



Get Set 4
Education

Knowledge Organiser Fundamentals Year 3

About this Unit

Fundamental movement skills are the basic movements that you use throughout life. These skills involve different parts of your body and help you do things like running, jumping, and balancing. They're like the building blocks for all the other sports and activities you'll do in your life. So, when you practice these skills, you're getting better at moving your body in different ways, which makes it easier for you to play games and sports, and even just have fun with your friends!

- Agility: if you need to dodge someone in a busy playground.
- Balance: when you put trousers on.
- Co-ordination: when brushing your teeth.
- Speed: when running after a bus.

Can you think of any other examples of when these elements would be useful?



Key Vocabulary



agility: the ability to change direction quickly
balance: the ability to maintain stability when stationary (static balance) or when moving (dynamic balance)
co-ordination: moving two or more body parts at the same time
control: being able to perform a skill with good technique
rhythm: a strong, regular repeated pattern of movement
take off: how you leave the ground e.g. one foot or two feet.
technique: the action used correctly

Ladder Knowledge



Running:
 Leaning slightly forwards helps to increase speed. Leaning slightly backwards helps you to slow down.

Agility helps us with everyday tasks.

Balancing:
 Balance helps us with everyday tasks.

Jumping and hopping:
 If you jump and land quickly, you will travel further.

Skipping:
 Turn the rope from your wrists with wide hands to create a gap to step through.

Movement Skills

- balance
- run
- dodge
- hop
- jump
- skip

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

Social respect, communication, co-operation, safety

Emotional determination, perseverance, honesty, independence

Thinking comprehension, select and apply, tactics, exploration

Strategy

Try to develop your fundamental movement skills in everyday activities e.g. standing on one foot while brushing your teeth will develop balance and co-ordination. Hopping or jumping to the kitchen will give you a chance to develop these skills.

Healthy Participation



- Move in a safe way both with and without equipment.
- Ensure that all equipment is stored safely when not in use.



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

How will this unit help your body?

agility, balance, co-ordination, speed



Home Learning

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

Stick Lunge

What you need: 2 players and stick e.g. a broomstick / mop

How to play:

- Players take it in turns to perform a lunge action.
- Knees low, back straight, chest facing forwards.
- Lift the stick horizontally in front, with arms locked straight.
- The other player attempts to destabilise the lunge by pushing and pulling the stick at the ends.
- The player lunging tries to stay balanced and controlled in their lunge position throughout.
- Count for 30 seconds and switch over.
- Repeat with the opposite leg forward.



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



Get Set 4 Education

Knowledge Organiser Ball Skills Year 3

About this Unit

You can move a ball in lots of different ways using lots of different parts of your body. In this unit you will learn how tracking helps you to improve all of your ball skills. Tracking is like having a built-in radar for the ball, it helps you predict where the ball is going next, useful whether you are dribbling, catching, or passing to another teammate.



Do you know which of these sports uses each of these movement skills?

Examples of games that use ball skills:

Target Games	Invasion Games	Striking & Fielding Games	Net & Wall Games
Boules	Netball	Rounders	Tennis
Boccia	Football	Cricket	Volleyball
New Age Kurling	Tag Rugby	Baseball	Badminton
Dodgeball	Handball		
	Basketball		

Key Vocabulary



- accurate:** successful in reaching the intended target
- block:** to prevent a movement or pathway of an object
- opponent:** someone not on your team
- personal best:** a target outcome of an individual
- possession:** when a team has the ball they are in possession
- power:** speed and strength combined
- receive:** to collect or stop a ball that is sent to you
- technique:** the action used correctly
- track:** to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Sending:
Pointing your hand/foot to your target as you release will help you to send a ball accurately.

Catching:
Moving your feet to the ball will make you more successful at catching.

Tracking:
Use a ready position to help you to react to the ball.

Dribbling:
Dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.

Movement Skills

- track
- throw
- catch
- dribble
- kick

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

Social respect, co-operation, communication

Emotional perseverance, motivation, self-regulation, concentration, independence

Thinking comprehension, select and apply, feedback, make decisions

Tactics

Being closer to the target may bring you more success. Moving the ball will make it harder for your opponents to track. Spreading out will make it harder for your opponents to see the space and score.

Healthy Participation



Make sure unused balls are stored in a safe place to stop them rolling.

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

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



How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning

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

Ballers



What you need: 1 ball, 1 wall, 4 markers and 2 players, a timer

How to play:

- **Throwing:** throw the ball against a wall and catch the rebound. How many can you catch in 1 minute?
- **Catching:** Stand opposite a partner. Each successful catch earns a point. How many points can you earn in 1 minute?
- **Dribbling:** Dribble around markers placed in a zigzag pattern. Time how long it takes to complete the course without touching the markers. Can you beat your own time with each attempt?
- **Kicking:** Set up a goal using two markers and practise kicking into the goal from different distances. Take turns to be the goal keeper. How many goals can you score in 1 minute?



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



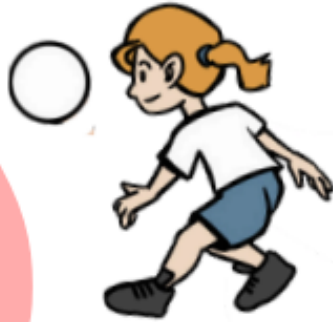
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About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Key Vocabulary



- agility:** the ability to change direction quickly
- caught out:** when a player catches an opponent's ball deeming them out
- communicate:** share information
- hit out:** when a player in dodgeball is hit below the shoulders by a live ball
- opposition:** the other team
- power:** speed and strength combined
- tactic:** a plan or strategy
- teammate:** a player on the same team as you
- technique:** the action used correctly
- tournament:** a competition of more than two teams

Ladder Knowledge



Throwing:

Throw slightly ahead of a moving target.

Catching:

Begin in a ready position to help you react to the ball.

Movement Skills

- throw
- catch
- dodge
- jump

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

Social respect, co-operation, communication

Emotional honesty, self regulation, confidence

Thinking comprehension, select and apply, tactics

Rules

- A player is 'hit -out' when hit below the shoulders with a ball that has not bounced.
- A player is 'caught-out' when an opponent catches their throw.

Tactics

Using simple tactics will help your team succeed e.g. spread out so that you are harder to aim for.

Healthy Participation

- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.



Home Learning

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



Fireball

What you need: 1 x pair rolled up socks, 2 x cushions, 2 x players

Practise:

- Practise throwing the socks to a partner.
- Every 4 successful catches move back a little bit and try again.

How to play:

- Place the cushions 4m apart.
- How many times can you run between the cushions without being hit by the socks.
- Thrower can only aim below the shoulders.
- Swap roles.



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

How will this unit help your body?

agility, balance, co-ordination, speed.

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 3

About this Unit

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

Machines

There are an estimated 10 million factories in the world.

Industrial factories use big machinery to build things such as aeroplanes, cars, computers and electrical goods (like toasters, microwaves and washing machines).

Machines are made up of different parts that make them work and control their movements...
...such as levers, cogs, pistons, pumps and chains.

A trip to...

Dance Actions

LINE DANCING STEPS

Step 1: The Fan 2 4 6 8
counts: 1,2,3,4,5,6,7,8 1 3 5 7

Step 3: Step Kick, Step Touch
counts: 1,2,3,4,5,6,7,8

Step 2: Heel, Toe counts: 1,2,3,4,5,6,7,8
heel x2 toe x2 heel toe heel toe

Step 4: Grapevine counts: 1,2,3,4,5,6,7,8

step forward right foot, kick with left foot, step backward left foot, touch toe back right

Key Vocabulary

action: the movement a performer uses e.g. travel, jump, kick

canon: when performers complete the same action one after the other

create: to make

dynamics: how an action is performed e.g. quickly, slowly, gently

explore: to try out and discover ideas

expression: actions or gestures used to share thoughts or feelings

extend: to make longer

feedback: information given to make improvements

formation: where performers are in the space in relation to others

interact: to communicate with others

pathway: designs traced in space (on the floor or in the air)

perform: to present to an audience

pose: a position, usually still

timing: moving to the beat of the music

unison: two or more people performing the same movement at the same time



Ladder Knowledge



Actions: If you share ideas with other people in your group and work collaboratively, you can try ideas before deciding on the best actions for your dance.

Dynamics: All actions can be performed differently to help to show effect.

Space: Use space to help your dance to flow.

Relationships: 'Formation' means the same in dance as in other activities such as football, rugby and gymnastics.

Movement Skills

- actions
- dynamics
- space
- relationships

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

Social share ideas, respect, collaboration, inclusion, leadership, work safely

Emotional confidence, acceptance, sensitivity, perseverance

Thinking select and apply actions, creativity, observe and provide feedback

Strategies

Use canon and unison to create different effects in your dance. Listen carefully to the music you are dancing to. Dancing with an awareness of the music will make your dance look more complete.

Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working independently.

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



How will this unit help your body?

balance, co-ordination, flexibility.

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

Home Learning

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

Name Dance

- How to play:**
- Imagine that your body is a paint brush.
 - Move as though your body it is writing your name in space.
 - Once you have created a movement for each letter, join them all together so that it becomes one dance.
 - Add music to your dance and try to move in time to it.

Show your dance to a family member or friend.



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Knowledge Organiser

Football Year 3 and Year 4

About this Unit

Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Bally ballerson!

Early versions of football can be traced back over 3000 years to the Mesoamerican civilisation where the ball they played with was actually a rock! Ancient Chinese civilisations used a round ball made out of feathers or fur, the Aborigines used balls made of leaves and in Medieval Europe the ball was made out of a pig's bladder. When football as we know it grew in popularity, the ball changed too and nowadays, the ball is made out of leather.



Can you think of any other invasion games that share these principles?

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Key Vocabulary

- accelerate:** speed up
- communicate:** share information
- control:** being able to perform a skill with good technique
- cushion:** take the power out of an object
- decision:** select an outcome
- delay:** to slow an object or player
- deny:** to prevent an action happening
- invasion:** a game of two teams who invade each other's space to score goals
- opposition:** the other team
- option:** possible choices
- pitch:** the space used for the game
- possession:** to have
- referee:** the person who makes sure the rules are followed
- tournament:** a competition of more than two teams
- track:** to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



Sending & receiving:

Year 3: point your kicking foot to your target when sending the ball to help to send it accurately.

Year 4: cushioning the ball will help you to control it when receiving it.

Dribbling:

Year 3: dribbling is an attacking skill which helps you to move towards a goal or away from defenders.

Year 4: using changes of direction and speed when you dribble will help you to maintain possession.

Space:

Year 3: spreading out as a team will help to move the defenders away from each other.

Year 4: moving into space will help your team keep possession and score goals.

Attacking and defending:

Year 3: as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Attacking and defending:

Year 4: as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- dribble
- pass
- receive
- track

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

Social co-operation, respect, communication

Emotional determination, honesty, perseverance, independence

Thinking decision making, comprehension, select and apply, use tactics

Rules

- Physical fouls include pushing, tripping, pulling, overly aggressive play.
- You cannot touch the ball with your hands.
- If either of these rules are broken, a free kick is awarded to the other team. All players must be five big steps away from the person taking the free kick.
- If a ball goes out of play on a side line, a throw in is taken by the team who did not have last contact with the ball.
- A corner is taken if the ball goes out of play on a goal line and is kicked out by the defending team.
- A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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

Shrink and Move

What you need: A ball and three markers e.g. cushions

How to play:

- Place two markers 2m apart to create a goal and the third marker 3m away as the starting point.
- Attempt to kick the ball through the goal.
- If successful, **shrink** the goal making it smaller. Repeat, trying to kick the ball through the goal.
- If successful, **shrink** the goal again and repeat.
- When the goal is ball sized, the next challenge is to **move** the start cone back 3m.
- If successful, repeat **moving** the start cone back again.



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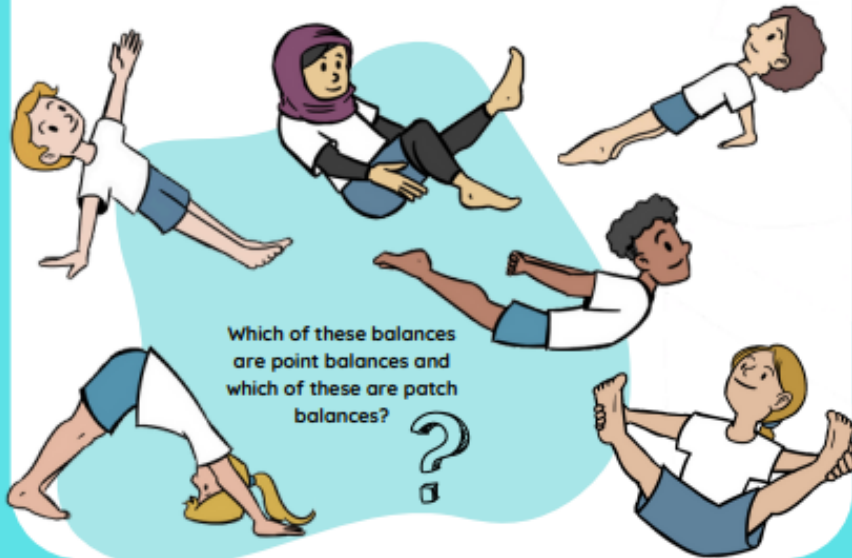
Head to our youtube channel to watch the skills videos for this unit.

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Knowledge Organiser Gymnastics Year 3

About this Unit

Gymnastics is made up of a range of movement skills including balances, jumps rolls and shapes. Gymnastics was one of the first Olympic sports and is still an Olympic sport today. Almost all gymnastic events are performed on special equipment, such as rings or bars. This equipment is called apparatus.



Key Vocabulary

- body tension:** squeezing muscles to help to be stable when performing actions
- contrast:** different to one another
- control:** being able to perform a skill with good technique
- direction:** forwards, backwards, sideways
- extend:** to make longer
- flow:** smooth link
- landing position:** a stable position used after jumping
- match:** the same
- matching:** to perform the same action as someone else
- patch:** a large body part
- point:** a small body part
- take off:** the moment a person begins jump



Ladder Knowledge



Shapes:
Use body tension to make your shapes look better.

Balances:
Make your balances look interesting by using different levels.

Rolls:
Tuck your chin to your chest in a forward roll. Roll onto the top of your shoulders

Jumps:
Change the take off and shape of your jumps to make them look interesting.



Movement Skills

- point and patch balances
- jumps
- straight roll
- barrel roll
- forward roll

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

- Social** work safely, collaboration, supportive
- Emotional** perseverance, confidence, independence
- Thinking** observe and provide feedback, creativity, select and apply skills

Strategy

Use different levels to help make your sequence look interesting.

Healthy Participation

- Remove shoes and socks.
- Ensure the space is clear before using it.
- Only jump from apparatus where you see a mat.



Home Learning

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



Point and Patch

What you need: a soft, flat surface.

How to play:

- Create a sequence using three or four balances, include both point and patch balances.
- Add a start and finish position.
- Show a friend or family member.

Remember to hold the balances for five seconds!



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



How will this unit help your body?

balance, co-ordination, flexibility, strength

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

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Get Set 4 Education

Knowledge Organiser Tennis Year 3

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

The most famous tennis competition in the UK and also the oldest tennis competition in the world is Wimbledon which is played on grass and takes place in July each year. The best tennis players from around the world come to take part. Have you seen this competition?



Can you think of any other net and wall games that share these principles?

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object

Key Vocabulary



- backhand:** played on the non-dominant side of the body
- competition:** a match
- control:** being able to perform a skill with good technique
- court:** the space used to play the game
- face:** the strings of the racket
- feeder:** someone who throws or hits the ball to you
- forehand:** played on the dominant side of the body
- opponent:** someone not on your team
- opposition:** the other team
- rally:** when a point is played back and forth
- react:** to respond to quickly
- return:** hitting the ball back
- tactics:** a plan that helps you to attack or defend
- track:** to move your body to get in line with a ball that is coming towards you

Ladder Knowledge



- Shots:** Point the racket face where you want the ball to go and turn your body to help you to hit accurately.
- Rallying:** HIT towards your partner to help them to return the ball easier and keep the rally going.
- Footwork:** Move to the middle of the court to cover the most space.
- Tactics:** Know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.
- Rules:** Know the rules of the game and begin to apply them.

Movement Skills

- throw
- catch
- forehand
- backhand
- rallying

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

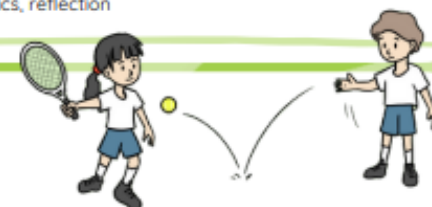
Social co-operation, collaboration, respect, support and encourage others

Emotional honesty, perseverance

Thinking comprehension, decision making, select and apply, understand rules, use tactics, reflection

Rules

- Win a point if:**
- Opponent hits the ball in the net
 - Opponent hits the ball out of the court area
 - Opponent misses the ball or it bounces twice



Tactics

- **Attacking:** Look at where your opponent is and try to place the ball away from them.
- **Defending:** Move quickly to a ready position in the centre of the space. Cover the space between you when playing with someone else.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Stay a safe distance from one another when using the racket.



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

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength



Home Learning

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



Knee Boxing

What you need: 2 markers and 2 or more players.

How to play:

- Place markers 6m away from each other.
- Players begin facing each other, one at each marker.
- One player says 'go', at which point both players move towards each other.
- Players score one point every time they touch their partners' knees.
- When a point is scored, both players run around their start marker and back to meet their opponent.
- First to 8 points wins the game.



Top tip: use a ready position, bend your knees and keep your feet shoulder width apart.

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

Knowledge Organiser

Athletics Year 3

About this Unit

Athletics is the name for a group of physical events that test running, jumping and throwing. In this unit you will use different styles of running, jumping and throwing to try to achieve your best possible time, distance or height. You will need to persevere to achieve your personal best.



Official Athletic Events

Running

Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle Distance
800m, 1500m
Long Distance
5,000, 10,000
Steeplechase

Jumping

Long jump
Jump for distance
Triple jump
Jump for distance
High jump
Jump for height
Pole vault
Jump for height

Throwing

Discus
Fling throw
Shot
Push throw
Hammer
Fling throw
Javelin
Pull throw

Have you seen any of these events before?



Key Vocabulary

accuracy: how close the object is to the given target
baton: equipment used in a relay event
control: being able to perform a skill with good technique
event: the name of different athletic activities
further: a greater distance
personal best: a target outcome of an individual
power: speed and strength combined
relay: a team of runners take turns to move the baton from start to finish
speed: how fast you are travelling
strength: the amount of force your body can use
technique: the action used correctly



Ladder Knowledge



Running:

Leaning slightly forwards helps to increase speed. Leaning your body in the opposite direction to travel helps to slow down.

Jumping:

If you jump and land quickly it will help you to jump further.

Throwing:

The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further.

Movement Skills

- sprint
- jump for distance
- push throw
- pull throw

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

Social collaboration, work safely

Emotional determination, perseverance

Thinking observe and provide feedback, comprehension, explore technique

Rules

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Healthy Participation



In throwing activities ensure you:
• wait for instruction and check the area is clear before throwing.
• there is adequate space between throwers.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning

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



It's all About the Pace



What you need: socks and a stopwatch or clock

How to play:


- Mark a track around your home using socks.
- How many times can you run around your track in 50 seconds?
- Can you double the distance if you work for 1 minute? How did that make you feel?
- Can you run your track without stopping for 6 minutes? Pace yourself to maintain a consistent speed.
- How many laps did you complete?

Notice what happens to the distance you complete when the time increases.



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

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Knowledge Organiser

OAA Year 3

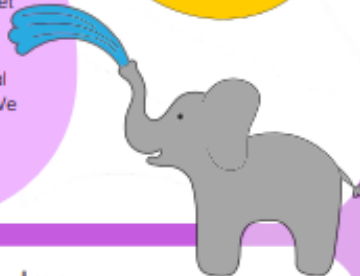
About this Unit

OAA stands for Outdoor Adventurous Activities. These activities can be land based e.g. rock climbing, abseiling, orienteering, they can be water based e.g. kayaking, surfing, sailing or air based e.g. parachuting or paragliding. All of these activities require problem solving, collaboration, decision making and teamwork skills. In this unit, you will learn these skills then put them into practise in an orienteering activity.

Orienteering is an activity that uses a map and compass to help the people taking part find their way around a course.

Maps help you travel from one location to another. They help you to find where you are and how to get where you want to go.

A compass is a device that shows you the cardinal directions. These are North East South and West. We can use a saying to help us to remember this 'Naughty Elephants Spray Water'. A compass will always point to North.



Key Vocabulary

- communication:** share information
- compass:** a device that shows the cardinal directions
- course:** includes a start point, control points, and a finish point when orienteering
- discuss:** talk about
- honest:** give facts
- interrupt:** to speak while others are speaking
- map:** used to show locations
- route:** the path taken
- support:** to help
- symbol:** a sign, shape or object representative of different features on a map e.g. a triangle for a mountain
- tactics:** a plan to solve a problem
- teamwork:** working with others to succeed
- trust:** to believe in others



Ladder Knowledge



Problem solving:

Trying ideas before deciding on a solution will help you to come up with the best idea.

Navigational skills:

Holding a map so that the items on the map match up to real life will help you to read and understand the map and situation.

Communication:

Take turns when giving ideas and do not interrupt each other.

Reflection:

Think about when and why you are successful at solving challenges to help you in the future.

Movement Skills

- balance
- co-ordination
- run at speed
- run over distance

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

Social communication, co-operation, inclusion, collaborate

Emotional determination, trust, confidence, honesty

Thinking problem solving, evaluate, reflection, create, comprehension, select and apply

Rules

Use rules given to you honestly to help to keep yourself and others safe.

Healthy Participation



- Listen carefully to safety rules for each challenge considering the space, equipment and other people.
- Work safely around others.



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

How will this unit help your body?

balance, co-ordination, speed, stamina

Home Learning



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

Cross the swamp



What you need: Some toys and two pillows

How to play:

- Place your toys 8m away from a start line. This could be in another room if playing indoors.
- Imagine that the space between the start line and the toys is a swamp.
- To rescue the toys use the two pillows to cross the swamp and retrieve one toy at a time.
- You cannot touch the swamp. How many toys can you rescue in 5 mins?

Watch out for the crocs!



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Knowledge Organiser Rounders Year 3

About this Unit

Rounders is a striking and fielding game. The game has one fielding team and one batting team. Batters hit a small ball and score by running around the four bases on the pitch. Rounders is thought to have originated in England as far back as the Tudor period, which was over 500 years ago.

Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out



Can you think of any other striking and fielding games that share these principles?



Key Vocabulary



- accuracy:** how close the object is to the given target
- bowler:** a player on the fielding team
- caught out:** fielder catches a batted ball before it touches the ground
- collect:** to pick up
- no ball:** a bowled ball deemed to be outside of the rules
- score:** the total points for each team
- short barrier:** creating a barrier with hands in front of feet to stop a ball travelling at slow speed
- strike:** to hit
- stump:** touching a base with the ball
- stumped out:** when a fielder touches the ball to get the batter out
- tactics:** a plan or strategy
- tournament:** a competition of more than two teams
- umpire:** a person who makes sure the rules are followed

Ladder Knowledge



Striking:

Striking to space away from fielders will help you to score.

Fielding:

Look at where a batter is before deciding what to do. Communicate with teammates before throwing to them.

Throwing:

Overarm throwing is used for long distances and underarm throwing for shorter distances.

Catching:

Move your feet to the ball.

Movement Skills

- underarm and overarm throw
- catch
- bowl
- track a ball
- bat

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

Social communication, collaboration, co-operation, respect

Emotional honesty, confidence, determination

Thinking comprehension, tactics, rules

Rules

OUTS

A player will be called out if they are:

- Caught out: fielder catches a batted ball
- Stumped out: fielder stumps the post that the batter is running towards

Tactics

Using simple tactics will help your team to achieve an outcome e.g. we will spread out as fielders to cover more space.

HOW TO SCORE

- One rounder - batter runs to 4th
- A half rounder = batter gets to 2nd
- A half rounder = two consecutive no balls

Healthy Participation



- Backstops must stand 2m behind the batter.
- Batters must take their bat with them when they run.
- Always keep a safe distance between yourself and a batter.

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



How will this unit help your body?

agility, balance, co-ordination, speed.



Home Learning



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

Home Rounders



What you need: a ball, five markers, 2 + players

How to play:

- Create your rounders pitch with the markers. One bowling marker placed in the middle.
- Take turns to be the fielder/bowler and the batter.
- Bowler underarm bowls to the batter.
- Batter strikes the ball with the palm of their hand and runs around the bases.

Batter scores:

- One rounder for getting to the 4th marker.
- Half a rounder for getting to the second marker.

Batter must stop running if the bowler has the ball and is standing at the bowling cone.

Batter is out if:

- The fielder catches the batted ball before it touches the ground.
- The fielder stumps the marker that the batter is running towards.



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



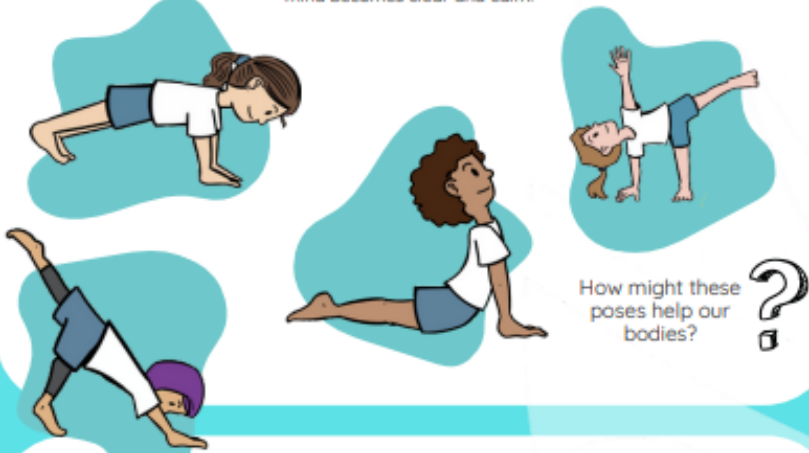
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Knowledge Organiser

Yoga Year 3

About this Unit

Yoga helps our bodies and our minds. We use poses (like balances) to create sequences of movement, called a flow. Throughout the unit we will look at three key ways that yoga can help our body: improving our balance, flexibility and strength. We will also be thinking about how yoga can help develop mindfulness. Imagine your mind is like a snow globe. When you shake the globe (like if you feel excited or upset), the snow moves around. Mindfulness is like letting the snow settle down. Try taking a deep breath in and as you breathe out, the snow starts to settle, your mind becomes clear and calm.



Key Vocabulary

- base:** body parts that support weight
- breath:** moving air in and out of your body
- contact:** points of your body that touch the floor
- control:** being able to perform a skill with good technique
- extend:** to make longer
- flexibility:** the ability of muscles and joints to move through a range of motion
- flow:** a yoga sequence
- hinge:** movement from a joint e.g. hips
- link:** to join together
- mindfulness:** to bring attention to experiences occurring in the present moment
- pose:** a position, usually still
- strength:** the amount of force your body can use
- stretch:** reach
- tilt:** move to one side



Ladder Knowledge



Balance:
Use the whole of the body part in contact with the floor, it will help you to balance.

Flexibility:
If you move as you breathe out you can stretch a little bit further.

Strength:
You will need to use different body parts and muscles for different poses.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social collaboration, share ideas, work safely, support others

Emotional honesty, confidence, awareness of others, perseverance

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

Strategies

Use your breath to help you to focus.

Your breath can be like a superpower for your brain. Your brain loves it when you take big, deep breaths. Imagine your brain is like a busy playground, with lots of thoughts running around. Sometimes, these thoughts can make it hard to pay attention or feel calm.

Here's where your breath swoops in. When you take slow, deep breaths, it's like you're telling your brain to take a break helping your brain relax and focus.

When you're doing your homework, playing a game, or even feeling a bit wiggly, remember to take a few deep breaths. Your brain will thank you!

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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



How will this unit help your body?

balance, co-ordination, flexibility, strength

Home Learning



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



A pose that...

What you need: a flat space



How to play:

- Practice each of the poses above.
- Using the following statements, choose a pose that:
 - You found the easiest to do
 - You found the most challenging
 - Uses four body parts in contact with the ground
 - Stretched your best
- Decide on an order for the four poses you have selected and perform them as a flow (linking the four poses together). Remember to move slowly and breathe deeply.

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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 Tag Rugby Year 3 and Year 4

About this Unit

Tag rugby is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

Rugby was created in 1823 at Rugby School, when William Webb Ellis, one of the pupils there, picked up the ball whilst playing football and began running towards the opposition's goal. In 1871, the first international game was played and rugby is now played all over the world.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Rugby balls are different to most other balls because of their 'egg shape'. The balls were made using rubber tubes which because of their flexibility became oval by accident!



Can you think of any other invasion games that share these principles?



Key Vocabulary

accelerate: speed up

delay: to slow an object or player

dodge: change direction quickly, often used to lose a defender or avoid being caught

forward pass: when the ball is passed in the direction of a team's try line

gain: get possession of the ball

invasion: a game of two teams who invade each other's space to score goals

limit: to reduce

offside: when a tag is made, all defending players must get into an offside position. Offside is in front of the ball carrier, offside is behind the ball carrier.

onside: when the defender is in front of the ball carrier

option: possible choices

pitch: the space used for a tag rugby game

possession: to have

supporting: being an option for the person with the ball

tournament: a competition of more than two teams

track: to move your body to get in line with a ball that is coming towards you

try: the name of a point scored by placing the ball over the try line

Ladder Knowledge



Sending & receiving:

Year 3: point your hands to your target when throwing to help to send the ball accurately.

Year 4: cushioning a ball will help you to control it when catching it.

Space:

Year 3: spreading out as a team will help to move the defenders away from each other.

Year 4: moving into space will help your team keep possession and score goals.

Attacking and defending:

Year 3: as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

Attacking and defending:

Year 4: as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

Movement Skills

- throw
- catch
- run
- change speed
- change direction

This unit will also help you to develop other important skills. **Social** support others, inclusion, communication, collaboration, respect

Emotional determination, honesty, independence, perseverance

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

Rules

Tagging:

- Players wear two tags, one on each side.
- Players cannot physically push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, hold up the tag and shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker has 3 seconds to pass then must place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.

Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.
- If a team uses a forward pass (any pass where the ball travels in the direction of the team's scoring/try line), a free pass is given to the non-offending team.

Offside:

- When a tag is made, all defending players must get into an offside position.
- Offside is in front of the ball carrier, offside is behind the ball carrier.
- Defenders must be three big steps in front of the ball carrier after a tag has been made and are not allowed to intercept or block the pass after a tag is made.



Blue team try line

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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



The Rescuer

What you need: a marker e.g. a cushion, an object e.g. a teddy bear and a partner

How to play:

- Place your marker down to indicate the start and finish spot.
- Place your object 10m away.
- One person, the rescuer, begins on the start marker, partner begins three big steps away. Rescuer attempts to reach the object and bring it back to the marker without being tagged by your partner.
- If tagged, the rescuer must go back to the start marker to try again.
- Have three attempts then change roles.



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



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