

Knowledge Organiser Fundamentals Year 1

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.



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.

Movement Skills

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

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

Social collaboration, work safely, support others

Emotional 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.



Home Learning

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

Key Vocabulary



bend

direction jog

dodge jump skip

fast land challenge

hop ready position swing



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
- be stronger

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



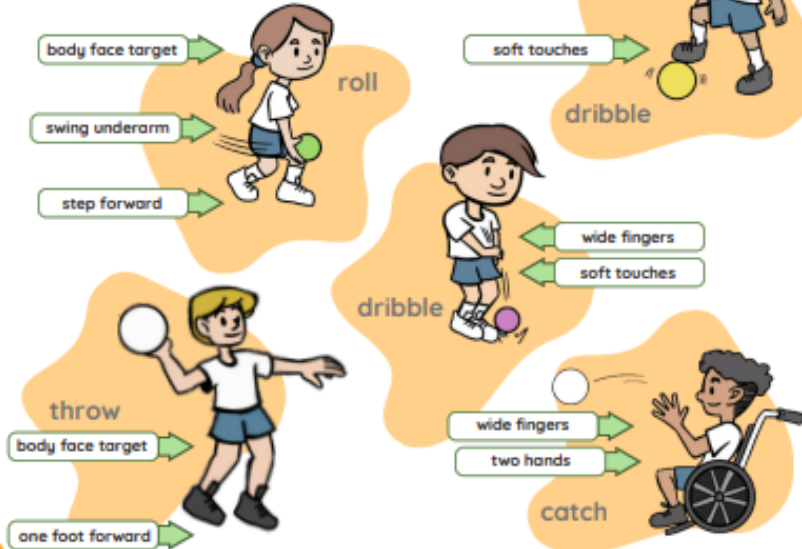
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Knowledge Organiser Ball Skills Y1

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.

Home Learning

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

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.

This unit will help you to:

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

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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Head to our youtube channel to watch the skills videos for this unit. @getset4education136



Get Set 4 Education

Knowledge Organiser Fitness Year 1

About this Unit

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



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.



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.



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.
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Movement Skills

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

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

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

Emotional 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.



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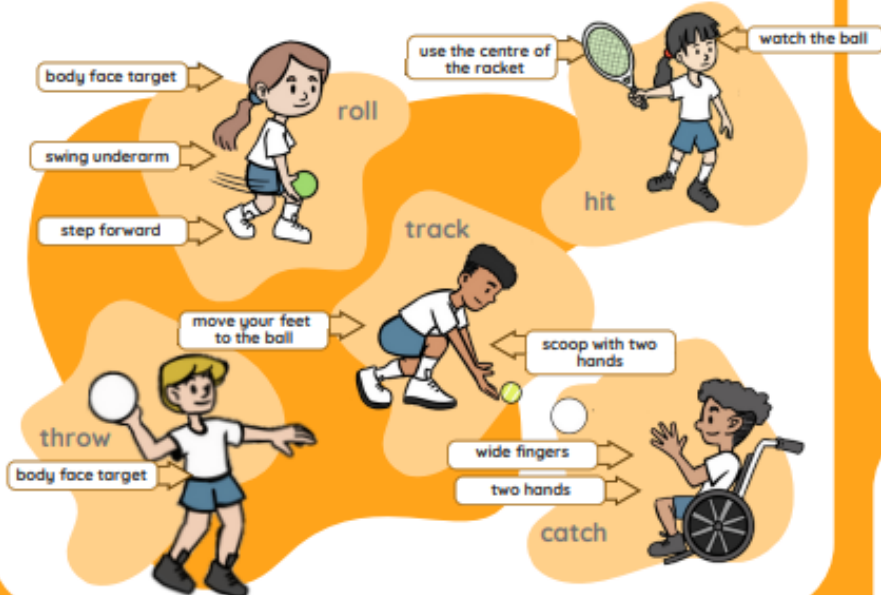
Head to our youtube channel to watch the skills videos for this unit.



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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.

Social support others, communication

Emotional 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.

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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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

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

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Get Set 4 Education

Knowledge Organiser Yoga Year 1

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 crossed 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

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.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social move safely, listen to others, collaborate

Emotional concentration, focus, identify feelings

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

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.

Home Learning

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



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



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Get Set 4
Education

Knowledge Organiser Target Games Year 1

About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

In this unit, you will use underarm and overarm throwing to take part in lots of different challenges.



overarm throw

- elbow high
- step forward with your opposite foot
- use for distance



underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

Ladder Knowledge



Throwing:

use an overarm throw for distance and an underarm throw for accuracy. Stand with opposite foot to throwing arm forwards.

Movement Skills

- underarm throw
- overarm throw

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

Social collaboration, leadership, work safely, encourage others

Emotional perseverance, honesty

Thinking comprehension, select and apply, creativity

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.

Choose targets that are worth more points

Use an overarm throw for targets further away

If the target is small, use an underarm throw because it is more accurate

Healthy Participation



- Put unused balls in a safe place.

Home Learning



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

Socks in Pots!

What you need: three pairs of socks and three or more pots or pans



How to play:

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

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Key Vocabulary



balance

distance

further

overarm

point

score

swing

throw

underarm

If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf 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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Get Set 4 Education

Knowledge Organiser Athletics Year 1

About this Unit

Athletics is made up of running, jumping and throwing.



Key Vocabulary

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



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

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.

Social work safely, collaboration

Emotional 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.



This unit will help you to:

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



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.



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Head to our youtube channel to watch the skills videos for this unit. @getset4education136

Knowledge Organiser

Invasion Year 1

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.

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.

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



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



Movement Skills

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

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

Social supporting others, communication, co-operation, kindness

Emotional 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

Key Vocabulary



attacker

marking

defender

points

dodge

score

goal

space

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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Touch Down

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

How to play:

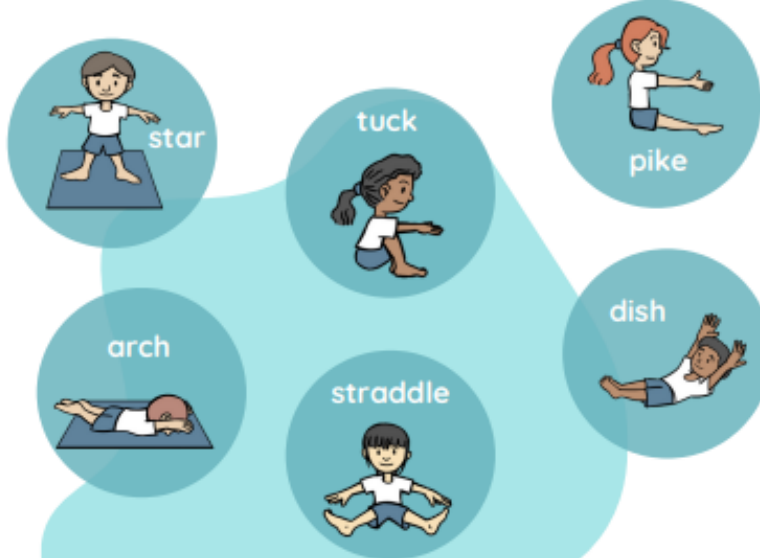
- Place the two markers approx. 8 big steps apart.
- One person begins at one marker with the ball, other person begins in the middle.
- Person with the ball attempts to score by running and placing it on top of their opponent's marker.
- If their opponent tags the person with the ball, they have to 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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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	roll	straight
	shape	travel

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



This unit will help you to:

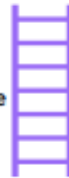
- balance
- move different body parts at the same time
- be more flexible
- be stronger

Head to our youtube channel to watch the skills videos for this unit. @getset4education136



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



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



catch

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

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

Key Vocabulary



batter	
batting	hit
bowl	out
bowler	ready position
fielder	track
fielding	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



Field to Stop

What you need: two players, a marker 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.



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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

Dance Year 1

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.

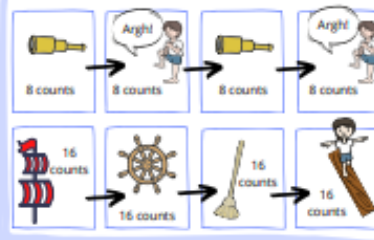
About this Unit

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.

Social respect, work safely, collaboration, communication

Emotional 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.

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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Key Vocabulary



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

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



This unit will help you to:

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

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.

Social

support others, work safely, communication, co-operation

Emotional

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

Tactics

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

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

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

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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Head to our youtube channel to watch the skills videos for this unit. @getset4education136