



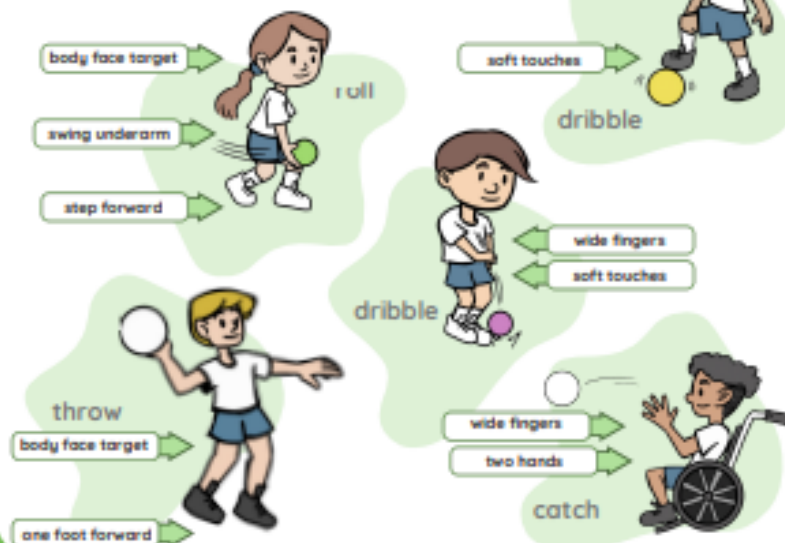
Knowledge Organiser

Ball Skills Y1

Get Set 4 Education

About this Unit

You can move a ball in lots of different ways, using different body parts.



Key Vocabulary



catch		
control	safely	swing
dribble	score	target
ready position	space	track
roll	soft	underarm

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



Ladder Knowledge



Sending:

Face your body towards your target when rolling and throwing underarm. It will help you to balance.

Catching:

Watch the ball as it comes towards you.

Tracking:

Move your feet to get in the line with the ball.

Dribbling:

Moving with a ball is called dribbling. You can dribble with your hands and with your feet.

Movement Skills

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

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

Social communication, support others, co-operation

Emotional perseverance, honesty, determination

Thinking exploration, make decisions, comprehension, use tactics

Strategies

For all ball skills use these tips:

Track the ball as it comes towards.
Point your hand or foot towards your target when sending the ball.
Cushion the ball as you receive it.

Healthy Participation



Make sure unused balls are stored in a safe place.

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



This unit will help you to:

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

Home Learning

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



Bottle Skittles



What you need: plastic bottles, a pair of socks, 1 or more players

How to play:

- Use empty plastic bottles as skittles. Set them up approx. 5m away.
- Use a pair of socks rolled into a ball and try to hit as many skittles as possible down.

Playing with more people?

See how many throws it takes each player to knock down all of the skittles.



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



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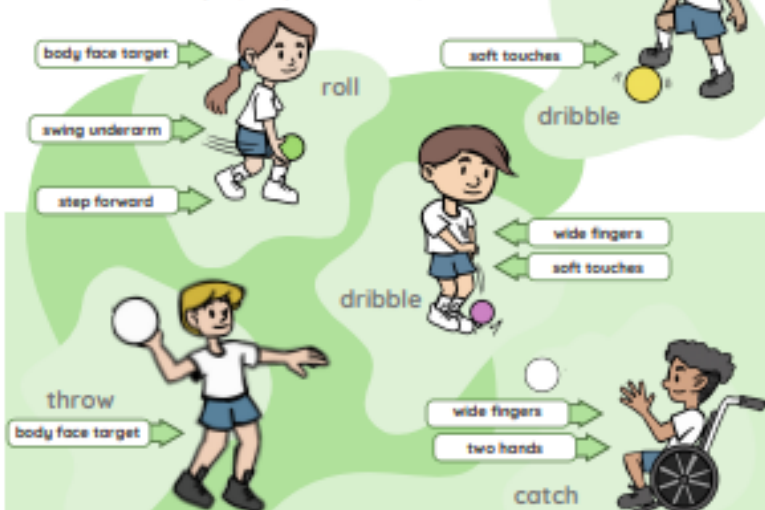
Knowledge Organiser

Ball Skills Y2

Get Set 4 Education

About this Unit

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



Key Vocabulary



bounce

catch

collect

control

dribble

kick

prepare

receive

release

roll

target

touch

underarm



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

Ladder Knowledge



Sending:

Step forward with your opposite foot to throwing arm. This will help you to balance.

Catching:

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

Tracking:

It is easier to move towards a ball to track it than chase it.

Dribbling:

Keep your head up when dribbling to see the space and other players.

Movement Skills

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

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

Social inclusion, communication, collaboration, leadership

Emotional independence, honesty, perseverance, determination

Thinking comprehension, select and apply skills, use tactics

Strategies

For all ball skills use these tips:

Track the ball as it comes towards.
Point your hand or foot towards your target when sending the ball.
Cushion the ball as you receive it.

Healthy Participation



Make sure unused balls are stored in a safe place.

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



This unit will help you to:

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

Home Learning

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



Sock Boule



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

How to play:

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



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Knowledge Organiser Fundamentals Year 1

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:

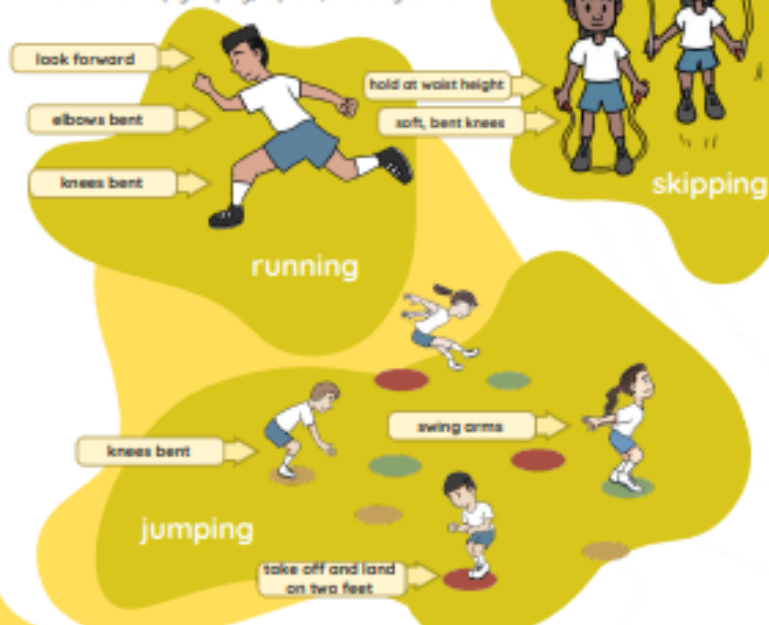
Hop with a soft bent knee.

Skipping:

Use the opposite arm to leg when you skip. Jumping on the balls of your feet helps you to keep a rhythm.

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

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

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

Social collaboration, work safely, support others

Emotional determination, self regulation, honesty, perseverance

Thinking comprehension, select and apply skills

Strategies

Just like learning new words or playing a game, you need to practice. Try running, hopping, skipping, jumping, and balancing every day!

Healthy Participation



Behave and move in a safe way.

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 steady? 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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Key Vocabulary



bend

direction

dodge

fast

hop

jog

jump

land

ready position

skip

challenge

swing



Knowledge Organiser Fundamentals Year 2

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:

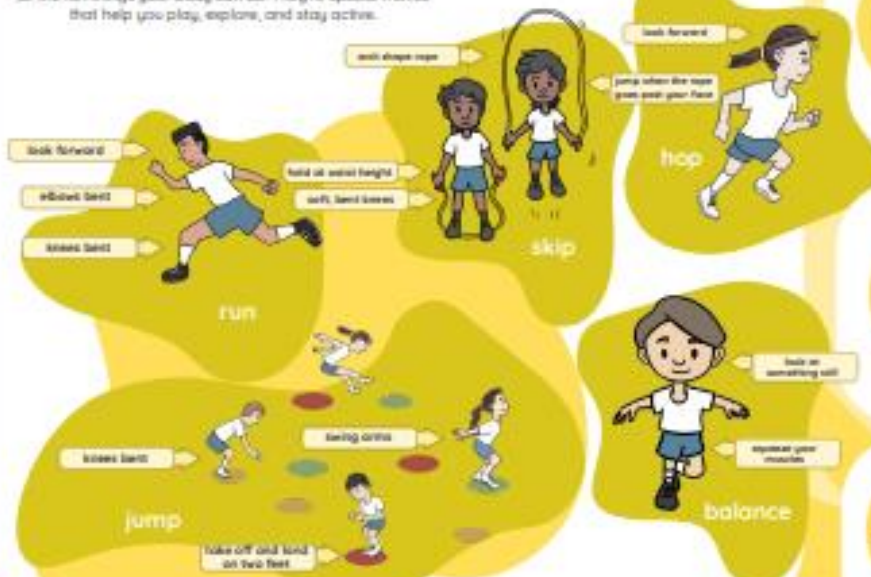
If you look straight ahead it will stop you from falling over when you land.

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.

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. Hopscotch, 1 foot, two feet, 1 foot, 2 feet etc.
 5. Settle to turn sideways on each jump in the gaps.



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Key Vocabulary



balance

dodge

hop

hurdle

jump

land

run

skip

speed

sprint

swing

take off

weight