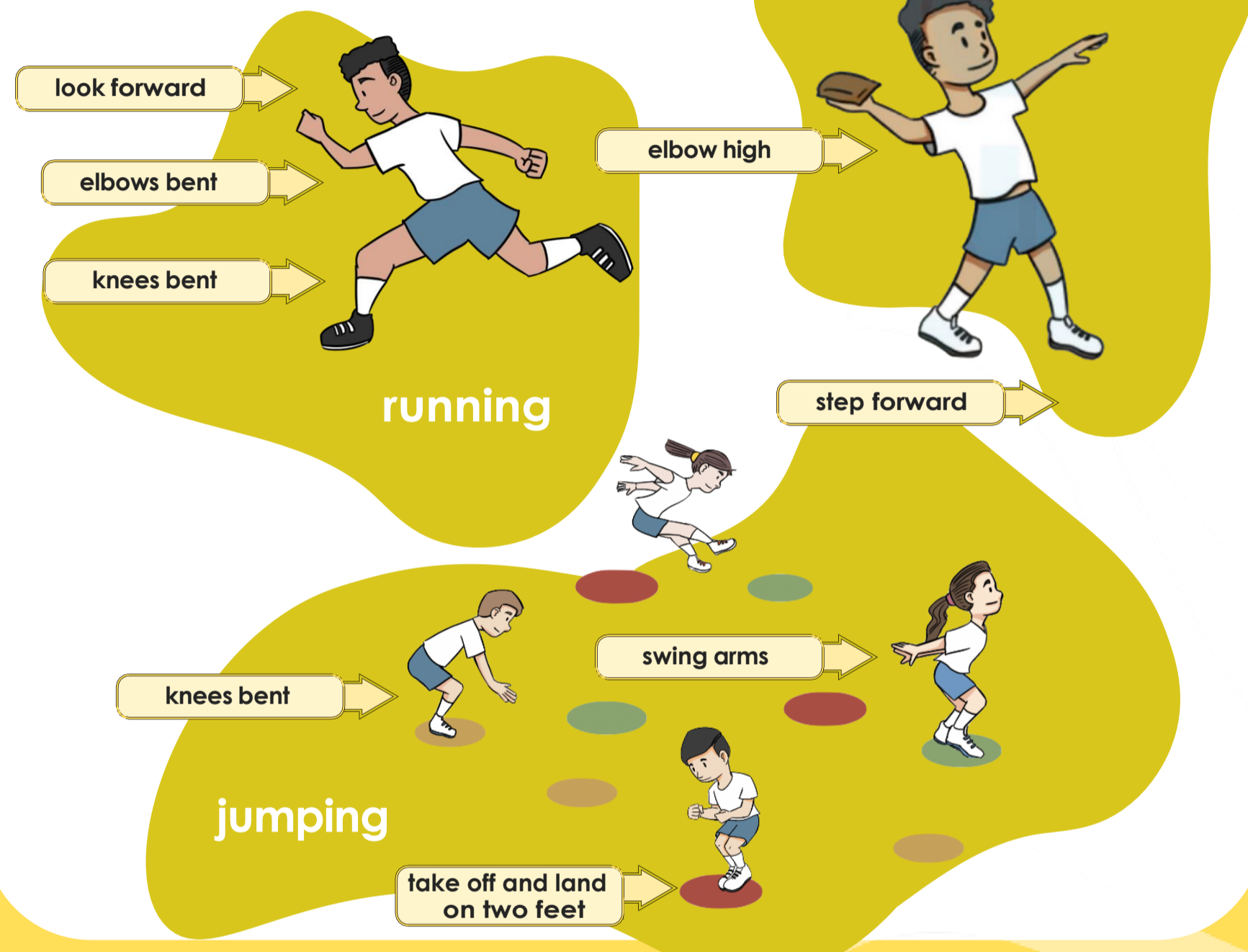


About this Unit

Athletics is made up of running, jumping and throwing.



Ladder Knowledge



Running:

Swing your arms, it will help you to run faster.

Jumping:

Landing on the balls of your feet helps you to land with control. Bend your knees, it will help you to jump further.

Throwing:

Stepping forward with your opposite foot to throwing hand will help you to throw further.

Movement Skills

- run
- balance
- agility
- co-ordination
- hop
- jump
- leap
- throw

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

Socially work safely, collaboration

Emotionally perseverance, independence, honesty, determination

Thinking reflection, comprehension, select and apply skills

Rules

Rules help you to play fairly.

Healthy Participation



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

Home Learning

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

Fill it Up

What you need: six socks and two pots

How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
- Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
- Who is the first to have 5 socks in their pot?
- Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?

Top tip: take small steps so that you can change direction quickly.



www.getset4education.co.uk

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



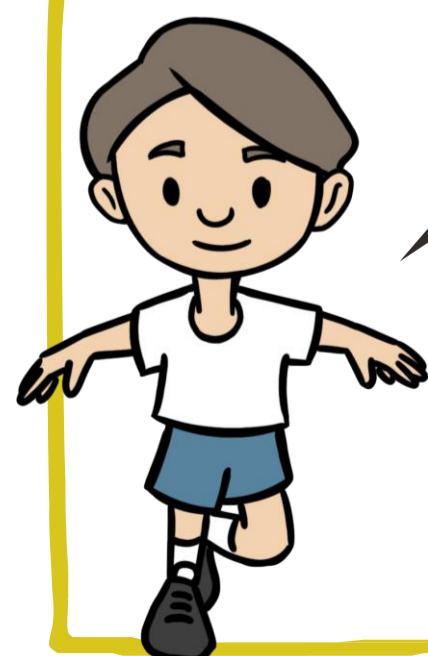
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Key Vocabulary



- | | | |
|-----------|---------|----------|
| balance | hop | safely |
| bend | jog | target |
| control | jump | time |
| direction | leap | underarm |
| further | overarm | walk |
| | quickly | |

If you enjoy this unit why not see if there is an athletics 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
- be stronger

Ladder Knowledge



- Agility:** Bending your knees will help you to change direction.
- Balance:** Looking ahead will help you to balance.
- Co-ordination:** Using the opposite arm to leg at the same time helps you to perform skills such as running and throwing.
- Speed:** Swinging your arms will help you to run faster.
- Strength:** Exercise helps you to become stronger.
- Stamina:** Moving for a long time can make you feel hot and breathe faster.

About this Unit

There are lots of things that can affect our mood. How would each of the events below effect your mood?

playing with friends

not eating breakfast

spending time with family

not much sleep

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises we can do e.g.

Movement Skills

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

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

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

Emotionally kindness, perseverance, honesty, independence, determination

Thinking comprehension, creativity, problem solving, reflection, feedback

Strategy

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

Healthy Participation



Behave and move in a safe way.

Home Learning

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

What's the Time Mr Wolf?

What you need: 2 or more people

- How to play:**
- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
 - Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
 - Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
 - If Mr Wolf calls 'dinner time!', everyone must run away from Mr Wolf.
 - Whoever is caught returns to the start line. The winner is the player who touches Mr Wolf.

Key Vocabulary



- | | | |
|-----------|----------|---------|
| active | exercise | mood |
| bones | fast | muscles |
| brain | healthy | quick |
| breathing | heart | safe |
| calm | memory | strong |



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

- This unit will help you to:**
- change direction quickly
 - balance
 - move different body parts at the same time
 - be faster
 - move for a long time
 - be stonger



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

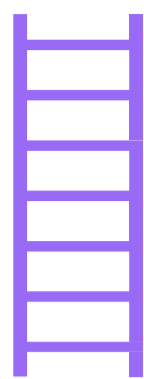


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Knowledge Organiser

Striking and Fielding Year 1

Ladder Knowledge



Striking:

the harder you strike, the further the ball will travel.

Fielding:

throwing the ball back is quicker than running with it.

Throwing:

use an overarm throw to throw over longer distances.

Catching:

watch the ball as it comes towards you.

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.

overarm throw

- elbow high
- step forward with your opposite foot



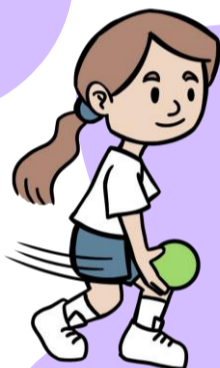
catch

- watch the ball
- catch with two hands
- move your feet to the ball



underarm throw

- use a straight arm
- step forwards with your opposite foot



track

- move your feet to the ball
- scoop with two hands



hit

- watch the ball
- use the centre of the bat



Movement Skills

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

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

Social

communication, collaboration, support and encourage others, kindness

Emotional

manage emotions, honesty, perseverance

Thinking

comprehension, use tactics, select and apply, 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.

Spread out

Hit the ball into space

Throwing the ball 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.

Home Learning

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

Field to Stop

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

How to play:

- Place the marker in a space and stand next to it.
- One player is the batter with the ball, the other player is the fielder.
- The batter rolls the ball into the space and then scores points by sitting down and standing up (one point for each time they do this).
- The fielder runs to collect the ball, holds it in the air and shouts 'stop'.
- Batter to confirm their score and then change roles.
- Play again, with throwing.



www.getset4education.co.uk

Key Vocabulary



batter

batting

bowl

bowler

fielder

fielding

hit

out

ready position

track

underarm / overarm

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.



This unit will help you to:

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

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



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