

Knowledge Organiser

Dodgeball Year 5

About this Unit

Dodgeball is a target game played between two teams. Players must dodge or catch balls thrown by the opposition whilst attempting to strike their opponents in the same way to get them out.

It's a game of strategic moves that use both defence and attack. On the defensive front, you'll need to use swift moves, and quick thinking to avoid being hit.

On the attack you'll need to throw with precision and speed to get opponents out.

Key Principles of Target Games (dodgeball, golf)

attacking	defending
placement of an object	avoid getting out



Key Vocabulary

avoid: keep away from or stop
communication: share information
cushion: take the power out of an object
fake: to pretend
force: create power
officiate: to be in charge of the rules
opponent: the other team
situation: circumstances that create the environment
tactic: a plan or strategy



Ladder Knowledge



Throwing:

Aim low to make it difficult for an opponent to catch.

Catching:

Stay towards the back of the court area to give you more time to catch.

Movement Skills

- throw
- catch
- dodge
- jump
- block

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

Social co-operation, respect, communication

Emotional confidence, honesty, independence

Thinking tactics, comprehension, observation, creativity

Rules

OUTS

A player is 'out' when:

- A live ball hits their body (shoulders or below).
- An opposition player catches a live ball they have thrown. So, if a player throws it and their opponent catches it then they are out and one of their opponents' team comes back in.

Tactics

Apply tactics relevant to the situation.

A live ball is one that has not bounced or hit a wall/ceiling.

Healthy Participation



- Unused balls must be stored in a safe place.
- Head shots do not count in dodgeball.

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



How will this unit help your body?

agility, balance, co-ordination, speed.

Home Learning

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

Sock-tastic Dodge

What you need: 1 x pair rolled up socks

Practise:

- Throw the socks with one hand and catch with two.
- Throw the socks with one hand and catch with the opposite hand.
- Throw the socks with one hand and catch with the same hand.
- Throw the socks up and see how many of a chosen activity you can do before catching it again e.g. claps or star jumps.

How to play:

- Create your own version of a dodgeball game.
- Set the rules. What happens if the ball hits you? How do you get back in the game? How do you decide the winner?
- Invite people in your household to play the game.

www.getset4education.co.uk

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



@getset4education136



Get Set 4
Education

Knowledge Organiser

Dance Year 5

About this Unit

This unit is inspired by lots of different themes. Here are some that you may explore...

Dance by Chance

Merce Cunningham is an American composer.

Cunningham created a style of dance that was by chance, often called 'dance by chance'.

He used random and chance methods to choreograph dance by assigning actions, dynamics and relationships and space to numbers.

He then used methods such as phone numbers, birthdays and rolling a dice to create his dance.

Rock and Roll

- Rock 'n' roll is a genre of music that originated in the USA in the early 1950s.
- The music combines a number of different styles including country, gospel, rhythm and blues and jazz.
- You may have heard of famous rock 'n' roll artists such as Elvis Presley.
- Dancers need to have good stamina and co-ordination as the style uses lots of spins, jumps, lifts, slides with upbeat and lively dynamics.
- Dancers had exaggerated smiles as they danced and enjoyed the music.

Ancient Maya

This dance takes inspiration from Ancient Maya.

The Mayan civilisation began long ago (it is believed as early as 1500 BCE), in a place called 'Mesoamerica'. This very large area is made up of Mexico and part of Central America where there is the Maya rainforest.

The Mayans built amazing cities. They were experts at reading the stars and even built their cities as a map of the sky.

The Mayans had ceremonies and rituals, including human sacrifices, that would have been filled with music and dancing.

Chinese New Year

This dance is inspired by Chinese New Year which is celebrated between 21st January and 20th February depending on the moon.



Each year relates to an animal.

The longer the dragon is in the dance, the more luck it will bring to the community.

The lion represents joy and happiness.



Key Vocabulary

actions: the movement a performer uses e.g. travel, jump, kick

canon: when performers complete the same action one after the other

choreograph: create a sequence of actions or movements

choreography: the sequence of actions or movements

collaborate: work jointly with others

dynamics: how an action is performed e.g. quickly, slowly, gently

formation: where performers are in the space in relation to others

genre: a style

motif: a movement phrase that relates to the stimulus that is repeated and developed throughout the dance

pathway: designs traced in space (on the floor or in the air)

performance: the complete sequence of actions

phrase: a short sequence of linked movements

posture: the position someone holds their body in

quality: the standard of the skill

relationship: the ways in which dancers interact; the connections between dancers

space: the 'where' of movement such as levels, directions, pathways, shapes

structure: the way in which a dance is ordered or organised

timing: moving to the beat of the music

transition: moving from one action or position to another

unison: two or more people performing the same movement at the same time

Ladder Knowledge



Actions:

Different dance styles utilise selected actions to develop sequences in a specific style. Consider the actions you choose to help show your dance style.

Dynamics:

Different dance styles utilise selected dynamics to express mood. Consider the dynamics you choose to help show your dance style.

Space:

Space relates to where your body moves both on the floor and in the air.

Relationships:

Different dance styles utilise relationships to express a chosen mood. Consider the relationships you choose to help show your dance style.

Movement Skills

- actions
- dynamics
- space
- relationships

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

- Social** collaboration, consideration and awareness of others, inclusion, respect, leadership
- Emotional** empathy, confidence, perseverance
- Thinking** creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills

Strategies

Use dance principles such as actions, dynamics, space and relationships to help you to express an atmosphere or mood.

Healthy Participation



You should be bare foot for dance.

Ensure you always work in your own safe space when working independently.

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



How will this unit help your body?

Balance, co-ordination, flexibility.



Home Learning



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

Dance by Chance



What you need: random objects

How to play:

- Choose 10 objects that can be safely thrown e.g. feather, sponge, towel.
- In a safe area, throw the object into the air and observe the way it travels in space and the dynamics of the movement to create your own actions inspired by the object.
- Number each object 0-10.
- Use your first 10 numbers from a familiar phone number to give you the order for your actions.

Add music to your dance if you would like.



www.getset4education.co.uk

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



@getset4education136



Get Set 4
Education

Knowledge Organiser

Yoga Year 5

About this Unit

Yoga is an activity that is good for your body and your mind. It develops balance, strength and flexibility and it helps you to feel calm, less stressed, and aware of how you are feeling.

In this unit, you will use poses to create your own flow (a sequence of movements) and lead it to other pupils. Use the top tips below to help you to become a great leader.



Key Vocabulary

concentrate: focus
connect: join together
contact: point touching the floor or someone else
exhale: to breathe out
extend: lengthen
fluidly: flow easily
inhale: breathe in
maintain: keep
quality: the standard of the skill
posture: how you sit or stand
stability: to be balanced
transition: moving from one action or position to another

Ladder Knowledge



Balance:

Use your breath to maintain balance within a pose and when transitioning from one pose to another.

Flexibility:

You can improve your flexibility when moving with your breath.

Strength:

Different poses will use different muscles to hold them.

Movement Skills

- balance
- flexibility
- strength
- co-ordination

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

Social collaboration, communication, share ideas, respect
Emotional independence, confidence, perseverance, acceptance
Thinking comprehension, provide and use feedback, reflection, select and apply, creativity

Strategies

Using your breath helps you to:

- Manage feelings of discomfort when holding tricky poses.
- Provide stability and balance making it easier to hold the pose.
- Provides oxygen to your working muscles to help you to hold the pose.
- It helps you to concentrate and stay focussed clearing your mind.

Healthy Participation



- No shoes or socks to make sure you do not slip.
- Listen to your body, be mindful not to over extend and stop if a pose is uncomfortable.
- Stretch slowly and breathe deeply, never force a pose.

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



How will this unit help your body?

balance,
co-ordination,
flexibility, strength

Home Learning

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

Balance Breath Challenge

What you need: a flat space

Follow these balance challenge instructions, attempting not to lose your balance:

- Stand on one leg and lift your knee up to in line with your hip
- Bring your knee out to the side of your body
- Bring your knee back in to front of your body
- Lean body forwards and extend your leg straight back behind you
- Bring your knee back in to front of your body
- Repeat on the other leg



Stand in mountain pose with eyes closed. Follow these breathing instructions:

- Spread your weight across all parts of your feet, feel your weight ground into the earth
- Imagine your breath coming into your body and travelling all the way down to one foot and into the earth as you inhale
- As you exhale, imagine your breath travelling back up through your body and out of your mouth
- Repeat with the other leg, then one hand, then the other hand

Repeat the balance challenge thinking about your breathing as you complete it. Did you find it any easier?

www.getset4education.co.uk

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



@getset4education136



Knowledge Organiser

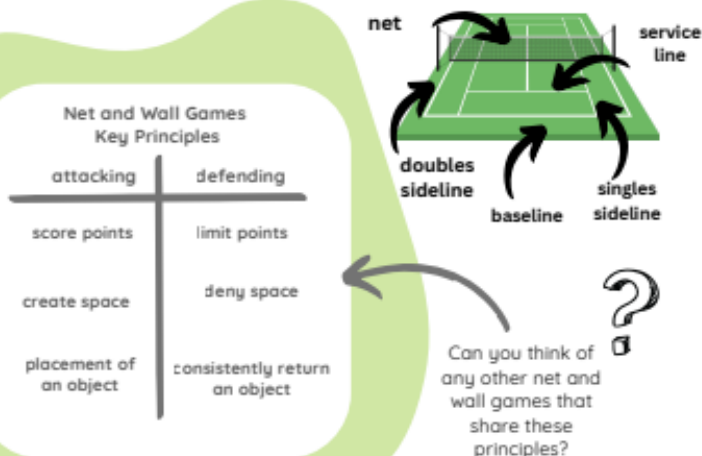
Tennis Year 5

About this Unit

Tennis is a net and wall game. It is played over a net with a racket and ball and can be played as a 'singles' (1v1) competition or 'doubles' (2v2) competition.

The area on a court is different if you play singles or doubles. In doubles, the court is wider.

Tennis has four major competitions a year called the 'Grand Slam'. They are Wimbledon (played on a grass court), the French Open (played on clay) and the US and Australian Opens (played on hard court).



Key Vocabulary

adjust: move feet to get in a better position

baseline: the back line of the court

consecutive: in a row

continuous: keep a rally going

dominant: preferred side

groundstroke: allow the ball to bounce once

non-dominant: weaker side

option: possible choices

pressure: to add challenge

readjust: move feet again to get in a better position

release: the point at which you let go of an object

serve: used to start a game

situation: things that create what happens

tactic: a plan that helps you to attack or defend

technique: the action used correctly

volley: to play the ball before it bounces

Ladder Knowledge

Shots:

Use a volley if you are close to the net, otherwise use a groundstroke.

Serving:

Use an underarm serve to start a game or rally. Use the rules for serving when playing against an opponent.

Rallying:

Choosing the right shot will help to keep the rally going. Control is more important than power to keep a co-operative rally going.

Footwork:

Use small, quick steps to adjust your stance to play a shot.

Movement Skills

- forehand groundstroke
- backhand groundstroke
- rallying
- underarm serve
- forehand volley
- backhand volley

Social
Emotional
Thinking

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

encourage and support others, co-operation, collaboration, communication

perseverance, honesty

observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics

Rules

Win a point if:

- Opponent hits the ball in the net
- Opponent hits the ball out of the court area
- Opponent misses the ball or it bounces twice
- Opponent does a double fault (meaning if they serve the ball and it hits the net, doesn't land on their opponent's side, they can have another go. If they miss again it is a double fault)

Tactics

- Tactics are important because they help you to outwit an opponent.
- They are plans that you can use to help you to score points, attacking tactics, or stop an opponent from scoring, defending tactics.
- You might use different tactics depending on who you are playing against or the situation.

Healthy Participation



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

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

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

Home Learning



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

Rally

What you need: a ball or rolled up pair of socks, a hardback book or racket and one or more players.

How to play:

- Count how many times you can hit the ball up to yourself using your book or racket. Try to keep the ball in the centre of the book/racket for good control.
- Can you do this standing on one foot?
- If you have another player, how many times can you send the ball to each other before it hits the floor?
- Make this easier by using socks or by allowing the ball to bounce once in between hits.
- Make this easier by one person using a book/racket and the other their hands.

What was your highest score?

www.getset4education.co.uk

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



@getset4education136



Knowledge Organiser

Volleyball Year 5

About this Unit

Volleyball is a net and wall game. The aim of the game is to hit the ball over the net landing into the court area on your opponent's side.

Volleyball was invented by William G. Morgan in 1895, and took inspiration from other sports such as badminton and tennis, but it did not become an Olympic sport until 1964.

A single player may jump as many as 300 times in a volleyball match. The record for most consecutive passes in volleyball is 110, achieved in the United States, on February 5, 2010.

Net and Wall Games Key Principles

attacking	defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



Can you think of any other net and wall games that share these principles?

Key Vocabulary

co-operatively: working with others on a set outcome or task

communicate: share information

cushion: take the power out of an object

dig: defensive shot used when the ball is low

opposition: the team or person you are playing against

serve: used to start a game

set: used to place the ball high

situation: the specific challenge or task presented in the game

sportsmanship: play fairly, respect others and be gracious in victory and defeat

tactics: a plan that helps you to attack or defend

volley: to play the ball before it bounces



Ladder Knowledge



Shots:

Year 5: use a dig if the ball is low and a set if the ball is high.

Serving:

Year 5: use a serve to start a game or rally.

Rallying:

Year 5: using the correct shot will help you to keep a rally going.

Footwork:

Year 5: know that using small, quick steps will allow me to adjust my stance to play a shot.

Movement Skills

- throw
- catch
- jump
- serve
- set
- dig
- rally

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

Social communication, respect, support and encourage others

Emotional perseverance, honesty, determination

Thinking using tactics, select and apply skills, identify strengths and areas for development, reflection

Rules

Winning a point:

- The ball is not returned over the net within three hits.
- The receiving team lets the ball hit the ground.
- The returned ball lands outside the court area.

Serving rules:

- One team starts with service and uses an underarm serve.
- Teams swap service every point.
- Players rotate who serves each time.

Tactics

Attacking:

- Look at where your opponents are and try to place the ball away from them.
- Use a set to give your teammates time to see where to place the ball on the next hit.

Defending:

- Recover quickly to a ready position after striking the ball.
- Spread out as a team to cover the most space possible.

Healthy Participation



Make sure unused equipment is stored in a safe place

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



How will this unit help your body?

agility, balance, co-ordination, speed

Home Learning

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

Balloon volleyball

What you need: 1 balloon

People: 2 or more

Play: inside or outside

Ways to play:

1. Everyone must be seated. Together, try to see how many times you can volley the balloon to each other.

OR

2. Play 1v1 or 2v2. Create a net, you could use a skipping rope or chairs. Play against each other over the net.

- If the balloon hits the floor on your side, the other team win a point.
- If you hit the balloon and it doesn't go over the net, the other team get a point.
- Each side is allowed up to three touches on their own side of the net before the balloon must go over.

www.getset4education.co.uk

Head to our youtube channel to watch the skills videos for this unit. [@getset4education136](https://www.youtube.com/channel/UCgetset4education136)

Knowledge Organiser

Football Year 5

About this Unit

Football is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit, you will learn the fundamental movement skills and strategies needed to play football effectively. You will need teamwork, spatial awareness, and game tactics.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

The origins of modern football can be traced back to the mid-19th century in England, but the game has roots that stretch back even further. One of the earliest known versions of a game similar to football was called "cuju," which was played in China during the Han Dynasty (206 BC - 220 AD). Cuju involved players kicking a leather ball filled with feathers through a small opening into a net, and it was often played as a form of military training.

Can you think of any other invasion games that share these principles?



Key Vocabulary



ball carrier: player in possession
close down: to reduce the amount of space for an opponent
create: to make space
decision: the choice and action made
delay: to slow down
opposition: the other team
possession: to have
pressure: to add challenge

situation: circumstances that create the environment
sportsmanship: play fairly, respect others and be gracious in victory and defeat
tactics: a plan to help you attack or defend
support: to help
tactics: a plan that helps you to attack or defend
tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling:

Dribbling in different directions and at different speeds will help you to lose a defender.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- run
- dribble
- pass
- receive
- track

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

Social communication, respect, co-operation

Emotional honesty, perseverance, independence, self regulation, determination

Thinking identify, creativity, make decisions, select and apply skills and tactics

Rules

- No fouling (not too much contact - pushing etc). Fouls result in a free kick for the opposition.
- If the ball goes off the sides of the pitch the opposition have a 'kick-on'.
- A kick on from the corner is taken if the ball goes out of play on a goal line (back line) and is kicked out by the defending team.
- A goal kick is taken if the ball goes out of play on a goal line and is kicked out by the attacking team.
- When a goal is scored, the conceding team restarts the game with a goal kick.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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



Dribble and Shoot



What you need: a ball, 6-8 markers

How to play:

- Set up cones in a straight line or zigzag.
- Place the goal 5-10 meters from the last cone.
- Dribble the ball through the cones.
- Shoot to score through the goal

Challenge:

- Add a defender.
- Time yourself - how many goals can you score? Can you improve on your record?

Top tips:

- Use inside and outside of both feet to dribble.
- Use little touches to keep the ball close.
- Keep your head up while dribbling.
- Aim for different parts of the goal.



www.getset4education.co.uk

© copyright Get Set 4 Education Ltd.

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



@getset4education136

Knowledge Organiser Rugby Year 5

About this Unit

Rugby is an invasion game where two teams try to score by entering the other team's space. Rugby is a challenging invasion game because you have to pass the ball backwards to your teammates. This rule makes it harder to move forward and score points quickly. Instead of just running straight towards the other team's goal, you need to work closely with your teammates, passing the ball back and forth while trying to find gaps in the other team's defence. This requires good teamwork, communication, and strategy, making the game both exciting and challenging.

Rugby Union, a popular version of rugby, features a major annual competition called the Six Nations Championship, which includes teams from England, France, Ireland, Italy, Scotland, and Wales. This competition began in 1883 as the Home Nations Championship with UK teams and later expanded to become the Six Nations.

The women's Six Nations Championship started in 1996 as the Home Nations with teams from England, Ireland, Scotland, and Wales, and now follows the same format as the men's competition.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	



Can you think of any other invasion games that share these principles?

Key Vocabulary

ball carrier: person in possession

close down: to reduce the amount of space for an opponent

communicate: share information

create: to make space

invasion: a game with two teams who score by invading the other team's space.

offside: when a tag is made, all defending players must get into an onside position.

possession: when a player or team has the ball

situation: circumstances that create the environment

sportsmanship: play fairly, respect others and be gracious in victory and defeat

support: to help

Ladder Knowledge



Sending & receiving:

Having a clear path between you and the ball carrier helps you to send and receive with better control.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- throw
- catch
- run
- change speed
- change direction

Social

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

Emotional

communication, support, collaboration, sporting behaviour

Thinking

honesty, confidence, patience

make decisions, select and apply skills, comprehension, apply tactics, analysis

Rules

Tagging:

- Players wear two tags, one on each side.
- Players cannot physically push off a defender when they are attempting to go for a tag and cannot spin around, guard or shield tags in any way.
- When tagging, hold up the tag and shout 'tag...' followed by the number tag it is e.g. 'tag two' then give the tag back. The attacker must return to where the tag was made and pass then place the tag back on their belt before re-joining the game. If the defending team make three tags in one attacking play, they gain possession. A player cannot be tagged when taking a free pass.

Forward pass:

- Forward passes are not allowed, the ball must be passed sideways or backwards.
- If a team uses a forward pass (any pass where the ball travels in the direction of the team's scoring/try line), a free pass is given to the non-offending team.

Offside:

- When a tag is made, all defending players must get into an onside position.
- Onside is in front of the ball carrier, offside is behind the ball carrier.
- Defenders must be three big steps in front of the ball carrier after a tag has been made and are not allowed to intercept or block the pass after a tag is made.



Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Tag rugby is non-contact.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning



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

Rugby Skills

What you need: a ball (or rolled up socks), a wall, 2 markers (shoes).

Passing practice against a wall:

- Stand about 2 metres away from a wall.
- Hold the ball with both hands.
- Practice passing the ball against the wall, making sure to use both hands to push the ball.
- Focus on passing the ball accurately and catching it as it bounces back.

Backward passing with a partner:

- If you have a family member or friend to practice with, stand about 5 metres apart.
- Practice passing the ball backward to your partner, making sure the ball travels in a smooth arc.
- Your partner will catch the ball and then pass it back to you, also in a backward motion.

Ball practice for quick hands:

- Stand in an open space.
- Toss the ball slightly into the air and catch it with both hands.
- Repeat this quickly, trying to catch and release the ball as fast as you can.

Agility and movement:

- Set up two markers (like cones or shoes) about 2 metres apart.
- Practice running from one marker to the other, holding the ball.
- Focus on quick, sharp movements and keeping the ball secure.



© Copyright Get Set 4 Education Ltd.

www.getset4education.co.uk

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



@getset4education136



Knowledge Organiser

Netball Year 5

About this Unit

Netball is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit, you will learn the fundamental movement skills and strategies needed to play netball effectively. You will need teamwork, spatial awareness, and game tactics.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Netball was originally adapted from basketball and has grown to be popular among both males and females around the world.

Netball is played in over 80 countries and is especially popular in countries like the United Kingdom, Jamaica, Australia, New Zealand and South Africa.

There are mixed netball leagues where men and women play together on the same teams.

Can you think of any other invasion games that share these principles?



Key Vocabulary

accelerate: to speed up
angle: formed when two lines come together at a shared point e.g. arm to floor
create: to make
drive: a fast movement that helps to tell the ball carrier that you want the ball
intercept: to take possession
maintain: to keep
opposition: the other team
pressure: feeling challenged
receiver: the person receiving the ball

rebound: when a player attempts to shoot a goal but the ball hits the ring and bounces back into play
situation: circumstances that create the environment
sportsmanship: play fairly, respect others and be gracious in victory and defeat
stance: body position
support: to help
technique: how you apply a skill
tournament: a competition of more than two teams

Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Space:

Moving to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- throw
- catch
- run
- jump
- change speed
- change direction
- shoot

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

Social communication, support, collaboration, respect
Emotional honesty, independence, perseverance, self regulation, resilience
Thinking select and apply skills, apply tactics, observation, apply rules

Rules

- **Footwork:** first foot to touch the ground when receiving a ball is the landing foot. The landing foot cannot be lifted and put back down. You may pivot on the landing foot.
- **Held ball:** a player has 4 seconds to pass or shoot.
- **Contact:** if a player contacts another player.
- **Obstruction:** defenders are allowed one jump to mark the ball and must be 1m from the ball carrier.

Free pass is awarded to the non-offending team if the footwork, held ball, replay, offside or over a third rules are broken. The offending player is not out of play.

A penalty pass or shot (if these rules are broken within the shooting circle) is awarded to the non-offending team if the obstruction or contact rules are broken. The offending player is out of play and stands by the side of the player taking the pass/shot.

Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals. There are attacking and defending tactics and these will change depending on the situation, the opposition and the desired outcome.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

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?

www.getset4education.co.uk



Head to our youtube channel to watch the skills videos for this unit. @getset4education136



Knowledge Organiser

Hockey Year 5

About this Unit

Hockey is an invasion game. An invasion game is a game where two teams play against each other. You invade (enter) the other team's space to try to score goals.

In this unit you will be given the chance to umpire. Here are some top tips when umpiring.



TOP TIPS

- Be clear and confident when making a decision.
- Have knowledge of the rules.
- Move with the ball up and down the pitch so that you can see the play.
- Be fair and honest.

Invasion Games Key Principles

attacking	defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Can you think of any other invasion games that share these principles?



Key Vocabulary

ball carrier: the person in possession
barrier: an obstacle that prevents movement or access
close down: to reduce the amount of space for an opponent
create: to make space
maintain: to keep
possession: to have
pressure: to add challenge
situation: circumstances that create what happens
sporting behaviour: play fairly, respect others and be gracious in victory and defeat
support: to help
tactics: a plan that helps you to attack or defend
transition: moving from attack to defence or defence to attack
umpire: the person who makes sure the rules are followed



Ladder Knowledge



Sending & receiving:

Not having a defender between you and the ball carrier helps you to send and receive with better control.

Dribbling:

Dribble in different directions and at different speeds will help you to lose a defender.

Space:

Move to space even if you do not receive the ball will help to create space for a teammate.

Movement Skills

- dribble
- pass
- receive
- tackle
- intercept
- run
- shoot

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

Social communication, collaboration, respect, support others

Emotional honesty, perseverance

Thinking identify areas of strength and areas for development, select and apply, decision making, comprehension, reflection

Rules

Feet:

- You cannot kick the ball. Try not to let the ball touch your feet. If feet are intentionally used, a free pass is awarded.

Sticks:

- The stick cannot be lifted higher than waist height, and you can only use the flat side.
- You cannot intentionally interfere with another person's stick.
- If these rules are broken, a free pass is awarded.
- Don't swing stick to make a tackle.

Free pass:

- If a rule is broken, a free pass is awarded to the other team.
- All players must be three steps away from the person taking the free pass.

Tactics

We use tactics to select how to attack and defend as a team. You will learn different tactics and choose as a team which to use in which situation.

Healthy Participation



- Make sure any unused equipment is stored in a safe place.
- Don't lift your stick higher than your waist.
- Ensure you are working in a safe space away from others.

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



How will this unit help your body?

agility, balance, co-ordination, speed, stamina

Home Learning

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



Track and Touch

What you need: A partner and two markers.

- Place the two markers approx. 8m apart.
- One person leads by sidestepping between the cones, changing direction at any time. Partner tracks them, mirroring their movement and attempting to stay in line with them.
- The leader shouts 'touch' and turns and sprints towards one marker, partner races to beat them past the cone.
- Repeat three times before switching roles.



www.getset4education.co.uk

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

@getset4education136



Get Set 4
Education

Knowledge Organiser

Cricket Year 5

About this Unit

Cricket is a popular team sport played on a large oval field with a bat and ball. It involves two teams, one batting and one fielding, taking turns to play. The batting team aims to score runs by hitting the ball and running between two sets of wickets, while the fielding team tries to get the batsmen out by various means.

A match can last several hours or even days, depending on the format being played. Cricket is known for its use of tactics, thrilling moments, and passionate fans around the world.

Striking and Fielding Games Key Principles

attacking	defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out

Can you think of any other striking and fielding games that share these principles?



wickets



Key Vocabulary



backing up: fielder moves to support another fielder in case they misfield
close catch: having both hands relatively close to the body to catch, little fingers together
compete: play against someone else
decide: make a choice
deep catch: catch a ball from height, thumbs together in front of head
grip: how you hold the ball or bat
long barrier: a fielding action used to stop a ball coming at speed
momentum: the direction created by weight and power
run out: fielder hits the wickets with the ball when the batter isn't there
short barrier: creating a barrier with hands in front of feet to stop a ball travelling at slow speed
situation: circumstances that create the environment
stance: the body position taken
tactic: a plan

Ladder Knowledge



Striking:

Stance is important to allow you to be balanced as you hit.

Fielding:

Backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.

Throwing and catching:

Look at where the batter is before deciding where to throw. Use a close catch if the ball is coming straight and a deep catch if the ball is coming in from high.

Movement Skills

- deep and close catching
- underarm and overarm throwing
- overarm bowling
- long and short barrier
- batting

Social
Emotional
Thinking

This unit will also help you to develop other important skills.
collaboration, communication, respect

honesty, perseverance, determination

observation, provide feedback, select and apply skills, tactics, assessing

BOWLING

- Balls can be bowled using underarm (only one bounce allowed or deemed a no-ball), or overarm bowling action (two bounces allowed).
- Overarm bowling with a straight arm is preferred.

RUNS

- 1 run for each changeover.
- 4 runs if they hit it past the boundary after a bounce.
- 6 runs if they hit it past the boundary - no bounce.

Batters

- Look to play in free space.
- Run when it is agreed by both batters ('batter on strike' is usually best to decide)
- Choose to play boundary shots (4 and 6), when appropriate.
- Stay at the wicket if the ball is too close to a fielder.

OUT

- Bowled out: bowler bowls a ball that hits the wicket
- Caught out: fielder catches a batted ball
- Run out: fielder hits the wickets with the ball when the batter isn't there
- Stumped out: fielder stumps the wicket when the batter isn't there

Fielders

- Organise yourselves in fielding positions e.g. spread out and stand inside the semi circle to stop 4's and 6's. All stand on the batter's side and go for 'outs'
- Look to backup throws towards wickets.
- Throw between your fielding team to send the ball to the wickets.

Rules

Tactics

Healthy Participation

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

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

How will this unit help your body?

Balance, speed, strength, co-ordination, agility.



Home Learning

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



Roll and Run



What you need: 2 or more players, two markers, one ball or rolled up pair of socks.

How to play:

Place two markers 10m apart. Practice rolling to each other. Stop the ball with a long or short barrier.



How many times can you stop it in that time? Repeat. Can you beat your score?

After each roll, run to the opposite marker and back.



How many times can you stop it in that time? Repeat. Can you beat your score?

© Copyright Get Set 4 Education Ltd.

www.getset4education.co.uk

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



@getset4education136



Knowledge Organiser

Athletics Year 5

About this Unit

Athletics is made up of events that are classified as either track or field. Running events are classified as track and throwing and jumping events are classified as field events.

You will learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.



Official Athletic Events

Running

Sprinting
100m, 200m, 400m
Hurdles
Relay
Middle Distance
800m, 1500m
Long Distance
5,000, 10,000
Steeplechase

Jumping

Long jump
Jump for distance
Triple jump
Jump for distance
High jump
Jump for height
Pole vault
Jump for height

Throwing

Discus
Fling throw
Shot
Push throw
Hammer
Fling throw
Javelin
Pull throw

Have you seen any of these events before?



Key Vocabulary

approach: a way of dealing with a situation
changeover: what happens when the relay baton is passed from one runner to another
consistent: to repeat something in the same way
dominant: preferred side
drive: a forceful and controlled movement to help move you forward
event: the name of different athletic activities
field: the collective name for jumping and throwing activities
force: create power
javelin: a spear like object used in a throwing event
momentum: the direction created by weight and power
shot put: a heavy round object used in a throwing event
stamina: the ability to move for sustained periods of time
stride: the length of the step
technique: the action used correctly
track: a marked oval path, where various running, hurdling, and relay events take place



Ladder Knowledge



Running:

Taking big consistent strides will help you to create a rhythm that allows you to run faster. Keeping a steady breath will help you when running longer distances.

Jumping:

Drive your knees high and fast to build power so that you can jump further.

Throwing:

Transfer your weight to increase the distance. The transfer of weight will be different depending on the throw. Think back body to front body.

Movement Skills

- pace
- sprint
- relay changeovers
- jump for distance
- push throw
- pull throw

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

Social collaboration, negotiation, communication, supporting others
Emotional perseverance, confidence, concentration, determination
Thinking observing and providing feedback, selecting and applying, comprehension

Rules

JUMPING EVENTS

- Performers must take off before the line.
- Jumps are measured from the take-off line to the body part closest to the take-off line that touches the ground.

THROWING EVENTS

- Throws must be taken from behind a throw line.
- Throws are measured from the throw line to where the object first lands.

Healthy Participation



In throwing activities ensure you:
• wait for instruction and check the area is clear before throwing.
• there is adequate space between throwers.

Home Learning



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

Triple Jump



What you need: 2 x markers and a large space.

How to play:

- Use one marker as the jumping line.
- Practise the pattern: hop, step, jump. Think 'some foot, other foot, land both feet'.
- Add a run up. Begin the jump from your jumping line.
- Practise to build up speed and distance.
- Measure your jump by marking the body part that lands closest to the jumping line with your marker and using a big step to mark 1 metre.

HOP
Take off and land on same foot, drive knee upwards and forwards.

STEP
Land on opposite foot. As far as you can to gain distance.

JUMP
Land two feet. Jump forward and drive hands forward.



www.getset4education.co.uk

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

How will this unit help your body?

agility, balance, co-ordination, speed, stamina, strength

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

@getset4education136