



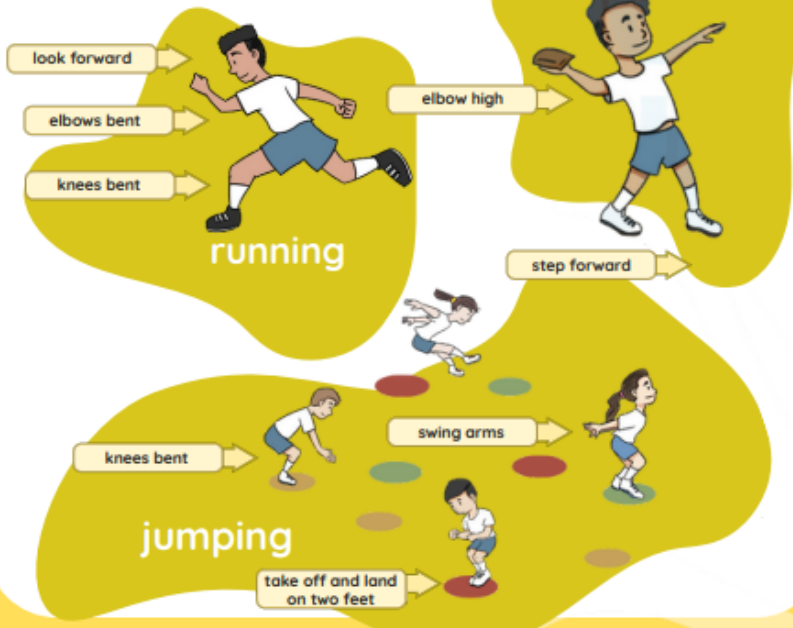
Get Set 4 Education

# Knowledge Organiser Athletics

## Class 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



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

### 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.



### 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](http://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.



[www.getset4education.co.uk](http://www.getset4education.co.uk)

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

# Knowledge Organiser

## Target Games **Class 1**

Ladder Knowledge



### Throwing:

use an overarm throw for distance and an underarm throw for accuracy. Stand with opposite foot to throwing arm forwards.

### About this Unit

Target games are games where players send an object towards a target. It could be while avoiding obstacles, getting closer to a target than an opponent or by hitting a target in the fewest turns. It could also be a moving target.

Examples of target games are dodgeball, golf, curling, boccia, archery, bowling.

In this unit, you will use underarm and overarm throwing to take part in lots of different challenges.

Movement Skills

- underarm throw
- overarm throw

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

**Social** collaboration, leadership, work safely, encourage others

**Emotional** perseverance, honesty

**Thinking** comprehension, select and apply, creativity

#### overarm throw

- elbow high
- step forward with your opposite foot
- use for distance

#### underarm throw

- use a straight arm
- step forwards with your opposite foot
- point your hand to your target
- use for accuracy

### Rules help you to play fairly.

Rules

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

Tactics

Choose targets that are worth more points

Use an overarm throw for targets further away

If the target is small, use an underarm throw because it is more accurate

Healthy Participation



- Put unused balls in a safe place.

### Home Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Key Vocabulary



balance

distance

further

overarm

point

score

swing

throw

underarm

If you enjoy this unit why not see if there is a club in your local area that plays a target game. Examples could be a dodgeball or golf club.



This unit will help you to:

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

### Socks in Pots!

**What you need:** three pairs of socks and three or more pots or pans

**How to play:**

- Place pots or pans at different distances away.
- Start behind a start line.
- Score one point for each pair of socks you throw that land in a pot or pan.
- Make this harder by labelling each pot or pan with a different number of points and seeing how many points you can score.
- Play with more people by seeing who can score the most points. The first person to ten points is the winner.

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



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