

Ladder Knowledge



- | | | | | |
|---|---|--|--|--|
| Actions:
Actions can be linked to create a dance. | Dynamics:
You can create fast and slow actions to show an idea. | Space:
There are different directions and pathways within space. | Relationships:
When dancing with a partner it is important to be aware of each other and keep in time. | Performance:
Stand still at the start and at the end of the dance. It will let the audience know when you have started and when you have finished. |
|---|---|--|--|--|

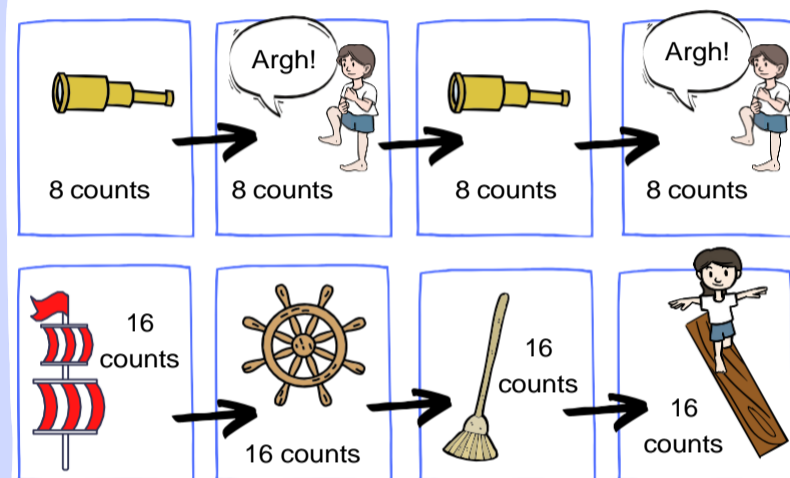
About this Unit

Here are some themes that you may explore in this dance unit...

The Weather



Pirates



How would these toys move?

TOYS



On Safari



Movement Skills

- actions
- dynamics
- space
- relationships

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

- Socially:** respect, work safely, collaboration, communication
- Emotionally:** empathy, confidence, acceptance, determination, kindness
- Thinking:** creativity, select and apply actions, copy and repeat actions, provide feedback, recall

Strategies

Use big, clear actions. It will help the audience to see you clearly.

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.



Key Vocabulary



- | | | |
|---------|-----------|---------|
| action | direction | |
| balance | fast | quickly |
| beat | level | slow |
| copy | pathway | slowly |
| counts | pose | timing |

Home Learning

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

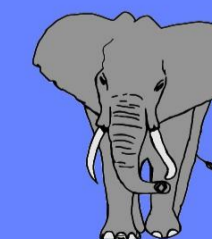
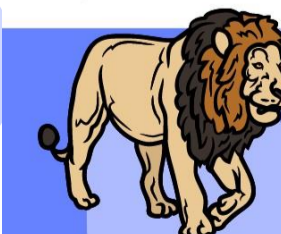
Animal Dance



How to play:

- Create a short dance that uses the movements of an animal of your choice.
- Try not to just act like the animal, but use their movements e.g. the way they crawl, walk, sleep or jump.
- Think about how quickly or slowly they move.
- Think about how they move e.g. bouncy, smoothly.
- Choose some music that suits your animal too.

Show your dance to a family member or friend.



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



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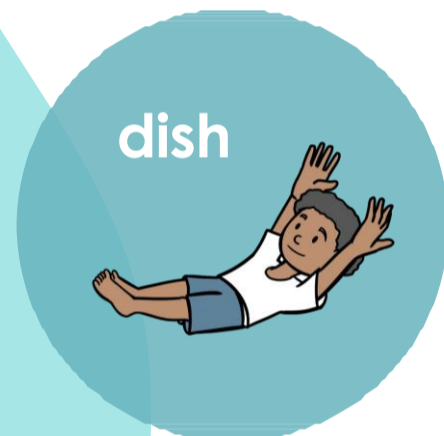


Get Set 4 Education

Knowledge Organiser Gymnastics Year 1

About this Unit

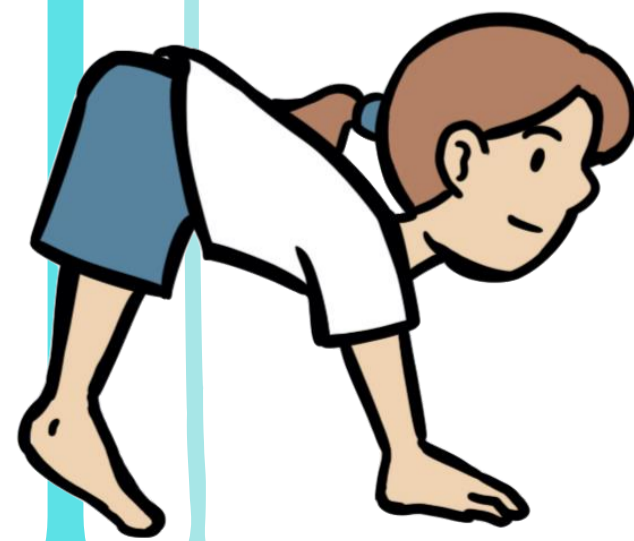
In gymnastics you learn to move your body in really fun ways. There are also lots of shapes that you can make with your body. In gymnastics, these shapes have special names.



Key Vocabulary



- | | | |
|-----------|----------------|----------|
| action | jump | speed |
| balance | level | squeeze |
| control | point | star |
| direction | practice rolls | straight |
| level | shape | travel |
| roll | | |



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

Ladder Knowledge



Shapes:
You can improve your shapes by extending parts of your body.

Balances:
Balances should be held for 5 seconds.

Rolls:
You can use different shapes to roll.

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

Movement Skills

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

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

Social respect, collaboration, sharing, work safely

Emotional confidence, self regulation, perseverance

Thinking comprehension, select and apply action, creativity

Strategy

Use a starting and finishing position so that people know when your sequence has begun and when it has ended.

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

Crabs and Scorpions



What you need: two markers, one player, one person to time

How to play:

- Mark a 6m distance using two markers.
- Place 10 x socks at the start marker.
- Transport the socks one at a time from one marker to the other.
- How many socks can you move in 2 minutes?

Rules:

- Socks must be carried on stomach on the way there (crab)
- Players must travel back on their hands and feet stomach facing down (scorpion).



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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 1

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.

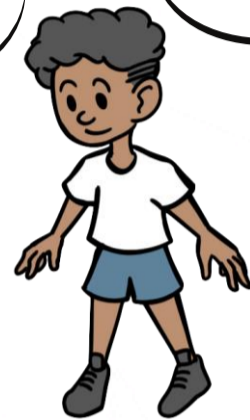
My team has the ball, I am an attacker



My team needs to score goals

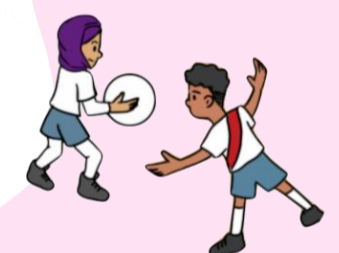
In invasion games, if your team has the ball your are called attackers. If your team doesn't have the ball you are defenders.

My team doesn't have the ball, I am a defender



My team needs to try to stop goals

Look at the images below, who are the attackers and who are the defenders?



Key Vocabulary



attacker

marking

defender

points

dodge

score

goal

space

Ladder Knowledge



Sending & receiving:

look at your partner before sending the ball.

Dribbling:

moving with a ball is called dribbling.

Space:

being in a good space helps you to pass the ball.

Attacking:

moving away from a partner helps your team to pass you the ball.

Defending:

staying with a partner makes it more difficult for them to receive the ball.

Movement Skills

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

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

Socially supporting others, communication, co-operation, kindness

Emotionally perseverance, confidence, honesty

Thinking comprehension, identifying strengths and areas for development, select and apply

Rules

Rules help you to play fairly.

Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Spread out

Stay with a partner

Keep the ball

Send the ball quickly to a teammate

Healthy Participation



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

Home Learning

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

Touch Down

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

How to play:

- Place the two markers approx. 8 big steps apart.
- One person begins at one marker with the ball, other person begins in the middle.
- Person with the ball attempts to score by running and placing it on top of their opponent's marker.
- If their opponent tags the person with the ball, they have to start again at their marker.
- Have three attempts to score then switch roles.
- Make this harder by dribbling the ball with feet or hands.



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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.



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 1

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.

throw



point your hand where you want the ball to go

try to make the ball bounce once

use an underarm throw

catch



use two hands

watch the ball

track



move your feet

get in line with the ball

hit



use the middle of the racket

point your racket where you want the ball to go

Ladder Knowledge



Hitting:

use the centre of the racket for control.

Feeding:

use an underarm throw to throw to a partner.

Rallying:

throwing/hitting to your partner with not too much power will help them to return the ball.

Footwork:

using a ready position will help you to move in any direction.

Movement Skills

- throw
- catch
- hit
- track

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

Socially support others, work safely, communication, co-operation

Emotionally perseverance, independence, determination

Thinking comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

Rules

Rules help you to play fairly.

Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Use a ready position

Send the ball away from a partner

Send the ball to one space then a different space

Track the ball as it comes towards you

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

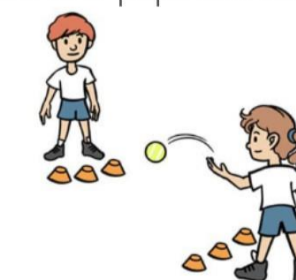
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Hot Spots

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

How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- The game is played until one pupil has all of the cones.
- Make this easier by using a bigger ball.



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Key Vocabulary



net

ready position

partner

score

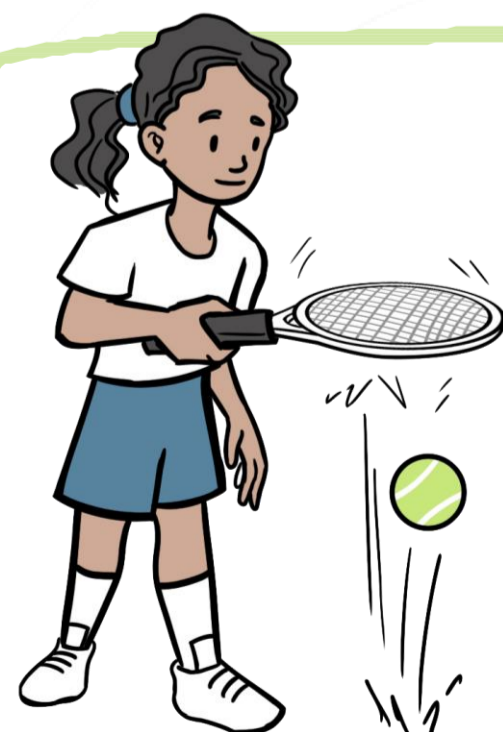
point

track

racket

underarm

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

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