



Get Set 4
Education

Knowledge Organiser

Fitness Year 1

About this Unit

There are lots of things that can change our mood. How would each of the events below change your mood?



playing with friends



not eating breakfast



not much sleep

spending time with family

Exercise can really help to improve our mood and make us or keep us feeling happy. There are lots of different exercises we can do e.g.



Ladder Knowledge



Agility:

Bending your knees will help you to change direction.

Balance:

Looking ahead will help you to balance.

Co-ordination:

Using the opposite arm to leg at the same time helps you to perform skills such as running and throwing.

Speed:

Swinging your arms will help you to run faster.

Strength:

Exercise helps you to become stronger.

Stamina:

Moving for a long time can make you feel hot and breathe faster.

Movement Skills

- run
- jump
- co-ordination
- stamina
- strength
- agility
- balance

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

Social communication, co-operation, support, work safely, kindness

Emotional kindness, perseverance, honesty, independence, determination

Thinking comprehension, creativity, problem solving, reflection, feedback

Strategy

Keep trying lots of different activities outside of school to find something you enjoy.

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

What's the Time Mr Wolf?

What you need: 2 or more people

How to play:

- One person begins as 'Mr Wolf' and starts facing away from everyone else approx. 8m away.
 - Everyone asks 'What's the time Mr Wolf?' Mr Wolf calls out a time.
 - Whatever time is called is the number of steps you are allowed to take towards Mr Wolf.
 - If Mr Wolf calls 'dinner time!', everyone must run away from Mr Wolf.
 - Whoever is caught returns to the start line.
- The winner is the player who touches Mr Wolf.



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Key Vocabulary



active	exercise	mood
bones	fast	muscles
brain	healthy	quick
breathing	heart	safe
calm	memory	strong

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 quickly
- balance
- move different body parts at the same time
- be faster
- move for a long time
- be stronger

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



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