

### 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.

### 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



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

### 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...'

