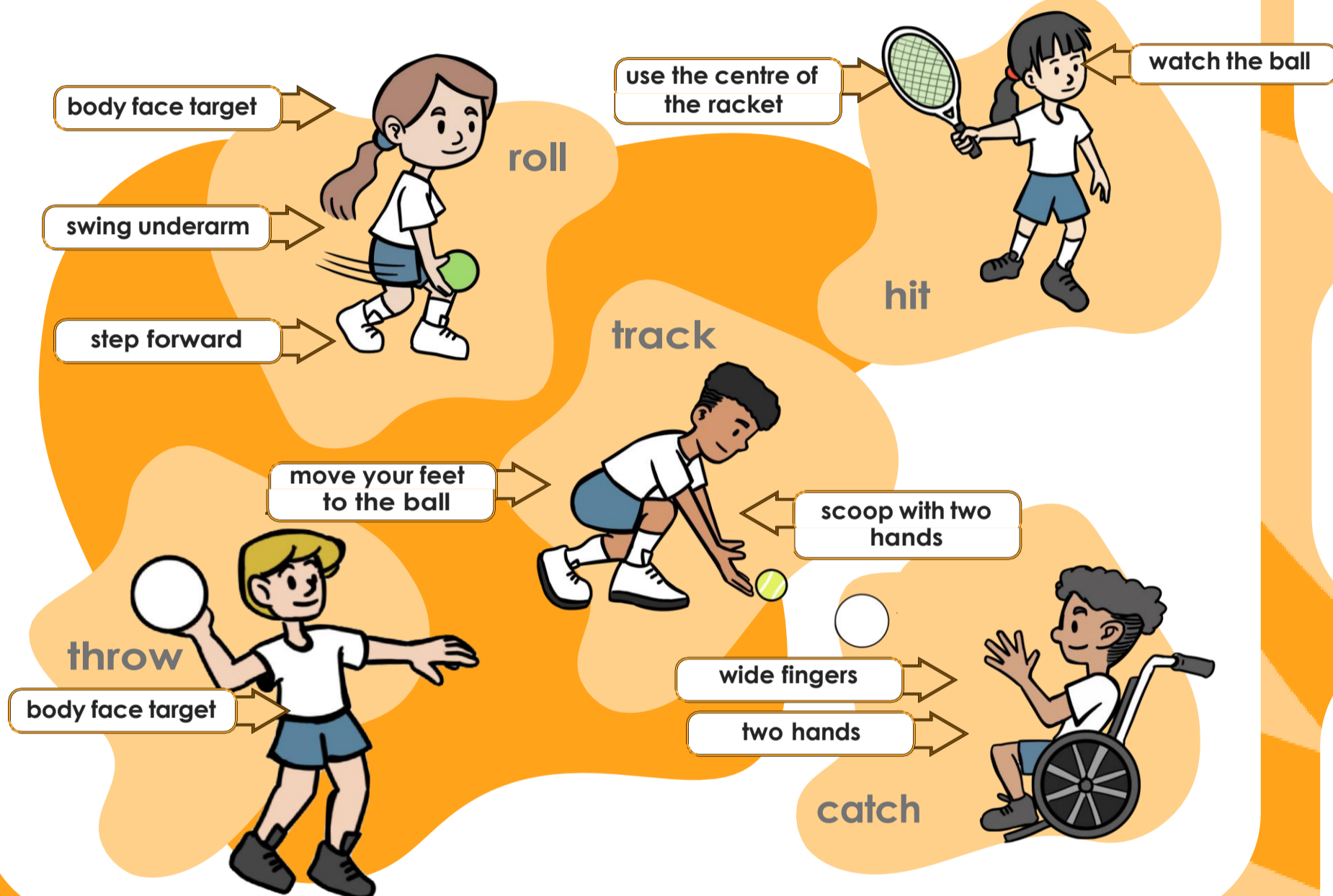
Knowledge Organiser

Sending and Receiving

Year 1

About this Unit

When we talk about sending a ball, we mean throwing, kicking or hitting it to someone else. Receiving a ball is like catching it or stopping it when it comes to you. So, when your friend sends the ball your way, you use your hands, feet or racket to catch it or stop it from rolling away. It's like giving the ball a gentle hug when it comes to you.



Ladder Knowledge



Sending:
Face your body towards your target when sending to help you to balance.
Look at your partner before sending the ball.

Receiving:
Watch the ball as it comes towards you.

Movement Skills

- roll
- throw
- catch
- track
- kick
- receive with feet
- send with racket

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

Socially support others, communication

Emotionally determination, honesty, independence

Thinking comprehension, select and apply skills

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.

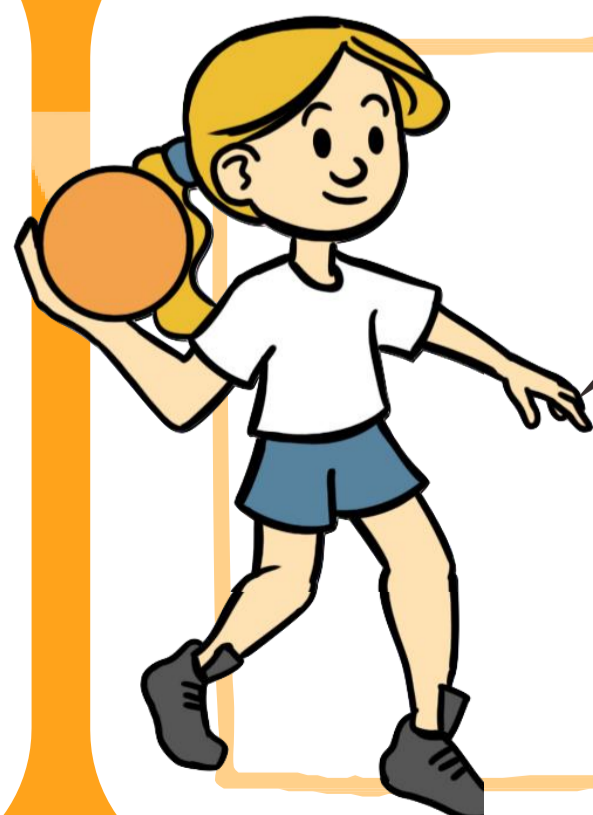
Make sure you work in a safe space and show an awareness of others as you use the ball.

Key Vocabulary



catch	overarm	score
defender	partner	send
distance	pass	throw
far	ready position	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

Home Learning

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



Plane in Flight



What you need: a sheet of newspaper, an A4 sheet of paper, a pen, masking tape, scissors, an adult to help you cut.

How to play:

- Draw circles of different sizes on the sheet of newspaper.
- Ask an adult to help you cut them out.
- Make a paper aeroplane with the A4 paper (have fun finding how to make this on the internet).
- Tape your newspaper so that it hangs in a doorway and name each of the holes after a country.
- Stand 3m away and throw your aeroplane so that it travels through every country.



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



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About this Unit

Yoga is a type of exercise that uses balances (called poses) and breathing to help your body and mind stay healthy and strong...It's like a secret superpower!

Imagine stretching your body like a playful cat or pretending to be a tree swaying in the wind. Each movement or pose has a name. By doing these poses, you can make your muscles stronger, feel more relaxed and improve how flexible you are.

Start...

'I am ready to be mindful' (hands on heads)

'I am ready to share my ideas' (hands on throat)

'I am ready to try my best' (hands on heart)



Each lesson you will start and finish your lesson sitting with cross legs.

You will say.....

Finish...

'I think kind thoughts' (hands on heads)

'I speak kind words' (hands on throat)

'I act with a kind heart' (hands on heart)

Key Vocabulary



balance

breath

copy

feel

focus

listen

pose

slowly

stretch



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

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.



This unit will help you to:

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

Movement Skills

- balance
- flexibility
- strength
- co-ordination

Strategies

- Use the start and finish sayings during your day to make good choices.
- If you feel angry, sad, mad, nervous or like you need a moment, try one of the breathing activities from your lessons.

Ladder Knowledge



Balance:

focusing on something still will help you to balance.

Flexibility:

yoga helps to improve flexibility which you need in everyday tasks.

Strength:

you can use strength to move slowly and with control.

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

Socially move safely, listen to others, collaborate

Emotionally concentration, focus, identify feelings

Thinking observation, copy and repeat, recognise, create, select and apply

Home Learning

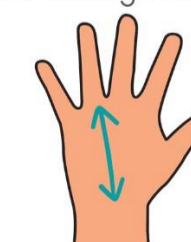
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Hand Breath

What you need: a quiet space

What to do:

- Close your mouth and breathe in and out through your nose.
- Hold out your left hand.
- With the index finger of your other hand trace the fingers of your left hand.
- Breathe in as you trace up a finger, breathe out as you trace down a finger.
- Continue a few times through all fingers.



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