



Get Set 4
Education

Knowledge Organiser

Introduction to PE Unit 1

Nursery/Reception

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.

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.

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.

Personal, Social and Emotional

Social Emotional Thinking

This unit will develop the following skills:

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



Physical Development

Physical Skills

- run
- jump
- hop
- skip
- balance
- 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.



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 Fundamentals Unit 1 Nursery/Reception

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.



eyes



ears



mouth

Senses



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.

Personal, Social and Emotional

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 Development

Physical Skills

- run
- balance
- change direction
- jump
- hop
- 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.

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.



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Knowledge Organiser

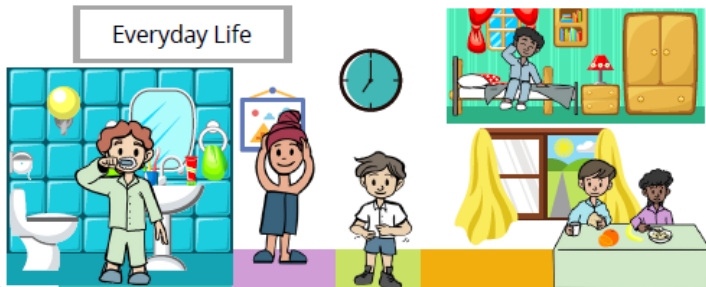
Dance Unit 1

Nursery/Reception

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



Communication and Language

Key Vocabulary

action	direction	move
bend	high	shake
count	low	space
		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

Ladder Knowledge



Actions:

Children will learn that they can move their bodies in different ways to create interesting actions.

Dynamics:

Children will learn that they can change the action to show an idea.

Space:

Children will learn that if they move into space it will help to keep themselves and others safe.

Performance:

Children will learn that when watching others they should sit quietly and clap at the end.

Strategy:

Children will learn that if they use lots of space, it will help to make their dance look interesting.

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

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
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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



Communication and Language



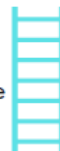
Key Vocabulary

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

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



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



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



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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

Social

This unit will develop the following skills:
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



Key Vocabulary

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

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

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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Knowledge Organiser Games Unit 1 Nursery/Reception

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



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Prior Learning

Sent and received a variety of objects with different body parts. Worked with others to control objects in space. Coordinated body parts in a variety of activities and in different ways.

Unit Focus

Coordinate similar objects in a variety of ways.
Differentiate ways to manoeuvre objects. Skip in isolation and with rope.

We are learning...

1. to play parachute games.
2. to use equipment to perform actions.
3. to use a baton to push beanbags and balls.
4. to use a baton to dribble.
5. to perform different jumps.
6. to handle a hoop.

Key Questions

1. Can you think of a sport in which you could use your baton skills?
2. Do you think you got better at rolling a hoop either for yourself to chase or to a partner?
3. What does 'opposition' mean when playing a game?

Equipment

Beanbags, mats, cones, quilts, hoops, box tops, balls, bibs, benches, apparatus, music player, music, skipping ropes, short-handed racquet and own made baton.

Vocabulary

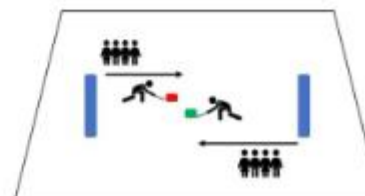
Weight, spin, slide, apparatus, anticipate, freeze, high, low, switch, beat, hop, jump, step, grip, opposition, baton.

Concepts

Object manipulation is a form of dexterity in which one or more people physically interact with one or more objects. Manipulation skills are linked to PE skills such as throwing, catching and hitting.

Activity Example

1. In pairs, hit a balloon back and forth to each other using your baton. 2. Set out a target (like bowling pins); one at a time, children should try to hit a ball at the target. Vary the distance the child is away from the target based on ability. 3. Set out a rectangle on the floor using cones; two children play opposite each other by lying on the floor and trying to push the ball towards their partner opposite. Encourage to use a push as if in snooker.





Get Set 4
Education

Knowledge Organiser

Dance Unit 2

Nursery/Reception

About this Unit

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



At the Seaside



At the Fireworks



At the Farm

Communication and Language

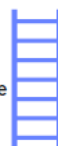
Key Vocabulary

actions	fast	quickly
beat	finish position	shape
counts	high	slowly
direction	low	start position
		travel

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



Ladder Knowledge



Actions:

Children will learn that they can move their bodies in different ways to create interesting actions.

Dynamics:

Children will learn that they can change the action to show an idea.

Space:

Children will learn that if they move into space it will help to keep themselves and others safe.

Performance:

Children will learn that when watching others they should sit quietly and clap at the end.

Strategy:

Children will learn that if they use lots of space, it will help to make their dance look interesting.

Personal, Social and Emotional

This unit will develop the following skills:

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

Physical Development

Physical Skills

- actions
- dynamics
- space



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

Home Learning



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

Musical Statues



What you need: some music, someone to stop and start the music

How to Play:

- When the music starts players start dancing. Dance however you like - hop, skip, twirl, or anything else that makes you happy! Let the music inspire your moves.
- When the music everyone must freeze like a statue until the music starts again.
- Keep dancing and freezing whenever the music stops.

Playing with others? Every time someone moves when the music stops, they become the helper to stop the music next time. Who can be the last one dancing?



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



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Get Set 4
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Knowledge Organiser

Gymnastics Unit 2

Nursery/Reception



About this Unit

Children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They 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 travelling and balancing.



barrel roll



straight roll

Communication and Language



Key Vocabulary

around	land	still
balance	over	straight
hold	rock	through
jump	roll	travel

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



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
Emotional
Thinking

This unit will develop the following skills:

work safely, collaboration, share and take turns, support others
determination, confidence
comprehension, creativity, select and apply

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.
- Remove shoes and socks when taking part in gymnastics lessons.
- To use apparatus safely.

Physical Skills

- shapes
- balances
- jumps
- rock and roll
- barrel roll
- straight roll
- progressions of a forward roll
- travelling

Home Learning

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



Book Balance



What you need: your favourite story

How to play:

- Using your favourite story, pick out three characters and create a balance that represents each one e.g.



- Read through your story or ask someone else to!
- Each time the character is mentioned, hold the balance you have created for five seconds.
- Make this harder by holding your balance until the next character is mentioned!

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



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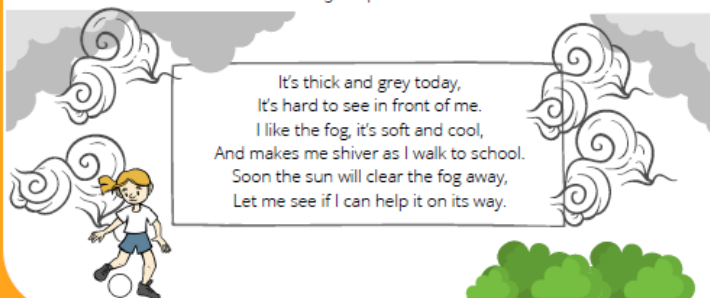
Knowledge Organiser

Ball Skills Unit 2

Nursery/Reception

About this Unit

In this unit children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.



It's thick and grey today,
It's hard to see in front of me.
I like the fog, it's soft and cool,
And makes me shiver as I walk to school.
Soon the sun will clear the fog away,
Let me see if I can help it on its way.

Communication and Language



Key Vocabulary

ball	partner	score
catch	ready	space
dribble	roll	target
kick	safely	throw

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



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.



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.

Personal, Social and Emotional

Social

Emotional

Thinking

This unit will develop the following skills:

- co-operation, take turns, work safely, communication
- perseverance, independence, determination, honesty
- comprehension, use tactics

Physical Skills

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



Home Learning

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

Kickaroo



What you need: a ball, pillows

How to Play:

- Place a pillow a few steps away. Practice kicking the ball to hit the pillow.
- Kick the ball and chase after it, try to catch it before it stops moving.
- Count how many times you can kick the ball within a certain time frame (e.g., 1 minute).
- Create an obstacle course using pillows. Kick the ball around the obstacles.



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This unit will help children to:

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

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



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Get Set 4
Education

Knowledge Organiser Games Unit 2 Nursery/Reception

About this Unit

In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also learn how to work as a team, take turns, keep the score, play against an opponent and play by the rules.



Communication and Language



Key Vocabulary

aim	lose	stop
gallop	partner	tag
hit	run	target
hop	safely	team
jump	score	win

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



Ladder Knowledge



Running:	Throwing:	Catching:	Striking:	Tactics:	Rules:
Children will learn to use big steps to run and small steps to stop.	Children will learn to point their hand at their target when throwing.	Children will learn to watch the ball and have hands out ready to catch.	Children will learn to point their racket at their target when striking.	Children will learn to make simple decisions in response to a task and that there are different roles in games.	Children will learn that rules help them to stay safe.

Personal, Social and Emotional

Social Emotional Thinking

This unit will develop the following skills:

communication, help others, respect, take turns, co-operation
perseverance, honesty, determination, manage emotions
comprehension, decision making, select and apply, reflection

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.



This unit will help children to:

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

Physical Skills

- run
- throw
- change direction
- catch
- strike

Home Learning



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

Capture the Socks

What you need: a basket, four pairs of rolled up socks and two players

How to play:

- Place the socks randomly in the playing area.
- One player (the attacker) begins at the basket.
- The defender begins three big steps away.
- The attacker has six attempts to collect a pair of socks and place them into the basket.
- The defender can tag the attacker once they leave the basket and if caught the attacker must return to the basket and start again.

How many socks did you get in the basket?

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Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/channel/UCqz8k1m1m1m1m1m1m1m1m1m)