



PE - Knowledge Organiser

Summer 1 – Year 1 – Team Building



Knowledge Organiser Team Building Year 1

About this Unit

Being able to work as a team is an important skill.
What helps to make you a good team mate?



Ladder Knowledge



Problem solving:
working well with others will help you to solve challenges.

Navigational skills:
deciding which way to go before starting will help you.

Communication:
using short instructions when telling a partner what to do will help them to understand.

Reflection:
we can always be better, we just need to look for how.

Movement Skills

- balance
- co-ordination
- run
- jump
- hit

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

Social trust, communication, inclusion

Emotional confidence, determination

Thinking identify, comprehension, reflection, planning

Rules

Rules help you to play fairly.

Healthy Participation

- Work safely around others and when using equipment.
- When using blindfolds, make sure the area is safe and only move when your partner tells you to.



Powerful Knowledge

- | | |
|-------------|--------|
| challenge | listen |
| co-operate | plan |
| instruction | share |
| lead | talk |



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



This unit will help you to:

- balance
- move different body parts at the same time
- be faster

Home Learning



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

Alphabet walk



Play: Outside

How to play:

- Head out for a walk.
- On the way, try to spot something beginning with the letter 'A', the Z the letter 'B' and so on until you get to 'Z'.
- Make this easier if there are some letters that are difficult to find by finding something that contains the letter instead of 'starts with the letter...'



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