

# Knowledge Organiser

## Football Year 3 and Year 4

### 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.

#### Bally ballerson!

Early versions of football can be traced back over 3000 years to the Mesoamerican civilisation where the ball they played with was actually a rock! Ancient Chinese civilisations used a round ball made out of feathers or fur, the Aboriginals used balls made of leaves and in Medieval Europe the ball was made out of a pig's bladder. When football as we know it grew in popularity, the ball changed too and nowadays, the ball is made out of leather.



#### 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

**accelerate:** speed up  
**communicate:** share information  
**control:** being able to perform a skill with good technique  
**cushion:** take the power out of an object  
**decision:** select an outcome  
**delay:** to slow an object or player  
**deny:** to prevent an action happening  
**invasion:** a game of two teams who invade each other's space to score goals  
**opposition:** the other team  
**option:** possible choices  
**pitch:** the space used for the game  
**possession:** to have  
**referee:** the person who makes sure the rules are followed  
**tournament:** a competition of more than two teams  
**track:** to move your body to get in line with a ball that is coming towards you



#### Healthy Participation

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

#### Ladder Knowledge

##### Sending & receiving:

**Year 3:** point your kicking foot to your target when sending the ball to help to send it accurately.

**Year 4:** cushioning the ball will help you to control it when receiving it.

##### Dribbling:

**Year 3:** dribbling is an attacking skill which helps you to move towards a goal or away from each other.

**Year 4:** using changes of direction and speed when you dribble will help you to maintain possession.

##### Space:

**Year 3:** spreading out as a team will help to move the defenders away from each other.

**Year 4:** moving into space will help your team keep possession and score goals.

##### Attacking and defending:

**Year 3:** as an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.

**Year 4:** as an attacker shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space. As a defender mark a player to stop them from being an option. Try to intercept the ball as it is passed.

#### Movement Skills

- dribble
- pass
- receive
- track

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

#### Social

co-operation, respect, communication

#### Emotional

determination, honesty, persevere, independence

#### Thinking

decision making, comprehension, select and apply, use tactics

#### Rules

- Physical fouls include pushing, tripping, pulling, overly aggressive play.
- You cannot touch the ball with your hands.
- If either of these rules are broken, a free kick is awarded to the other team. All players must be five big steps away from the person taking the free kick.
- If a ball goes out of play on a side line, a throw in is taken by the team who did not have last contact with the ball.
- A corner is taken if the ball goes out of play on a goal 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.

#### Tactics

Using tactics will help your team to maintain possession and score goals or deny space, gain possession and stop goals..



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



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

### Home Learning

#### Shrink and Move

What you need: A ball and three markers e.g. cushions



Get Set 4  
Education

##### How to play:

- Place two markers 2m apart to create a goal and the third marker 3m away as the starting point.
- Attempt to kick the ball through the goal.
- If successful, shrink the goal making it smaller. Repeat, trying to kick the ball through the goal.
- If successful, shrink the goal again and repeat.
- When the goal is sized, the next challenge is to move the start cone back 1m.
- If successful, repeat moving the start cone back again.



[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

## Swimming Year 3 and Year 4

### About this Unit



Learning how to swim is very important! It's like having a special superpower that helps you stay safe and have lots of fun in the water.

#### Let's see why:

- Safe swimmer: when you know how to swim, you can be a safe swimmer and avoid getting into trouble in the water. It's like wearing a magical shield that keeps you safe from water dangers.
- Water hero: imagine being a water hero who knows how to help someone if they're in trouble in the water.
- Strong and healthy: swimming is like a workout for your whole body. It makes your muscles strong, your heart happy, and keeps you fit and healthy.
- Awesome adventures: when you can swim, you can try so many cool things like snorkelling to see colourful fish, surfing on big waves, or even playing fun water games with your friends.
- Believe in yourself: learning to swim might seem tricky at first, but when you practice and learn, you'll feel very proud of yourself.

### Key Vocabulary



**alternate:** one then the other

**backstroke:** a swimming style performed on the back

**breaststroke:** a swimming style performed on the front

**breathing:** when a swimmer chooses to breathe

**buoyancy:** how able an object is to float in water

**crawl:** a type of stroke

**floating:** the ability to stay on the water's surface

**front crawl:** a stroke used in swimming

**glide:** move across the water with a smooth continuous movement

**H.E.L.P position:** Head Escape Lessening Posture: a position for floating in cold water when wearing a life jacket and awaiting rescue

**handstand:** an inverted balance in which weight is held on hands

**huddle:** a position for two or more people floating in cold water wearing life jackets and awaiting rescue

**rotation:** the circular movement of an object around a central point

**sculling:** quick movements of the hands to keep the head above the water

**sidestroke:** a stroke where the swimmer lies on their side, helpful as a lifesaving stroke as it uses less energy

**sinking:** travelling lower than the surface

**stroke:** the style of swimming, there are four competitive strokes: butterfly, backstroke, breaststroke, freestyle

**submerge:** to be underwater

**surface:** where the water ends

**surface dive:** to go beneath the water

**survival:** the act of living

**tactics:** a plan or strategy

**technique:** the action used correctly

**treading water:** a survival technique used to keep the head above the water

**water safety:** actions to keep people safe around water

### Ladder Knowledge



#### Strokes:

**Year 3:** keeping your legs together for crawl helps you to stay straight in the water.

**Year 4:** keeping your legs together for crawl helps you to stay straight in the water.

#### Breathing:

**Year 3:** turning your head to the side to breathe will allow you to swim with good technique.

**Year 4:** breathing out with a slow consistent breath enables you to swim for longer before needing another breath.

#### Water safety:

**Year 3:** treading water enables you to keep upright and in the same space.

**Year 4:** if you fall in the water float.

### Movement Skills

- submersion
- float
- glide
- front crawl
- backstroke
- breaststroke
- rotation
- scull
- tread water
- handstands
- surface dives
- H.E.L.P and huddle position

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

#### Social

communication, support and encourage others, keep myself and others safe, collaboration,

#### Emotional

confidence, honesty, determination, independence, perseverance

#### Thinking

comprehension, observe and provide feedback, tactics, select and apply skills

### Rules

#### 1. Stop and think, always swim in a safe place

When swimming outdoors preferably swim at a lifeguard beach, organised session or a supervised space.

#### 2. Stay together, always swim with an adult

When swimming outdoors you must always stay together. NEVER go alone.

#### 3. Float

If you fall into the water unexpectedly – float on your back until you can control your breathing. Then, either call for help or swim to safety.

#### 4. Call 999

If you see someone in trouble, tell someone or go to the nearest telephone and dial 999.

### Healthy Participation



- Always swim with an adult.
- Wait for a qualified lifeguard before entering the water.

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



How will this unit help your body?

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

### Home Learning



#### Dolphin Dash



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

#### What you need:

a swimming pool with a lifeguard, a supervising adult.

#### How to play:

- Choose a starting and finishing point in the pool. These can be across the width of the pool or from one end to the other.
- Line up at the starting point. Everyone will be a dolphin for this game!
- Swim using your best dolphin strokes by moving your body in a wave like motion with arms and legs straight.
- Every few strokes, do a little dolphin jump by lifting your upper body slightly out of the water. Pretend you're leaping over waves.
- Playing with others? Who can reach the other side first?
- Playing by yourself? How long does it take you to reach the other side?

