

Knowledge Organiser

Dance Year 1

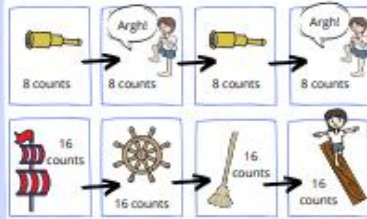
About this Unit

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

The Weather



Pirates



How would these toys move?

TOYS



On Safari



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.

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.

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



Key Vocabulary

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

Home Learning

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

Animal Dance

How to play:

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

Show your dance to a family member or friend.



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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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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!

The Rainforest

- Some trees in Tasmania's rainforests can live for 2,000 years.
- A quarter of ingredients in modern medicines come from rainforest plants.
- The Amazon rainforest in South America is so big that if it were a country, it would be the 9th biggest in the world.
- The forest floor is almost totally in darkness; only 2% of the sunlight reaches through the canopy.
- The canopy area of the rainforest can reach 40m high and some trees grow above the canopy to 80m!

JACK FROST

- Start position, 8 counts
- Leaping actions 16 counts
- Set phrase on the spot 8 counts
- Own movement with the scarf 8 counts
- Finishing position 8 counts

Ladder Knowledge



Actions:	Dynamics:	Space:	Relationships:	Performance:
Placing actions in a particular order will help you to tell the story of your dance.	You can change the way you perform actions to show an idea.	You can use different directions, pathways and levels in your dance.	Use counts of 8. It will help you to stay in time with your partner and the music.	Use facial expressions it will help to show the mood of your dance.

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.

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

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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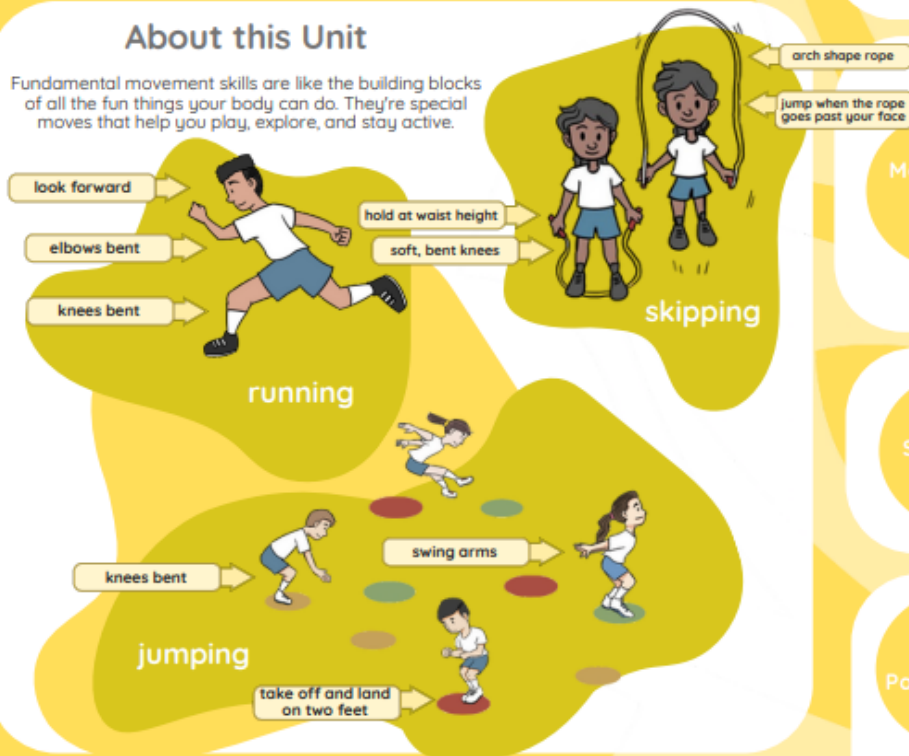
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About this Unit

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
Emotional
Thinking

collaboration, work safely, support others
determination, self regulation, honesty, perseverance
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.

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

Home Learning

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



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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Ladder Knowledge



Running: 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.

Balancing: Squeezing your muscles helps you to balance.

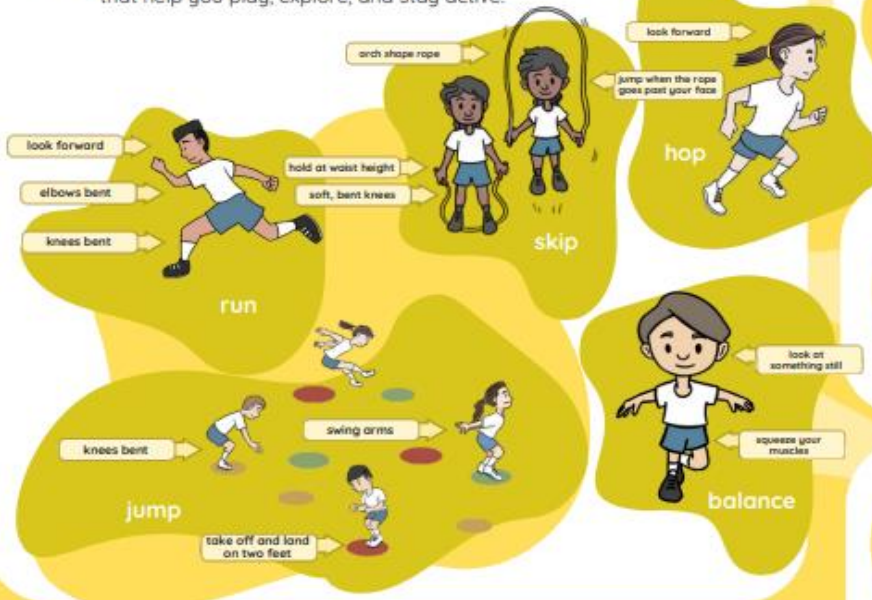
Jumping: Swinging your arms forwards will help you to jump further.

Hopping: If you look straight ahead it will stop you from falling over when you land.

Skipping: 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.

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

Home Learning

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



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



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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 Gymnastics Year 2

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.

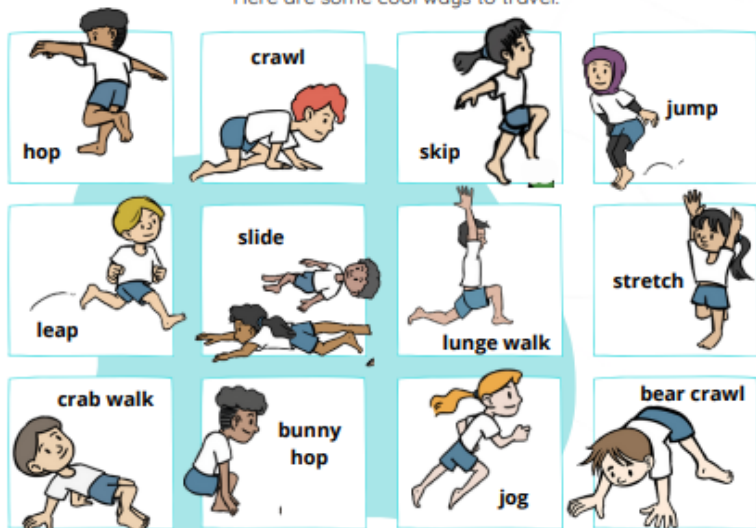
Jumps:

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

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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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 called defenders.

My team has the ball, I am an attacker

My team needs to score goals

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

My team needs to try to stop goals



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



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

Tactics

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

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



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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.

I need to try to score goals

I need to try to move towards the goal

My team need to keep the ball

I need to stop the other team from scoring

My team need to try to get the ball



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

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.

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.

Key Vocabulary



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

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

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



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Knowledge Organiser

Striking and Fielding Year 1

Ladder Knowledge



Striking:

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

Fielding:

throwing the ball back is quicker than running with it.

Throwing:

use an overarm throw to throw over longer distances.

Catching:

watch the ball as it comes towards you.

About this Unit

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.

overarm throw

- elbow high
- step forward with your opposite foot



catch

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



underarm throw

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



track

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



hit

- watch the ball
- use the centre of the bat



Movement Skills

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

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

Social

communication, collaboration, support and encourage others, kindness

Emotional

manage emotions, honesty, perseverance

Thinking

comprehension, use tactics, select and apply, decision making

Rules

Rules help you to play fairly.

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

Tactics

Spread out

Hit the ball into space

Throwing the ball is quicker than running with it



Healthy Participation



- Always keep a safe distance between yourself and a batter.
- Handle the bat in the way suggested by the teacher at all times.

Home Learning

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



Field to Stop

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

How to play:

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



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Key Vocabulary



batter	hit
batting	out
bowl	ready position
bowler	track
fielder	underarm / overarm
fielding	

If you enjoy this unit why not see if there is a club in your local area that plays a striking and fielding game. Examples could be a cricket or rounders club.



This unit will help you to:

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

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



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Knowledge Organiser

Striking and Fielding Year 2

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



Ladder Knowledge



Striking:

the batter is the person who hits the ball and tries to score. Striking the ball quickly will increase the power.

Fielding:

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.

Throwing:

stepping with your opposite foot to throwing arm will help you to balance.

Catching:

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

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.

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

Home Learning



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

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?



Knowledge Organiser Swimming Year 1 and Year 2

About this Unit

Swimming is an important life skill. It is a great way to exercise, have fun with friends and go on adventures but first things first, learning to swim helps keep you safe around water.

If you know how to swim, you can have fun in the pool, at the beach, or in a lake all while staying safe.

Stop and think:

- Water is always moving
- The water is colder than you think
- Edges can be dangerous
- There may be dangers under water

lifeguard patrol area flag



Stay together:

- Never swim alone
- Find a safe place to go: only swim in the sea where there is a lifeguard
- Plan your activity: check weather, tide times, get local advice and wear the right clothing

So, here are four key messages to help you to stay safe:



Float:

- If you fall in, float until you feel calm
- Signal for help, raising one hand in the air and shouting for help
- If you can, swim to safety or hold on to something that floats

Call 999 or 112:

- If you see someone in trouble call 999 or 112
- Never enter the water to save others
- Look for something you can throw to help them float like a life ring
- Keep watch until help arrives



Healthy Participation

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



Key Vocabulary



back	float	
blow	front	rules
breath	glide	safely
bubbles	kick	splash
enter	pull	travel
exit	pulling	under

Ladder Knowledge



Strokes:

Year 1: using cupped hands will help you to swim, as the water cannot escape between your fingers.

Year 2: moving your arms quickly will help you to move through the water.

Breathing:

Year 1: take a big breath before submerging.

Year 2: inhale through your mouth when your face is above water and exhale through your mouth or nose when your face is underwater.

Water safety:

Year 1: floating can help you to stay safe.

Year 2: floating uses less energy than swimming.

Movement Skills

- float
- travel
- submerge
- kick
- pull
- glide

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

Social
Emotional
Thinking

working safely, co-operation, collaboration, support and encourage others, respect

confidence, determination, perseverance

create, comprehension, exploration, select and apply, planning, decision making, provide feedback

Rules

Walking on poolside helps to keep you safe.

Safely enter and exit the pool either by the side or using the steps.

Each pool will have it's own rules. Make sure you learn the rules of your pool.

Home Learning



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

Deliver the post

What you need: a swimming pool with a lifeguard, a supervising adult, a kickboard and some waterproof objects

How to play

- Begin on one side of the pool and place a number of objects on the poolside.
- Taking one object at a time, place it on your kickboard and holds your kickboard across your chest.
- Kick on your back to the opposite side of the pool to deliver your object, then swim back to pick up the next object.
- Repeat until all of the objects have been delivered to the other side.
- Playing with someone else? Have a race to see who can deliver all objects first.

Make this harder by not using a kickboard and carrying the object.



About this Unit

Being able to work as a team is an important skill.
What helps to make you a good team mate?



Ladder Knowledge



Problem solving:

working well with others will help you to solve challenges.

Navigational skills:

deciding which way to go before starting will help you.

Communication:

using short instructions when telling a partner what to do will help them to understand.

Reflection:

we can always be better, we just need to look for how.

Movement Skills

- balance
- co-ordination
- run
- jump
- hit

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

Social trust, communication, inclusion

Emotional confidence, determination

Thinking identify, comprehension, reflection, planning

Rules

Rules help you to play fairly.

Healthy Participation



- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

Key Vocabulary



challenge	listen
co-operate	plan
instruction	share
lead	talk



This unit will help you to:

- balance
- move different body parts at the same time
- be faster

Home Learning



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

Alphabet walk

Play: Outside

How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', the Z the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'





About this Unit

Being able to work as a team is an important skill. What does good team work look like?



Respect:

They teach you to be more understanding of others and to share responsibilities between you.



Communication:

Learning to listen to others, giving and following instructions and sharing ideas.

Working together:

Being able to share ideas and work together to come up with a plan.



Problem solving:

You get to learn from others and share ideas to find the best answer to solve a problem.



Ladder Knowledge



Problem solving:

Listening to each other's ideas might give you an idea you hadn't thought of.

Navigational skills:

A map tells us where we are.

Communication:

Using encouraging words when speaking to a partner or group will help them to trust you.

Reflection:

Talking about what you have done well and what you could improve will help you if you play again.

Movement Skills

- run
- jump
- balance
- co-ordination

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

Social
Emotional
Thinking

support and encourage others, communication, inclusion, trust, kindness
perseverance, confidence, determination, accepting
comprehension, identify strengths and areas for development, problem solving

Rules

Listen carefully to the rules of each game so that you can use them.

Healthy Participation



- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.

Home Learning



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

Key Vocabulary



communicate

plan

include

solve

instructions

successful

map

support



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



This unit will help you to:

- balance
- move different body parts at the same time
- be faster

Magic Carpet



What you need: Ten socks, one towel per player, one or more players.

How to play:

- Mark a distance of 5m - 7m and place all of the socks at one end.
- Players begin sitting on their towel at the start line opposite the socks.
- They race to collect one sock at a time and transport it back to the start line. They must not come off their towel.
- Make the carpet move by bringing your heels to your bottom and then straightening your legs as you shuffle forwards.
- Playing by yourself? How quickly can you transport the socks?
- Playing with someone else? Who can transport the most socks?

How else can you make the carpet move?

