

Knowledge Organiser Fundamentals Year 2

Ladder Knowledge

Running:	Balancing:	Jumping:	Hopping:	Skipping:
Putting weight into the front of your feet helps you to stop in a balanced position. Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.	Squeezing your muscles helps you to balance.	Swinging your arms forwards will help you to jump further.	If you look straight ahead it will stop you from falling over when you land.	Swing opposite arm to leg to help you to balance when skipping without a rope.

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.



Movement Skills

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

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

Social collaboration, respect, take turns, communication, encourage others

Emotional determination, honesty, perseverance

Thinking comprehension, make decisions, creativity, use tactics, recall

Strategy

Look at how older children or grown-ups move. You can learn a lot by watching how they run, jump, and play. Then try to copy their moves.

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



balance		
dodge	land	sprint
hop	run	swing
hurdle	skip	take off
jump	speed	weight

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

Footwork Frenzy

What you need: 6 socks

How to play:

- Place the socks in a straight line with a gap just bigger than the size of your foot in between each sock.
- Begin at one end of the socks and complete the below three times to complete challenge.
 1. Run through the gaps, placing one foot in each. Go as quickly as you can.
 2. Jump two footed in each gap? Then backwards.
 3. Jump feet wide, then feet together in the gaps.
 4. Hopscootch. 1 foot, two feet, 1 foot, 2 feet etc
 5. Rotate to turn sideways on each jump in the gaps.

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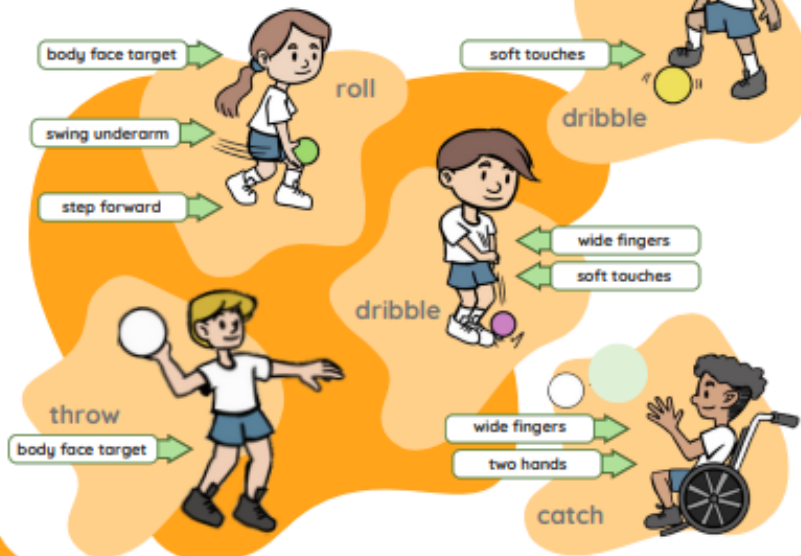


Get Set 4 Education

Knowledge Organiser Ball Skills Y2

About this Unit

Ball skills are important because they can be used in lots of other games. Learning different ball skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your ball skills with practise.



Ladder Knowledge



Sending:	Catching:	Tracking:	Dribbling:
Step forward with your opposite foot to throwing arm. This will help you to balance.	Use wide fingers and pull the ball into your chest to catch securely.	It is easier to move towards a ball to track it than chase it.	Keep your head up when dribbling to see the space and other players.

Movement Skills

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

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

- Social** inclusion, communication, collaboration, leadership
- Emotional** independence, honesty, perseverance, determination
- Thinking** comprehension, select and apply skills, 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



bounce		
catch	kick	roll
collect	prepare	target
control	receive	touch
dribble	release	underarm



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

Sock Boule

What you need: a target object, rolled up socks, 2 or more players

How to play:

- Each player has three pairs of rolled up socks.
- Place the target object seven big steps away from you.
- Take it in turns to throw your socks as close to the target as possible.
- The winner for each round is the person who gets their socks closest to the target, they get one point for winning the round.
- First player to 5 points wins.

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

Knowledge Organiser

Fitness Year 2

About this Unit

Being fit means keeping your body strong and full of energy. Just like how we take care of our toys to keep them working well, we need to take care of our bodies too. When we're fit, our bodies can do lots of fun things like running, playing, and exploring.



Ladder Knowledge

Agility: Using small quick steps will help you to change direction.	Balance: You can squeeze your muscles to help you to balance.	Co-ordination: Some skills require you to move body parts at different times such as skipping.	Speed: Take shorter steps to jog and bigger steps to run.	Strength: Strength helps us with everyday tasks such as carrying our school bag.	Stamina: You need to run slower if running for a long time.
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Movement Skills

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

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

- Social** encourage others, communication
- Emotional** perseverance, determination
- Thinking** comprehension, identify strengths and areas for improvement

Strategy

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

Healthy Participation



Behave and move in a safe way.

Key Vocabulary



- | | | |
|----------|--------|--------|
| bend | jump | steady |
| breath | land | strong |
| exercise | speed | time |
| jog | sprint | tired |



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 stronger

Home Learning

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

What's that Word?

What you need: people you live with

How to play:

- As a household choose three words that you are going to be your 'what's that' words for the day. e.g CAN, YOU and TV.
- Choose words that are said quite often in your household to make the game harder!
- Choose appropriate exercises for each member of your household e.g. mum might want to do star jumps, brother might want to do squats etc.
- Every time a 'what's that' word is said, the person who said it must complete 10 of their chosen exercises.
- Don't forget to remind them by saying:

What's that word?

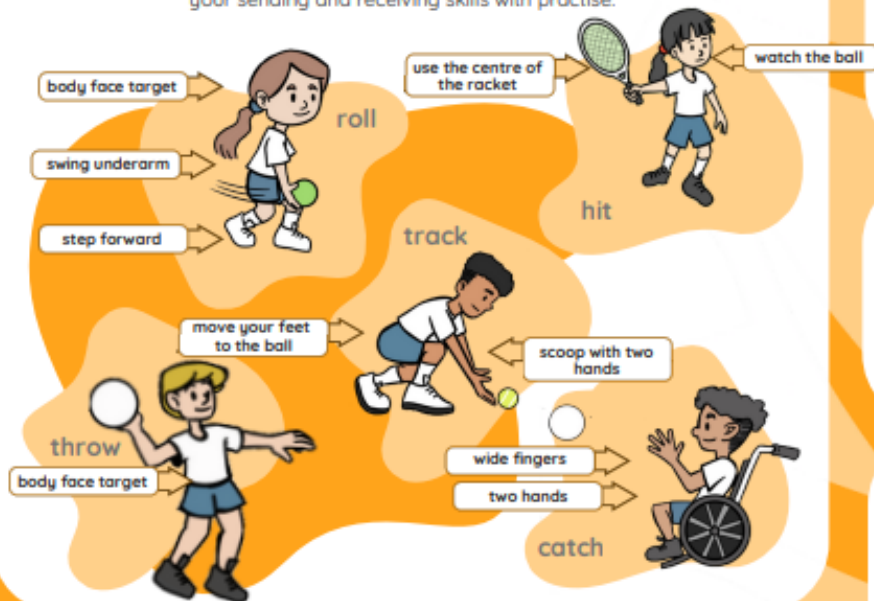
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Knowledge Organiser

Sending and Receiving Year 2

About this Unit

Sending and receiving skills are important because they can be used in lots of other games. Learning these skills also helps your eyes, hands and feet work together. This makes your brain smarter because it has to think about where the ball is and how to make your body do what you want. You can always improve your sending and receiving skills with practise.



Ladder Knowledge



Sending:

Control the ball before sending it. Stepping with opposite foot to throwing arm will help you to balance.

Receiving:

Use wide fingers and pull the ball in to your chest to help to securely catch.

Movement Skills

- roll
- track
- catch
- receive with feet
- kick
- send and receive with a racket

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

Social communication, collaboration, leadership

Emotional honesty, determination

Thinking identifying how to improve, comprehension

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		
distance	receive	target
kick	roll	throw
ready position	send	track



If you enjoy this unit why not see if there is a ball game e.g. a tennis 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



Complete the Clock



What you need: twelve markers, one ball

How to play:

- Create a circle with the markers. Identify where the numbers would be if it was a clock.
- Kick your ball through each of the gaps.
- Repeat, this time once through 1 o'clock, twice through 2 o'clock, all the way to twelve times through 12 o'clock.

Make this harder by asking someone to time you. How quickly you can complete the clock?



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



Get Set 4 Education

Knowledge Organiser Yoga Year 2

About this Unit

Imagine a fun and relaxing activity that's like a magical adventure for your body and mind - that's yoga! Yoga is a special kind of exercise that makes your body strong, flexible, and happy.

In yoga, you get to do different poses, kind of like pretending to be things from nature.

Yoga also teaches you how to take deep, calm breaths. Breathing is like magic because it helps you feel relaxed and focused.

And guess what? Yoga isn't just about moving your body and breathing. It's also about using your imagination and being mindful. Being mindful means paying close attention to how your body and mind feel in the present moment. It's like taking a little break from the busy world around you to be kind to yourself.

balance

look at something still

Yoga will help my body with:



strength

squeeze your muscles

flexibility

breathe out to stretch a little further

co-ordination
move slowly to move from one pose to another

Key Vocabulary



breath

choose

create

flexibility

flow

focus

perform

pose

strength



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

Ladder Knowledge



Balance:

you can squeeze your muscles to help you to balance.

Flexibility:

flexibility helps you to stretch your muscles and increase the movement in our joints.

Strength:

strength helps you with everyday tasks such as carrying your school bag.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social respect, leadership, work safely, collaboration

Emotional confidence, perseverance, honesty, focus, identify feelings

Thinking create, select and apply, comprehension, decision making, reflection

Strategies

- Use breathing activities and poses to help you feel calm and relaxed.
- Use breathing activities and poses to help you notice how you feel about a situation.

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

Home Learning

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

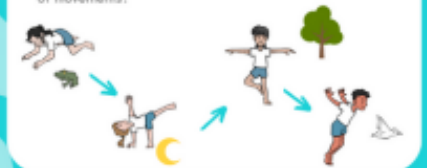


Nature Walk

What you need: an outside space

What to do:

- Head outside and find four things in nature that you can use to inspire your poses. For example, a tree or a bird.
- Using your four things, can you create a pose that represents each one?
- Can you link your four poses together to create a sequence of movements?



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



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Knowledge Organiser Target Games Year 2

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.



overarm throw

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



roll

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



underarm throw

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



strike

- swing with straight arms
- feet shoulder width apart
- finish with your club pointing where you want the ball to go

Key Vocabulary



- | | |
|----------|----------|
| accurate | release |
| ahead | strike |
| aim | target |
| opponent | teammate |
| overarm | 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.

Ladder Knowledge



Throwing:

stepping with opposite foot to throwing arm will help you to balance. Moving your arm quicker will give you more power.

Striking:

finish with your object/hand pointing at your target.

Movement Skills

- roll
- overarm throw
- underarm throw
- strike
- dodge
- jump

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

Social congratulate, support others, co-operation, kindness

Emotional manage emotions, honesty

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

Rules

Know how to score points for each game and follow simple rules.

Tactics

Use and apply simple tactics. They help us to make a plan to complete a challenge.

Healthy Participation



- Make sure unused balls are stored safely.
- If hitting a ball make sure there is a safe space.

Home Learning

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

Bowls

What you need: two players, a marker and three pairs of socks each

How to play:

- Play against another player.
- Place a target marker an agreed distance from a start line.
- Takes turns to roll or throw your sock towards the target marker.
- Whoever lands closest to the target marker wins the round.
- Play first to ten points.



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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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Knowledge Organiser

Athletics Year 2

About this Unit

Athletics is made up of running, jumping and throwing.



Ladder Knowledge



Running:

Running on the balls of your feet, taking big steps and having elbows bent will help you to run faster.

Jumping:

Swinging your arms forwards will help you to jump further.

Throwing:

Throw in a straight line by pointing your throwing hand at your target as you let go of the object.

Movement Skills

- run
- jump for distance
- jump for height
- throw for distance
- throw for accuracy

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

- Social** communication, work safely, support others
- Emotional** determination, independence
- Thinking** comprehension, observe and provide feedback, explore ideas, select and apply skills

Rules

Follow the rules when working with others.

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

Mousetrap

What you need: 1 basket, 1 large bottle, a ball or pair of socks, 1 or more players.

How to play:

- Turn the basket upside down. Tilt the basket as you keep it lifted at one end by placing it on top of the bottle.
- Using your ball or rolled up socks, try to hit the bottle so that the basket drops to the floor.
- Playing with a partner? Who can knock the mousetrap down first?
- Make this harder by standing further away when you make the throw.
- Then try balancing the basket with different items such as a trainer or some toilet rolls.

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Key Vocabulary



		overarm
aim	height	sprint
distance	jog	take off
far	jump	target
fast	landing	throw

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

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



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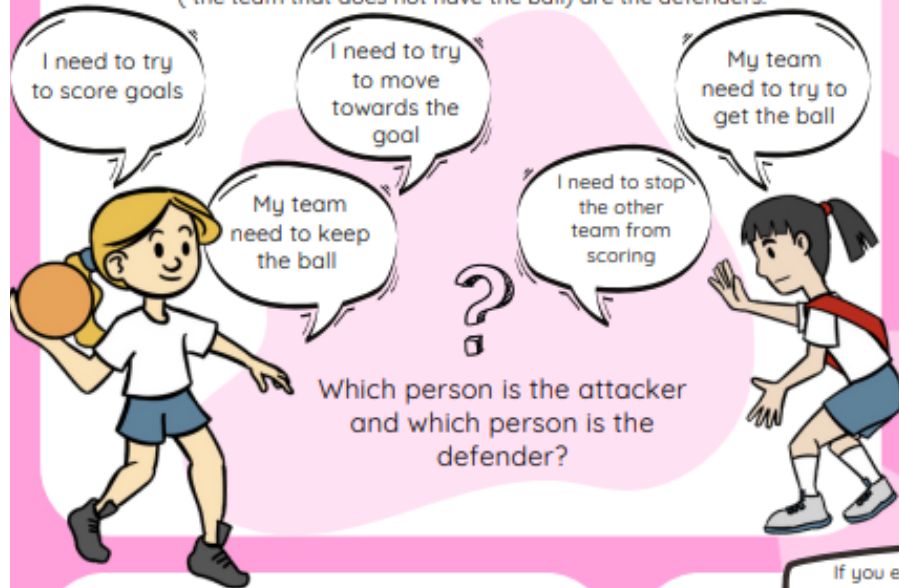
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Invasion Year 2

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, the team that is in possession of the ball (the team that has the ball) are the attackers. The team that is not in possession of the ball (the team that does not have the ball) are the defenders.



Which person is the attacker and which person is the defender?

Key Vocabulary



attack	opponent	score
defend	possession	shoot
defender	receive	tactic
goalkeeper	send	teammate
mark		



Ladder Knowledge



Sending & receiving: controlling the ball before sending it will help you to get it to the right place or person.	Dribbling: keeping your head up will help you to see where defenders are.	Space: moving into space away from defenders helps you to pass and receive a ball.	Attacking: when your team is in possession of the ball you are an attacker and we can score.	Defending: when your team is not in possession of the ball, you are a defender and need to try to get the ball. Standing between the ball and the attacker will help you to stop them from getting the ball.
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Movement Skills

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

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

Social communication, kindness, support others, co-operation, respect, collaborate

Emotional empathy, perseverance, honesty, integrity, independence

Thinking creativity, select and apply, comprehension, problem solving, provide feedback

Rules

Know how to score points for each game and follow simple rules.

Tactics

Attacking tactics

- Move into space towards goal
- Make quick decisions to pass
- Communicate with each other to let a teammate know you are free.

Defending tactics

- Mark an opponent
- Stand in between the attacker and the ball
- Have someone take on the role of goalkeeper.

Healthy Participation



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



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

Home Learning

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

Protect the gate

What you need: 2 players min, three objects and a ball or pair of rolled up socks.

How to play:

- Place three objects in a triangle formation.
- One player (the defender), begins next to the triangle.
- The other player (the attacker) begins with the ball 4m away from the triangle.
- The attacker can move anywhere as long as they remain 4m away from the triangle. The attacker scores points by rolling the ball through the triangle.
- Six attempts then change roles.

What was your score /6?

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Ladder Knowledge



Shapes:
Some shapes link well together.

Balances:
Squeezing your muscles helps you to balance.

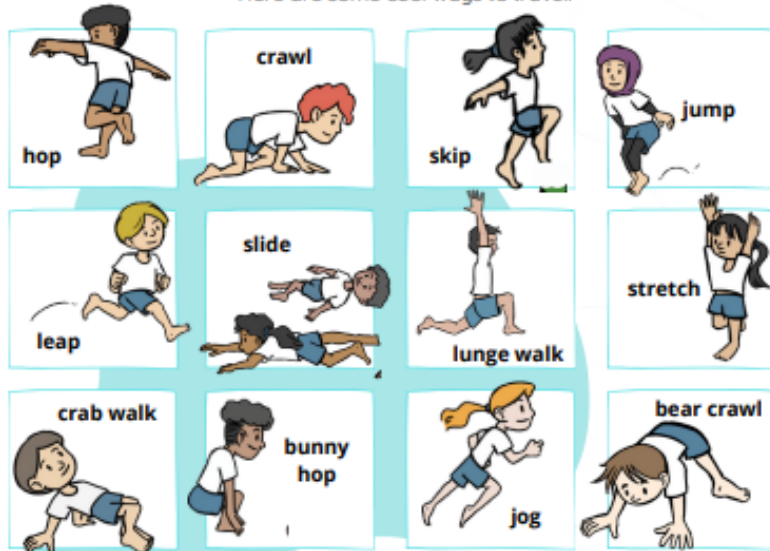
Rolls:
There are different teaching points for different rolls.

Jumps:
Looking forward will help you to land with control.

About this Unit

In gymnastics you learn to move your body in really fun ways. From balancing to rolling and jumping. In gymnastics you can link these actions using travelling actions to create sequences. Sequences are like stories with a beginning, middle and end.

Here are some cool ways to travel.



Movement Skills

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

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

- Social** leadership, work safely, respect
- Emotional** confidence, independence
- Thinking** select and apply actions, creativity

Strategy

Use shapes that link well together, it will help your sequence to flow.

Healthy Participation



- Remove shoes and socks.
- Make sure the space is clear before using it.

Key Vocabulary



- | | | |
|-----------|----------|----------|
| balance | pike | speed |
| direction | roll | star |
| level | sequence | straddle |
| link | shape | tuck |
| pathway | | |

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

Home Learning

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



Gymnastics Obstacle Course



What you need: a dressing gown, rope, two pillows and toy

How to play:

- Create a gymnastics course by placing out the rope, pillows and toy.
- Balance along the rope, jump and land on each of the pillows then create a balance by creating the same shape as your chosen toy.
- Place the items further apart and link your actions using different travelling actions e.g. crawl, spin, hop, lunge etc.



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



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Knowledge Organiser

Striking and Fielding Year 2

Ladder Knowledge

Striking:	Fielding:	Throwing:	Catching:
the batter is the person who hits the ball and tries to score. Striking the ball quickly will increase the power.	there are different roles on a fielding team such as a fielder, a bowler and a backstop or wicket keeper. Move towards the ball to collect it to limit a batter's points.	stepping with your opposite foot to throwing arm will help you to balance.	use wide fingers and pull the ball in to your chest to help you to securely catch.

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.

There are different roles on a batting and fielding team:

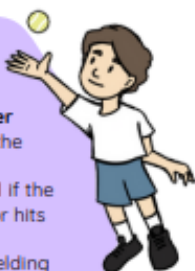
Batter

- hits the ball
- tries to score points
- is part of the batting team



Backstop/wicket keeper

- stands behind the batter
- collects the ball if the batter misses or hits behind
- is part of the fielding team



Fielder

- stands in space in the field
- collects the ball the batter has hit
- is part of the fielding team



Bowler

- throws the ball for the batter to hit
- is part of the fielding team



Movement Skills

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

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

- Social** communication, encourage others, collaboration
- Emotional** honesty, perseverance, determination, acceptance
- Thinking** use tactics, comprehension, select and apply, decision making

Rules

Know how to score points for each game and follow simple rules.

Tactics

Attacking (batting) tactics:

- Try to hit the ball away from the fielders
- Make quick decisions about whether to run

Defending (fielding) tactics:

- Spread out
- Make quick decisions about where to send the ball
- Know that moving towards the ball to collect is easier than running after a ball
- Throwing the ball back 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



backstop	fielder	runs
batter	fielding	stump
batting	hit	tactics
bowler	out	teammate
collect	rules	track



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

Roller Ball



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

How to play:

- Place two markers 5m apart. One player begins standing next to one of the markers. They are the 'roller.' They roll the ball out in any direction and then run to the other marker and back as many times as they can.
- Each time they reach a marker they score one point.
- The other player must retrieve the ball and place it back on the start marker as quickly as possible.
- Four turns then change over.



Who has the highest score?

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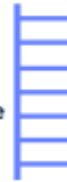
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Knowledge Organiser

Dance Year 2

Ladder Knowledge



Actions:

Placing actions in a particular order will help you to tell the story of your dance.

Dynamics:

You can change the way you perform actions to show an idea.

Space:

You can use different directions, pathways and levels in your dance.

Relationships:

Use counts of 8. It will help you to stay in time with your partner and the music.

Performance:

Use facial expressions it will help to show the mood of your dance.

About this Unit

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

Structuring the Dance

- **Getting nectar** (balance): 8 counts
- **Waggle dance** (movement in the hoop): 8 counts
- **Busy bees** (travel): 8 counts
- **Landing time** (around the hoop): 8 counts

Secret Garden

Welcome to the circus!

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social
Emotional
Thinking

- respect, collaboration, work safely, communication
- independence, confidence, perseverance, determination
- provide feedback, comprehension, reflection, observation, creativity

Strategies

Keep practicing your dance. It will get better everytime.

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



Newspaper Dance

What you need: 1 or more players, a sheet of newspaper per player, a music track, someone to press stop.

How to play:

- Each player begins standing on a large piece of newspaper.
- When the music plays move off the newspaper and dance around the space.
- When the music stops stand on the newspaper. Players are not allowed to touch the floor.
- When successful reduce the size of the newspaper by folding it.
- Keep playing until you cannot stand without going out of the boundary.



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



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Key Vocabulary

action	expression	
counts	level	
create	matching	perform
direction	mirroring	speed
dynamics	pathway	timing
		unison

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



Get Set 4 Education

Knowledge Organiser Net and Wall Games Year 2

About this Unit

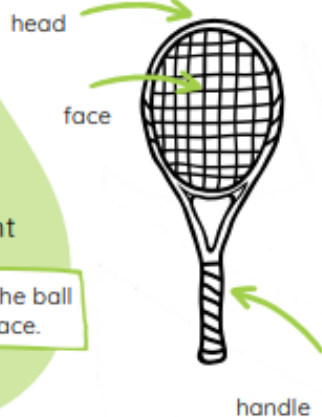
Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash.



Ready position:

- knees bent
- feet apart
- racket in front

Helps you to move to the ball and defend your space.



Ladder Knowledge



- | | | | |
|---|---|--|--|
| Hitting:
watch the ball as it comes towards you to help you to get ready to hit it. | Feeding:
use enough power when throwing to let the ball bounce once before your partner returns it. | Rallying:
sending the ball towards your partner will help you to keep a rally going. | Footwork:
using a ready position helps you to react quickly and return/catch a ball. |
|---|---|--|--|

Movement Skills

- throw
- catch
- hit
- track

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

- | | |
|------------------|--|
| Social | co-operation, respect, support others |
| Emotional | honesty, persevere |
| Thinking | select and apply, reflection, decision making, comprehension |

Rules

Know how to score points for each game and follow simple rules.

Tactics

Attacking tactics

- Hit or throw the ball away from your opponent
- Make quick decisions about where to hit/throw

Using tactics makes it difficult for my opponent.

Defending tactics

- Use a ready position to react quickly
- Return to the middle of your space after hitting/throwing

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



- | | |
|---------|----------------|
| against | |
| defend | ready position |
| partner | receive |
| point | return |
| quickly | trap |

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

Catch Tennis



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

How to play:

- Create a net through the middle using your markers.
- Stand on either side of the net.
- Take turns to throw underarm over the net.
- Try to catch the ball before it bounces twice.

To win a point:

- Partner throws the ball and it bounces on their side of the net first.
- Partner does not catch the ball before it bounces twice.



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