

About this Unit

Children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, follow rules and instructions and work independently and with a partner.

Senses

- eyes
- ears
- mouth
- nose
- fingertips

Communication and Language



Key Vocabulary

- | | | |
|-----------|------|--------|
| balance | jump | space |
| bend | land | stop |
| direction | run | travel |
| hop | safe | |

If children enjoy this unit why not see if there is a multi sports club in their area.



This unit will help children to:

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

Ladder Knowledge

- Running:** Children will learn to use big steps to run and small steps to stop. They will also learn that moving into space away from others helps to keep them safe.
- Balancing:** Children will learn to hold their arms out to help them to balance.
- Jumping:** Children will learn that bending their knees will help them to land safely.
- Hopping:** Children will learn that to hop they will use one foot.
- Skipping:** Children will learn that if they hop then step that will help them to use skipping as a travelling action.

This unit will develop the following skills:

- Social** support others, work safely, take turns
- Emotional** honesty, determination
- Thinking** decision making, comprehension, select and apply

Physical Skills

- run
- balance
- change direction
- jump
- hop
- travel

Physical Development

Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

Home Learning

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

Walk the plank

What you need: dressing gown ropes and 2x ball of socks

How to play:
Create a path using the dressing gown ropes.

- Challenge 1: Can you walk the plank without touching the floor? Now try walking backwards.
- Challenge 2: Can you walk the plank whilst balancing a ball of socks on your head?
- Challenge 3: Can you walk the plank whilst throwing and catching a ball of socks, to yourself or to and from a partner.
- Challenge 4: Can you walk the plank whilst balancing the ball of socks on your head and throwing and catching with the other pair of socks?
- Challenge 5: Can you walk the plank whilst throwing and catching one pair of socks in one hand to yourself, whilst throwing and catching the other pair of socks with a partner?

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Head to our [youtube channel](#) to watch the skills videos for this unit. @getset4education136



Get Set 4 Education

Knowledge Organiser Gymnastics Unit 1 Nursery/Reception



About this Unit



Children will develop basic gymnastic skills through the topic of 'animals and their habitats'. Children explore creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.



star



tuck



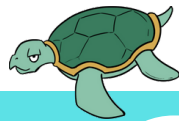
pike



straight



straddle



Ladder Knowledge



Shapes:
Children will learn to make different shapes with their body.

Balances:
Children will learn to be still when holding a balance.

Rolls:
Children will learn to change their body shape to help them to roll.

Jumps:
Children will learn that bending their knees will help them to land safely.

Strategy:
Children will learn that counting to five when holding a shape or balance will allow people to see it clearly.

Personal, Social and Emotional

Social

This unit will develop the following skills:
work safely, collaboration, share and take turns

Emotional

determination, confidence

Thinking

comprehension, creativity, select and apply

Physical Development

Physical Skills

- shapes
- balances
- jumps
- rocking
- rolling
- travel

Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.
- Remove shoes and socks when taking part in gymnastics lessons.
- To use apparatus safely.



Home Learning

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

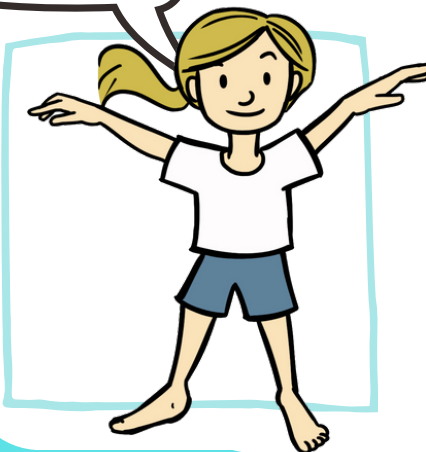
Communication and Language



If children enjoy this unit why not see if there is a gymnastics club in their area to signpost them to.

Key Vocabulary

- | | | |
|---------|-------|----------|
| balance | land | squeeze |
| bend | rock | star |
| copy | roll | still |
| hold | shape | straight |
| jump | | |



This unit will help children to:

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

Transporter



What you need: two markers and an object to balance

How to play:

- Place two markers 5m apart.
- Begin next to one of the markers. The aim of the game is to transport your object from one marker to another without dropping it on the floor.
- Can you find a way to transport the object balancing it on your:
 - Stomach
 - Arm
 - Head
 - Back
- Playing against someone else? Race each time to see who can transport the object the quickest.



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Ladder Knowledge

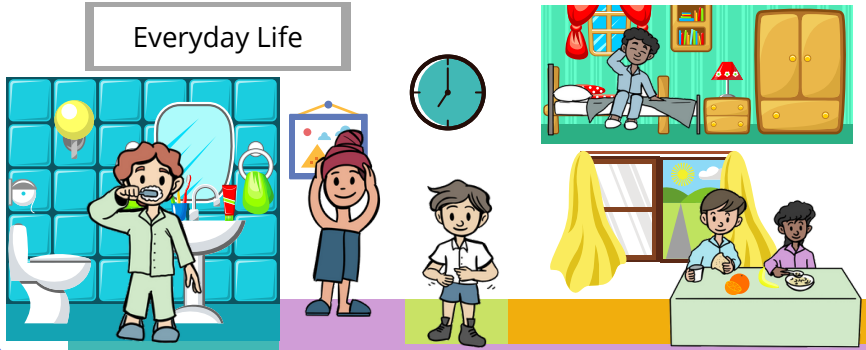


| Actions: | Dynamics: | Space: | Performance: | Strategy: |
|--|--|---|--|--|
| Children will learn that they can move their bodies in different ways to create interesting actions. | Children will learn that they can change the action to show an idea. | Children will learn that if they move into space it will help to keep themselves and others safe. | Children will learn that when watching others they should sit quietly and clap at the end. | Children will learn that if they use lots of space, it will help to make their dance look interesting. |

About this Unit

In this unit children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.

Everyday Life



Personal, Social and Emotional

This unit will develop the following skills:

- Social** work safely, respect, collaboration
- Emotional** independence, confidence
- Thinking** select and apply actions, creativity, exploration, recall, provide feedback

Physical Development

Physical Skills

- actions
- dynamics
- space



Home Learning

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

Communication and Language



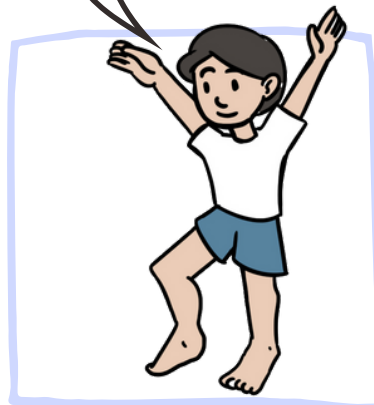
Key Vocabulary

| | | |
|--------|-----------|-------|
| | | move |
| action | direction | shake |
| bend | high | space |
| count | low | twist |

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

Children will be taught to:

- Be bare foot for dance.
- Move around safely and with control.
- Have an awareness of others in the teaching space.



This unit will help children to:

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

Transport Dance



What you need: some music



How to Play:

Explore the following actions for each method of transport:

- cars: jog, holding arms up as if steering around the area. Use big exaggerated movements using lots of space and different pathways. Turn your wheel to change direction.
- train: march around making a circling motion with the arms, elbows bent. High knees and big arm circles.
- planes: fly/soar, jog around with arms spread out wide for wings. Vary the level used by flying high and low.

Create a dance using each of the different methods of transport. Use counts of 8 to help you stay in time with your chosen music.



Make this harder by creating actions for another method of transport.

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Get Set 4 Education

Knowledge Organiser

Introduction to PE Unit 1

Nursery/Reception

Ladder Knowledge



Problem Solving:

Children will learn to make simple decisions in response to a task.

Navigational Skills:

Children will learn that moving into space away from others and leaving a gap when following a path will help to keep them safe.

Communication:

Children will learn that talking with a partner will help them to solve challenges e.g. 'let's go to the green hoop next'.

Reflection:

Children will begin to identify when they are successful.

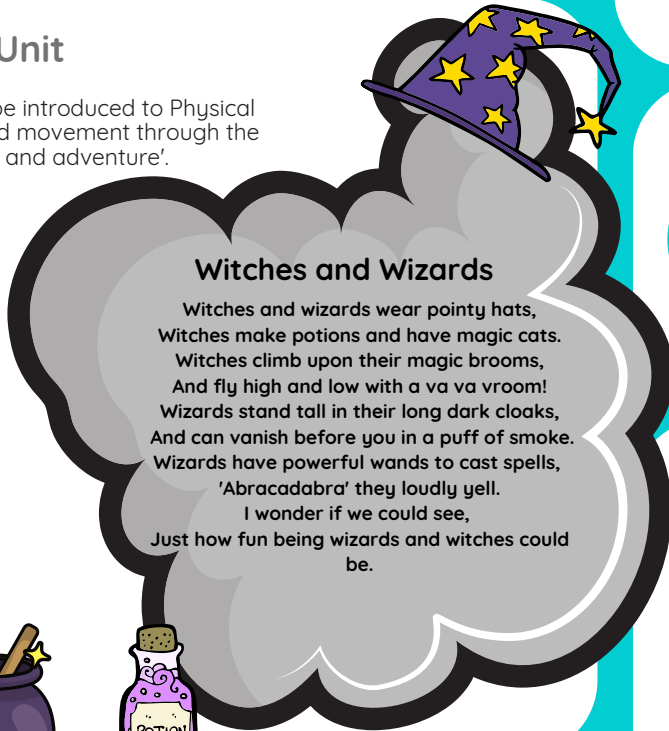
Rules:

Children will learn that rules help to keep us safe.

About this Unit

In this unit children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'.

They will spend time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping, skipping.



Witches and Wizards

Witches and wizards wear pointy hats,
Witches make potions and have magic cats.
Witches climb upon their magic brooms,
And fly high and low with a va va vroom!
Wizards stand tall in their long dark cloaks,
And can vanish before you in a puff of smoke.
Wizards have powerful wands to cast spells,
'Abracadabra' they loudly yell.
I wonder if we could see,
Just how fun being wizards and witches could be.

Personal, Social and Emotional

This unit will develop the following skills:

- Social** share, communication, work safely, co-operation, leadership
- Emotional** independence, perseverance, confidence
- Thinking** select and apply actions, comprehension, reflection, make decisions



Physical Development

Physical Skills

- run
- skip
- jump
- balance
- hop
- crawl

Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.



Communication and Language



Key Vocabulary

- | | | |
|-----------|----------|---------|
| avoid | freeze | space |
| backwards | safe | stop |
| forwards | sideways | partner |

If children enjoy this unit why not see if there is a multi sports club in their area.



This unit will help children 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



Grandmother's Footsteps!



What you need: three or more people

How to play:

- One person begins as the 'Grandmother', facing away from the others at the other end of the space.
- All other players begin behind a marker which shows the start line.
- Grandmother says 'go' and players try to creep up to the Grandmother without being heard.
- If the Grandmother turns around, everyone must freeze. If the Grandmother sees anyone move, they get sent back to the start.
- When the Grandmother turns away, everyone is allowed to creep again.
- The first person to get to the Grandmother wins the game and starts as the Grandmother in the next round.

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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 Ball Skills Unit 1 Nursery/Reception

Ladder Knowledge



Sending:
Children will learn to look at the target when sending a ball.

Catching:
Children will learn to have hands out ready to catch.

Tracking:
Children will learn to watch the ball as it comes towards them and scoop it up with two hands.

Dribbling:
Children will learn that keeping the ball close will help with control.

About this Unit

In this unit children will develop their ball skills through the topic of 'minibeasts'. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.



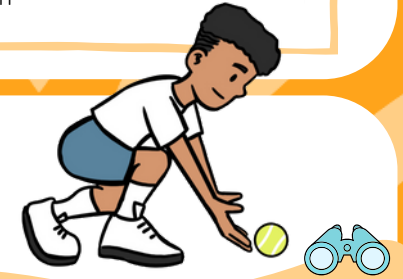
Personal, Social and Emotional

This unit will develop the following skills:
Social work safely, collaboration, co-operation, support others
Emotional perseverance, independence, honesty
Thinking use tactics, comprehension

Physical Development

Physical Skills

- roll
- stop a rolling ball
- throw
- bounce
- catch
- dribble with feet
- kick



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.

Communication and Language



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

Key Vocabulary

| | | |
|---------|--------|--------|
| bounce | points | score |
| catch | roll | space |
| dribble | run | target |
| hit | safely | throw |
| kick | | |



This unit will help children 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

Kick, Roll, Throw



What you need: a ball, a target object

How to play:

- Players stand 3m away from a target object.
- Players explore hitting the target with a kicking, rolling and throwing.

Challenge:

How many times does it take for you to hit your target with kicking, rolling and throwing?

Play the game again, can you beat your score?



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



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About this Unit

Children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games. They will also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.



Communication and Language



Key Vocabulary

- | | | |
|--------|--------|-------|
| catch | safe | stop |
| caught | safely | team |
| jog | score | throw |
| rules | space | turn |
| run | | |

If children enjoy this unit why not see if there is a multi sports club in their area.



Ladder Knowledge



Running:
Children will learn to use big steps to run and small steps to stop.

Throwing:
Children will learn to point their hand at their target when throwing.

Catching:
Children will learn to watch the ball and have hands out ready to catch.

Tactics:
Children will learn to make simple decisions in response to a task.

Rules:
Children will learn that rules help them to stay safe.

Personal, Social and Emotional

Social
Emotional
Thinking

This unit will develop the following skills:

- work safely, communication, co-operation, support and encourage others
- confidence, honesty, determination, manage emotions
- comprehension, decision making

Physical Development

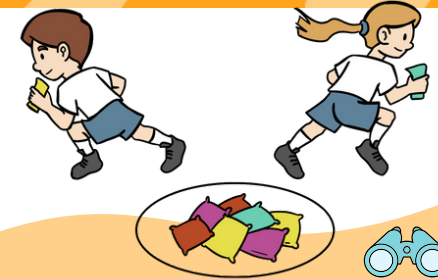
Physical Skills

- run
- balance
- change direction
- throw
- catch



Children will be taught to:

- Move around safely and with control.
- Have an awareness of others and items in the teaching space.
- Take turns when instructed.
- To store equipment safely when not in use.



Home Learning

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



Shadow tag



What you need: A sunny day, two plus players, two socks (optional)

How to play:

- First, find your shadow. Change direction and explore the effect it has on your shadow. Discuss with a family member how the angle of your shadow is effected by the location of the sun.
- Try chasing your own shadow.
- Select one player to begin as the tagger. They tag other players by stepping on their shadow. Once caught players change roles.
- Playing with just two players? First to three tags wins that round. First to win 5 rounds wins the game.
- Change the game by allowing players to throw socks at the shadow instead of stepping on them.



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This unit will help children to:

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

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