

## Striking and Fielding

### Key Vocabulary for Striking and Fielding

Striking – to hit or kick

Fielding - to try to catch or stop the ball and return it after it has been hit by the batsman or batter

Target – a person, object, or place selected as the aim of an attack

Opponent – someone who competes with or opposes another in a contest, game, or argument

Catch – to capture or trap a ball in your hands

### Pillars

**Motor Competence** - having a secure repertoire of fundamental movement skills and techniques that form increasingly complex movement patterns and sequences within domain-specific contexts.

**Rules, Strategies and Tactics** - having an increasingly complex tactical knowledge, knowledge of context-specific rules, conventions, regulations and strategies and knowing how to be successful across a range of activities and sports.

**Healthy Participation** - understanding and demonstrating how to safely prepare and participate in increasingly specific contexts, and the short-term and long-term impacts of sport and physical activity.

## Net and Wall

### Key Vocabulary for Net and Wall

Net – the barrier between two players

Ready position – a stance showing your opponent you are ready for the game to commence

Underarm – throwing an object from your hip

Hitting – making contact between the ball and a racket or bat

Tracking – following the balls path to ensure you are in a position to hit the ball

Fair play – playing the game honestly

## PE Year 1: Summer 1

### Key Knowledge for Striking and Fielding

**Striking:** understand that the harder I strike, the further the ball will travel.

**Fielding:** know that throwing the ball back is quicker than running with it.

**Throwing:** know which type of throw to use to throw over longer distances.

**Catching:** know to watch the ball as it comes towards me.

**Tactics:** know that tactics can help us when playing games.

**Rules:** know that rules help us to play fairly.

### Key Questions

#### Striking and Fielding

How do we use our feet when throwing?

What are the different types of throw?

What is the role of a fielder?

What is the role of the bowler?

How can we get the batter out?

How can a batter score more points?

How does dishonesty and cheating make us feel?

#### Net and Wall

Why do we need a ready position?

What is an opponent?

How can we make it difficult for them to catch a ball?

What makes a supportive teammate?

How can we control a ball with a racket?

How can we stop our partner from scoring?

How can we score points?

### Key Knowledge for Net and Wall

**Hitting:** know to use the centre of the racket for control.

**Feeding:** know to use an underarm throw to feed to a partner.

**Rallying:** know that throwing/hitting to my partner with not too much power will help them to return the ball.

**Footwork:** know that using a ready position will help me to move in any direction.

**Tactics:** know that tactics can help us to be successful when playing games.

**Rules:** know that rules help us to play fairly.

### Key Skills for Striking and Fielding

**Striking:** explore striking a ball with their hand and equipment.

**Fielding:** develop tracking and retrieving a ball.

**Throwing:** explore technique when throwing over and underarm.

**Catching:** develop coordination and technique when catching.

### Key Skills for Net and Wall

**Hitting:** explore hitting a dropped ball with a racket.

**Feeding:** throw a ball over a net to land into the court area.

**Rallying:** explore sending a ball with hands and a racket.

**Footwork:** use the ready position to move towards a ball.