

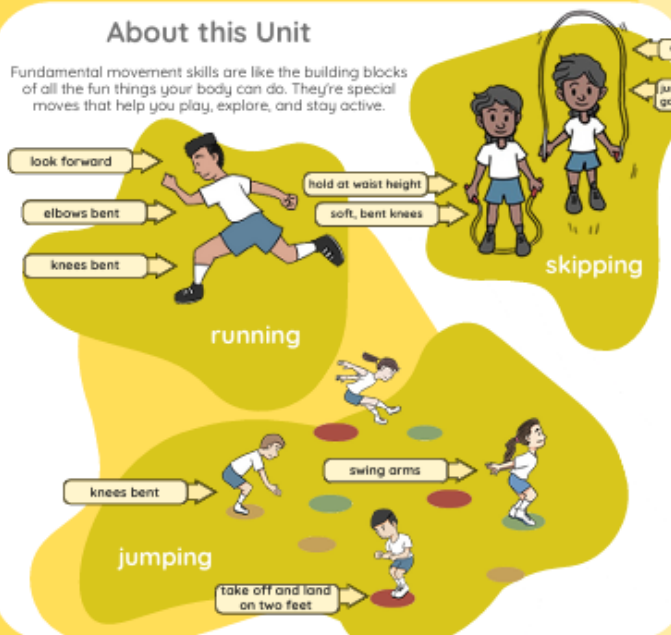
Year 1 – Autumn Term



Knowledge Organiser Fundamentals Year 1

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** 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.

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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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

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



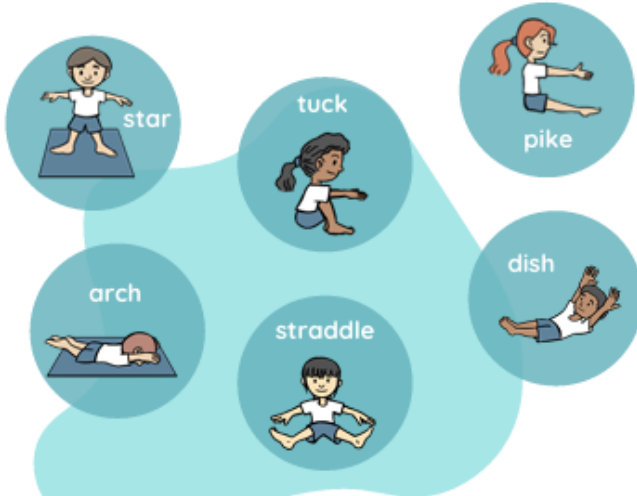
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Knowledge Organiser Gymnastics Year 1

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.



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

Key Vocabulary



action	jump	speed
balance	level	squeeze
control	point	star
direction	roll	straight
	shape	travel

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

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



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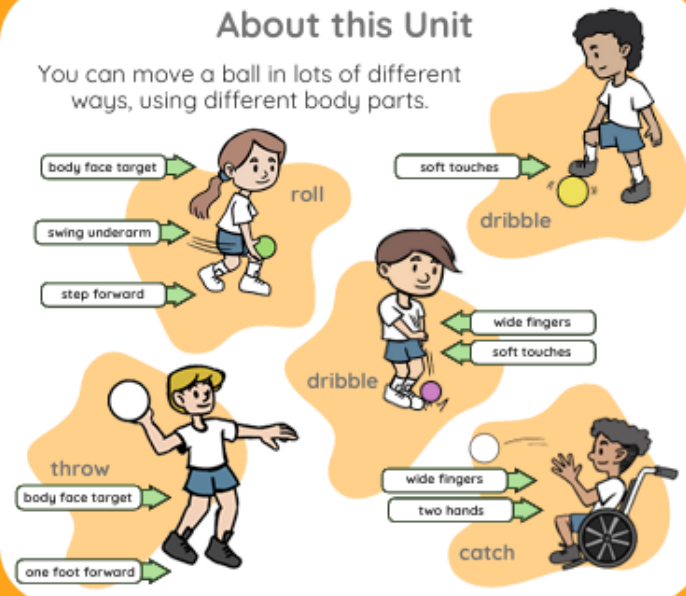
Year 1 – Spring Term



Knowledge Organiser Ball Skills Y1

About this Unit

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



Ladder Knowledge

Sending:	Catching:	Tracking:	Dribbling:
Face your body towards your target when rolling and throwing underarm. It will help you to balance.	Watch the ball as it comes towards you.	Move your feet to get in the line with the ball.	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.

Home Learning

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

Key Vocabulary

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

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

This unit will help you to:

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

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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Year 1 – Spring Term



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 defenders.



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

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



Healthy Participation



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

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

Home Learning

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



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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Year 1 – Spring Term



Knowledge Organiser Dance Year 1

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.

About this Unit

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

The Weather



Pirates



How would these toys move?



On Safari



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.

Home Learning

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

Key Vocabulary

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

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

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



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Year 1 – Summer Term



Knowledge Organiser Net and Wall Games Year 1

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

throw

- point your hand where you want the ball to go
- try to make the ball bounce once
- use an underarm throw

catch

- use two hands
- watch the ball

hit

- use the middle of the racket
- point your racket where you want the ball to go

track

- move your feet
- get in line with the ball

Ladder Knowledge



- Hitting:** use the centre of the racket for control.
- Feeding:** use an underarm throw to throw to a partner.
- Rallying:** throwing/hitting to your partner with not too much power will help them to return the ball.
- Footwork:** using a ready position will help you to move in any direction.

Movement Skills

- throw
- catch
- hit
- track

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

- Social:** support others, work safely, communication, co-operation
- Emotional:** perseverance, independence, determination
- Thinking:** comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making

Rules

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

Tactics

Rules help you to play fairly.

- Use a ready position
- Send the ball away from a partner
- Send the ball to one space then a different space
- Track the ball as it comes towards you

Healthy Participation



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



Home Learning

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

Key Vocabulary



- | | |
|---------|----------------|
| net | ready position |
| partner | score |
| point | track |
| racket | underarm |

If you enjoy this unit why not see if there is a club in your local area that plays a net and wall game. This could be a tennis, badminton, volleyball club.

This unit will help you to:

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

Hot Spots

What you need: two players, six markers and a ball.

How to play:

- Stand five big steps apart and place three cones on the floor at your feet.
- Take turns trying to hit your partner's cones using an underarm throw.
- If you hit a cone, you take it and add it to your row.
- The game is played until one pupil has all of the cones.
- Make this easier by using a bigger ball.



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Year 1 – Summer Term



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



underarm throw

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



catch

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



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

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



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



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

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



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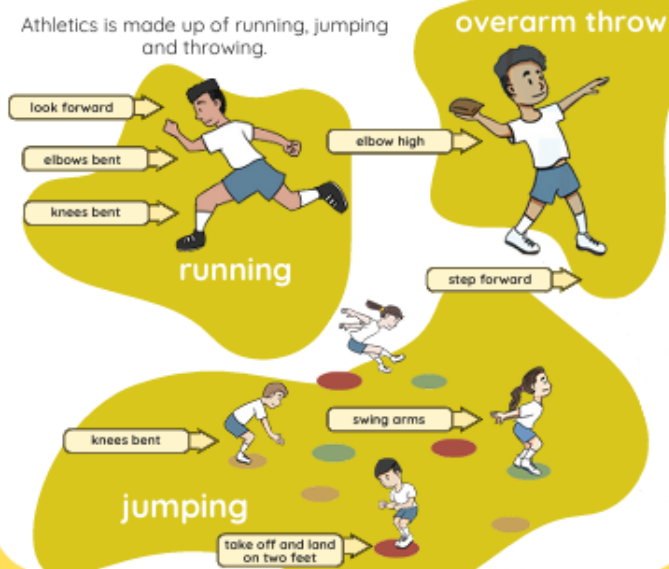
Year 1 – Summer Term



Knowledge Organiser Athletics Year 1

About this Unit

Athletics is made up of running, jumping and throwing.



Key Vocabulary

	hop	
balance	jog	safely
bend	jump	target
control	leap	time
direction	overarm	underarm
further	quickly	walk

Ladder Knowledge



Running:

Swing your arms, it will help you to run faster.

Jumping:

Landing on the balls of your feet helps you to land with control. Bend your knees, it will help you to jump further.

Throwing:

Stepping forward with your opposite foot to throwing hand will help you to throw further.

Movement Skills

- run
- balance
- agility
- co-ordination
- hop
- jump
- leap
- throw

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

Social work safely, collaboration

Emotional perseverance, independence, honesty, determination

Thinking reflection, comprehension, select and apply skills

Rules

Rules help you to play fairly.

Healthy Participation



- Behave and move in a safe way.
- Wait to take turns when told to.



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



This unit will help you to:

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

Home Learning



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

Fill it Up

What you need: six socks and two pots

How to play:

- Players have one pot each that they place 6m apart. Place six socks in the centre.
 - Players start at their pot and run to the middle, taking one sock back to their pot. Continue until there are no socks left in the middle, then run to your opponents pot to collect one sock at a time.
 - Who is the first to have 5 socks in their pot?
 - Playing by yourself? From a pile of socks 6m away, how many can you get into your bucket in 1 minute?
- Top tip: take small steps so that you can change direction quickly.



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