

**HOLY TRINITY CATHOLIC ACADEMY**  
**PE MEDIUM TERM PLANNER – STRIKING & FIELDING**

**INTENT:**

Develop active and healthy lifestyles in all children;  
To engage children in a range of different sporting and physical activities;  
To develop the children's physical, emotional and social wellbeing.

**EYFS – Our PE curriculum learning journey begins in the Early Years' Foundation Stage's 'Physical Development; curriculum and all subsequent learning is built upon these foundations. (See Separate EYFS Medium Term Plans for further detail)**

**During the Nursery, almost all children will be able to:**

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.  
Go up steps and stairs, or climb up apparatus, using alternate feet.  
Skip, hop, stand on one leg and hold a pose for a game like musical statues.  
Use large-muscle movements to wave flags and streamers, paint and make marks.  
Start taking part in some group activities which they make up for themselves, or in teams.  
Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.  
Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.  
Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.  
Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

**During F2, almost all children will be able to:**

Revise and refine the fundamental skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing  
Progress towards a more fluent style of moving with developing control and grace  
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical discipline including dance, gymnastics, sport and swimming  
Combine different movements with ease and fluency  
Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group  
Develop overall body strength, balance, co-ordination and agility  
Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming  
Develop confidence, competence, precision and accuracy when engaging in activities that involve in ball

## Physical Development ELG:

### Gross Motor Skills

•Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

The children will have explored this through a variety of means – weekly Forest School sessions, different learning themes, stories and links to the Book of the Week, outdoor learning opportunities, continuous provision, visits etc. Links also will have been made to other aspects of the EYFS curriculum. Refer to the separate EYFS section on the website for further information.

### PE KSI and 2 Overview

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
<b>Y1/2 Year A</b>	<b>Gymnastics</b> Team Games – throwing & catching skills	Dance & Dance linked to Nativity Play	Yoga Team games: Kicking & Dribbling	Gymnastics Team Games:: Kicking & Dribbling	OAA/Athletics <b>Striking &amp; Feilding: Cricket focus</b>	Athletics <b>Striking &amp; Feilding: Rounders focus</b>
<b>Y1/2 Year B</b>	<b>Gymnastics</b> Team Games – throwing & catching skills	Dance & Dance linked to Nativity Play	Yoga Team games: Kicking & Dribbling	Gymnastics Team Games: Kicking & Dribbling	OAA/Athletics <b>Striking &amp; Feilding: Cricket focus</b>	Athletics <b>Striking &amp; Feilding: Rounders focus</b>
<b>Y3/4 Year A</b>	<b>Gymnastics</b> Competitive Games: <b>Hockey</b>	Dance Competitive Games: <b>Handball</b>	Circuits Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b> Dance linked to Easter Play	OAA/Athletics <b>Striking &amp; Feilding: Cricket</b>	<b>Athletics</b> Striking & Feilding: <b>Rounders</b>
<b>Y 3/4 Year B</b>	<b>Gymnastics</b> Competitive Games: <b>Rugby</b>	Dance Competitive Games: <b>Football</b>	Circuits Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b> Dance linked to Easter Play	OAA/Athletics <b>Striking &amp; Feilding: Cricket</b>	<b>Athletics</b> Striking & Feilding: <b>Rounders</b>
<b>Y5/6 Year A</b>	<b>Gymnastics</b> Competitive Games: <b>Hockey</b>	Dance Competitive Games: <b>Handball</b>	Circuits Competitive Games: <b>Basketball</b>	Swimming/Circuits Competitive Games: <b>Netball</b>	OAA/Swimming <b>Striking &amp; Feilding: Cricket</b>	Swimming <b>Athletics</b> Striking & Feilding: <b>Rounders</b>
<b>Y5/6 Year B</b>	<b>Gymnastics</b> Competitive Games: <b>Rugby</b>	Dance Competitive Games: <b>Football</b>	Circuits Competitive Games: <b>Basketball</b>	Swimming/Circuits Competitive Games: <b>Netball</b>	OAA/Swimming <b>Striking &amp; Feilding: Cricket</b>	Athletics Striking & Feilding: <b>Rounders</b>

YEAR	KEY KNOWLEDGE	VOCABULARY	KEY SKILLS
Y1/2 Year A	<p><b>To know how to describe how the body feels when still and when exercising</b></p> <p><b>To know how to send and receive a ball.</b></p> <ul style="list-style-type: none"> <li>• To learn and practice batting skills (starting with tennis bat).</li> <li>• Encourage children to hold the racket with a firm “shaking hands” grip.</li> <li>• Encourage children to follow their swing through into direction they are aiming, when striking.</li> <li>• Encourage children to aim for spaces when striking the ball.</li> <li>• Encourage children to send in different ways (under and over arm) when fielding.</li> <li>• Encourage children to aim when throwing, using their opposite hand and releasing ball in same direction.</li> </ul> <p><b>To know how to be able to run at different speeds.</b></p> <ul style="list-style-type: none"> <li>• To encourage children to push off one foot to the other and to encourage children to be on the balls of their feet.</li> <li>• To encourage a low centre of gravity and bent knees. Gradually increase the level of activity from lots of walking and a little jogging to lots of jogging and running. Encourage children to run on the balls of the feet. Encourage children to swing their arms in the direction they are travelling</li> </ul> <p><b>To know how to begin to use space in a game.</b></p> <ul style="list-style-type: none"> <li>• To encourage the child to stop with a wide, strong base, feet apart, bent knees, arms wide for balance. Make it harder to stop by moving faster.</li> <li>• Variation on activity could be to music rather than a command. When the music stops children return to base as quickly as possible.</li> <li>• Extend the activity by encouraging children to select pathways by moving from one cone to another of the same colour and on command they must return by the same route. SAFETY. Looking for spaces and avoiding contact, keeping their head up &amp; looking where they are going</li> </ul> <p><b>To know how to travel with a ball in different ways.</b></p> <ul style="list-style-type: none"> <li>• Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency</li> <li>• To encourage children to use their fingertips to move the ball. These exercises could also be done sitting on the floor with legs straight to develop core strength. Children should be encouraged to sit up straight. To encourage children to keep their head up and avoid contact with other.</li> <li>• To encourage safe and fluent movements. To explore a range of movements and different ways of carrying the ball, using two hands, one hand and no hands. SAFETY. Keep heads up. Take care when retrieving loose balls</li> </ul> <p><b>To know how to apply skills in games.</b></p>	<p>Space Awareness Safe Stopping Directions Control fluency Dodging Safety</p> <p>Directions Different Stop Kick Strike Space</p>	<p>Pass the ball to another player in a game.</p> <p>Use kicking skills in a game.</p> <p>Use different ways of travelling in different directions or pathways.</p> <p>Run at different speeds.</p> <p>Begin to use space in a game.</p> <p>Travel with a ball in different ways.</p> <p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency</p>

	<ul style="list-style-type: none"> <li>To play simple games in pairs and as a whole class to apply skills taught.</li> </ul> <p><b>To know how to create and describe games that involve striking and fielding.</b></p> <ul style="list-style-type: none"> <li>To make up games where these new skills can be showcased. To talk to each other and communicate ideas.</li> </ul>		
<p><b>Year 1/2</b> <b>Year B</b></p>	<p><b>To know how health and fitness helps us stay well</b></p> <ul style="list-style-type: none"> <li>To be able describe what it feels like when they breathe faster during exercise</li> <li>To be able to explain why running and playing games is good for them.</li> </ul> <p><b>To know how to strike or hit a ball with increasing control.</b></p> <ul style="list-style-type: none"> <li>To encourage children to have a firm grip of the implement.</li> <li>Encourage children to keep their eye on the ball.</li> <li>Encourage children to follow through on striking the ball.</li> <li>Encourage fielders to track and getting in line with the ball to receive it.</li> <li>Use skipping ropes or cones to define striking zone.</li> <li>To practise with a range of equipment.</li> </ul> <p><b>To know how to throw different types of equipment.</b></p> <ul style="list-style-type: none"> <li>To move fluently, changing direction and speed easily and avoiding collisions.</li> <li>Show control and accuracy with the basic actions for rolling, underarm throwing, striking a ball and kicking.</li> <li>To build on types of throwing in year one.</li> <li>Understand the concept of tracking, and get in line with the ball to receive it.</li> </ul> <p><b>To know how to throw a ball for a distance.</b></p> <ul style="list-style-type: none"> <li>To use throwing skills instead of hitting skills.</li> <li>To use different-sized balls.</li> <li>To decide which balls are best for the batters, and which are best for the fielders.</li> <li>To bowl the ball underarm and hit it on the full toss (if they are particularly able)</li> </ul> <p><b>To know how to throw, catch and bounce a ball with a partner.</b></p> <ul style="list-style-type: none"> <li>To be able to understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.</li> <li>To use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions.</li> <li>To recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents.</li> </ul> <p><b>To know how to use a variety of throwing and catching skills to play rounders.</b></p> <ul style="list-style-type: none"> <li>To know the rules for rounders.</li> <li>To discuss the rules and how the game works.</li> </ul>	<p>Field Striking Underarm Receive Rolling Aiming Hitting Advantage Opponents Co-ordination</p> <p>Bounce Catch Running throw</p>	<p>Strike or hit a ball with increasing control. Learn skills for playing striking and fielding games. Position the body to strike a ball.</p> <p>Throw different types of equipment in different ways, for accuracy and distance. Throw, catch and bounce a ball with a partner. Use throwing and catching skills in a game. Throw a ball for distance. Use hand-eye coordination to control a ball. Vary types of throw used.</p>

	<ul style="list-style-type: none"> <li>To begin to use the skills to play the game.</li> <li>To know the skills needed for fielding and for striking.</li> <li>To watch games to gain knowledge.</li> </ul>		
<p><b>CRICKET</b></p> <p><b>Y3/4</b> <b>Year A</b></p>	<p><b>To know why exercise is important</b></p> <ul style="list-style-type: none"> <li>To practise stretches and warm up our bodies.</li> <li>Think about the skills of the lesson: if it's throwing warm up the arms etc.</li> <li>Children can begin to lead these exercises.</li> <li>To include warm up and cool downs in every lesson.</li> </ul> <p><b>To know how to throw a ball in different ways.</b></p> <ul style="list-style-type: none"> <li>To perfect Underarm throwing, target throwing, throwing for accuracy.</li> <li>Overhand throw: Leader explains that the standing position for throwing overhand is like the stance of a knight in battle.</li> <li>Leader demonstrates the "Knight stance" with a target on the wall, turn sideways to the target, feet shoulder-width apart. Point to the target with your arm that is nearest to the target, with your other arm, hold the ball close to your ear and raise your elbow. As they throw, drop your pointing arm and allow your shoulders and trunk to rotate.</li> <li>For a wall target, use either existing wall markings or tape a paper target or a hula hoop to the wall.</li> </ul> <p><b>To know how to throw and catch with accuracy.</b></p> <ul style="list-style-type: none"> <li>Throwing: - Hold ball comfortably - Eyes look at target - Side on position - Align arm with target - Take arm back and transfer weight from back to forth. - Release at knee height - Follow through in direction of ball, from low to high position</li> <li>Catching high ball - Balanced and low position - Move quickly underneath the ball keeping head steady - Little fingers are touching - Hands are in line with the flight of the ball just above the eye level - Catch the ball at eye level. To start controlling a racket, eye-hand co-ordination, footwork, grip, striking a ball</li> <li>Aiming catch: - Cupped hand position - Bring hands to chest as you catch - Watch the ball</li> <li>Demonstrate the elements of catching. • Keep your eyes on the object until it arrives in your hands. • Get your body behind the object (i.e. in front of its flight path). • If you see the ball passing to one side, move your whole body to the side. Don't just reach your arms out to the side. • If the object is arriving above your waist, your palms face forward, your fingers point up, and your two thumbs should be touching.</li> </ul> <p><b>To know how to strike a ball for distance.</b></p> <ul style="list-style-type: none"> <li>Perform the basic skills needed for the games with control and consistency</li> </ul>	<p>Underarm Overarm Target High ball Accurate Position Stance Consistent transfer</p> <p>High Low Fast Slow Throw Catch Bowl Hit strike</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking (and fielding where appropriate).</p> <p>Practise the correct batting technique and use it in a game.</p> <p>Strike the ball for distance.</p> <p>Throw and catch with greater control and accuracy.</p> <p>Practise the correct technique for catching a ball and use it in a game.</p> <p>Perform a range of catching and gathering skills with control.</p> <p>Catch with increasing control and accuracy.</p> <p>Throw a ball in different ways (e.g. high, low, fast or slow).</p> <p>Develop a safe and effective overarm bowl.</p>

	<ul style="list-style-type: none"> <li>• Play games using a racket, getting their body into good positions, hitting a ball fed to them accurately, and increasingly keeping a rally going using a small range of shots</li> <li>• Choose good places to stand when receiving, and give reasons for their choice</li> <li>• Describe what is successful in their own and other’s play and identify aspects of their game that need improving.</li> </ul> <p><b>To know how to bowl overarm effectively and safely.</b></p> <ul style="list-style-type: none"> <li>• Overarm Throwing - Hold ball comfortably - Eyes look at target - Long stride - Align arm with target - When hips and shoulders turn out the ball should be thrown with a bent front leg from a low position. - At the point of release the elbow should remain level with the shoulder.</li> </ul> <p><b>To know how to use striking and fielding skills.</b></p> <ul style="list-style-type: none"> <li>• To consolidate and develop the quality of their techniques for sending a ball .</li> <li>• To develop accuracy and control when aiming &amp; estimating distance and power .</li> <li>• Choose and use batting or throwing skills to make a game harder for their opponents .Judge how far they can run to score points.</li> <li>• Choose where to stand as a fielder to make it hard for the batter.</li> <li>• Describe what is successful in their own and other’s play.</li> <li>•</li> </ul> <p><b>To know how to bat correctly in cricket.</b></p> <ul style="list-style-type: none"> <li>• Two hands on the batting handle, with strongest hand at bottom of handle, weaker hand at the top of handle. Thumbs should be pointing down.</li> <li>• Body turned side on, with weaker side of body closest to the bowler.</li> <li>• Feet shoulder width apart, with knees slightly bent and back straight</li> <li>• Keep eyes on the ball to strike, and follow through when hitting the ball</li> <li>• To know the basic rules of cricket and play a game.</li> <li>• Use any technique to hit the ball - Use the correct fielding and bowling techniques - Pupils must constantly look to outwit the defenders from various throws/catches and positions - Pupils as a unit must try to be creative to outwit the opponents and opposing team to create a scoring opportunity from each throw/catch</li> </ul>		
<p><b>CRICKET</b> <b>Y5/6</b></p>	<p><b>To know why exercise is important</b></p> <ul style="list-style-type: none"> <li>• To know what happens to your body when you exercise and why this is good for mental health. To maintain a healthy lifestyle. To enjoy each other to be fitter and to push themselves.</li> </ul>	<p>Bowl Strike Field Backing up Straightening</p>	<p>Use different techniques to hit a ball.  Identify and apply techniques for hitting a tennis ball.</p>

	<p><b>To know how to throw a ball in different ways more precisely.</b></p> <ul style="list-style-type: none"> <li>• To perfect underarm throwing, target throwing, throwing for accuracy.</li> <li>• Overhand throw: using your elbow and whole arm. To use hand eye co-ordination.</li> <li>• To be more precise in the throws and the choices that they make.</li> <li>• To be able to read the game situations.</li> </ul> <p><b>To know how to throw and catch with accuracy and apply techniques learnt through the years.</b></p> <ul style="list-style-type: none"> <li>• Throwing: Hold ball comfortably - Eyes look at target - Side on position - Align arm with target - Take arm back and transfer weight from back to forth. - Release at knee height - Follow through in direction of ball, from low to high position. To use your whole body and know which type of throw to use in a bowling, fielding near or far situation.</li> <li>• Catch: - Cupped hand position - Bring hands to chest as you catch - Watch the ball .Demonstrate the elements of catching. • Keep your eyes on the object until it arrives in your hands. • Get your body behind the object (i.e. in front of its flight path).</li> <li>• To put hands out to reach high shots or safely throw yourself to the floor to catch low balls. Be ready to catch the strikes that bounce too!</li> </ul> <p><b>To know how to strike a ball for distance in cricket.</b></p> <ul style="list-style-type: none"> <li>• Encourage children to use a range of shots when batting. Children to decide which type of shot is best to use in different scenarios.</li> <li>• Hook shot: Step forward, hook your swing across your body, trying to swing from low to high to increase distance. Can be effective if there is a lot of space in the field on your weaker side.</li> <li>• Drive shot: Step forward, lead with the elbow swinging straight through forwards. This type of shot can be used to drive the ball forwards or slightly right or left.</li> <li>• Block shot: This type of shot is a more defensive shot, and can be used against a fast bowl. Step forward, lead with the elbow. Angle the bat downwards to hit the ball down into the floor.</li> </ul> <p><b>To know how to bowl overarm effectively and safely.</b></p> <ul style="list-style-type: none"> <li>• Overarm Throwing - Hold ball comfortably - Eyes look at target - Long stride - Align arm with target - When hips and shoulders turn out the ball should be thrown with a bent front leg from a low position.</li> <li>• At the point of release the elbow should remain level with the shoulder.</li> </ul> <p><b>To know how to use striking and fielding skills.</b></p> <ul style="list-style-type: none"> <li>• To consolidate and develop the quality of their techniques for sending a ball</li> <li>• To develop accuracy and control when aiming &amp; estimating distance and power .</li> </ul>	<p>Cupped hands Hook shot Drive shot Block shot</p> <p>Throw Catch Bounce Whole body Accurate Precise Position Technique Maintain</p>	<p>Explore when different shots are best used.</p> <p>Develop a backhand technique and use it in a game.</p> <p>Practise techniques for all strokes.</p> <p>Consolidate different ways of throwing and catching, and know when each is appropriate in a game.</p> <p>Devise and adapt rules to create their own game.</p>
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	<ul style="list-style-type: none"> <li>Choose and use batting or throwing skills to make a game harder for their opponents .</li> <li>Judge how far they can run to score points.</li> <li>Choose where to stand as a fielder to make it hard for the batter.</li> <li>Describe what is successful in their own and other’s play Movement into space to develop the awareness, constantly of all around you.</li> <li>Be aware of changes in direction Keep changing direction and move into space.</li> <li>Show a distinct change of pace and ensure eyes are up when ready to catch.</li> <li>Throwing - underarm if close, opposite leg forward. • Over arm if far – sideways on to direction of throw, arm like a spring, starts bent and straightens to release ball.</li> <li>Catching, show target with hands, hands together • Backing up – get behind person who is fielding the ball, in case they miss it – both in the field and someone should chase in to back up the wicket keeper (need to consider when – they do not necessarily need to be included in the number of catches in the field).</li> </ul> <p><b>To know the rules of cricket and play a game</b></p> <ul style="list-style-type: none"> <li>Use any technique to hit the ball</li> <li>Use the correct fielding and bowling techniques</li> <li>Pupils must constantly look to outwit the defenders from various throws/catches and positions</li> <li>Pupils as a unit must try to be creative to outwit the opponents and opposing team to create a scoring opportunity from each throw/catch. They must work as a team and encourage each other.</li> <li>Should always be moving with the ball. Attackers use movement on angles and change of pace.</li> <li>Get the defenders out of the centre of the grid using your movement. Draw defenders out of central area to isolate and pass around them. Constant awareness of your team mates around you. Eyes up all the time. Watch clips to gain knowledge, we have a great GB team.</li> </ul>		
<p><b>ROUNDERS</b> <b>Y3/4</b></p>	<p><b>To know that team games are good for well being</b></p> <ul style="list-style-type: none"> <li>Team games are a powerful tool that breaks down all the barriers and helps us feel good about ourselves, both physically and mentally. Sport is quite beneficial for children too: by playing sports children develop physical skills, exercise, make new friends, have fun, learn to be a team member, learn about play fair, improve self-esteem, etc.</li> </ul> <p><b>To know how to develop different ways of throwing.</b></p> <ul style="list-style-type: none"> <li>Changing direction and speed, estimating, passing, receiving, timing.</li> <li>Encourage looking up and scanning for space whilst moving.</li> </ul>	<p>Fielding cupped hands overarm throw transfer weight follow through stance</p> <p>Throw Bowl Catch</p>	<p>Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p>



- When receiving the ball make a signal to indicate you are ready. Maintain eye contact.
- Watch the ball into your hands/onto your stick and cushion the ball.
- Overarm throw- aim carefully at the target, ball placed in fingers, non throwing arm points at the target, throwing hand taken back and weight transferred to rear foot (opposite foot forward), player steps forward into the throw as throwing arm comes forward, ball released through fingers, arm follows through in direction of the target.

**To know how to develop catching skills.**

- Signal for the ball, use a short or long barrier when receiving the ball, maintain concentration, roll appropriately; opposite leg forward, underarm swing, bend knees and step into the roll.
- To use cupped hands and look at the ball and use spatial awareness.

**To know how to use a bat to hit the ball with accuracy and control.**

- Forehand- Stand in ready position, shoulders turn and racket is taken back, opposite foot forward, move body position so the ball approaches towards the side of the body, swing the racket, low to high, at the correct time to strike the ball at the side and slightly in front of the body.
- Backhand- Shoulders turn and racket taken back across the body, position body so the ball is hit in front of the body, shoulders turn and racket swings low to high to make a strike.
- Striking-Position themselves sideways to the target area when batting (opposite foot to batting hand forward to begin), watch the ball at all times, swing the bat back before hitting the ball, follow through arm and foot, stepping into the shot.

**To know how to have an accurate underarm bowl for rounders.**

- Throw underarm only below head height. The ball must bounce above knee height and should not land in the middle area. One point for each time the ball bounces twice in the opponents' area.

**To know how to use hand eye co-ordination to field accurately in rounders.**

- Look up, searching for spaces, move into spaces away from taggers/catchers.
- Safety- if using rackets remind the children about swinging their rackets in crowded areas. Sometimes the children can use rolling as a technique here from Key stage 1.

**To know how to support and encourage team mates (Communication)**

- Children should know how important it is to encourage each other and to work together. They should know that not everyone is confident in sport and it is equally important to encourage these children and to help them get better. Peer support is important and can upskill pupils.

Use hand-eye coordination to strike a moving and a stationary ball.

Develop different ways of throwing and catching.

	<p><b>To know the rules for rounders games and apply the skills taught.</b></p> <ul style="list-style-type: none"> <li>• To know the basic rules and work together.</li> <li>• Look at plans for fielding and where to base.</li> <li>• Talk about and discuss the job roles in the field.</li> <li>• To use the vocabulary that links with the topic confidently and discuss how team mates could improve too.</li> </ul> <p><u>Refer back to the project question at the end of the unit:</u></p>		
<p><b>ROUNDERS</b> <b>Y5/6</b></p>	<p><b>To know how health and fitness helps us stay well</b></p> <ul style="list-style-type: none"> <li>• To be able to describe what it feels like when they breathe faster during exercise</li> <li>• To be able to explain why running and playing games is good for them.</li> <li>• To work hard to improve performance.</li> </ul> <p><b>To know how to use good hand-eye coordination to be able to direct a ball when striking or hitting.</b></p> <ul style="list-style-type: none"> <li>• To encourage children to have a firm grip of the implement on the balls of their feet.</li> <li>• Bat up, in a ready position facing partner waiting for the ball.</li> <li>• Use quick footwork to get into the correct position. Turn sideways on to hit the ball. Hitting the ball at around waist height (knee to waist height)</li> <li>• Try hitting balls on both sides of your body, using forehands and extension work – backhands.</li> <li>• Forehands – racket back sideways on, non racket hip leading. swing high, low, high.</li> <li>• Backhands – racket back sideways on, racket hip leading, turn shoulders, swing high, low, high.</li> <li>• Try to throw and hit the ball into space in the court to make the partner move. Vary the speed, height and direction of the shot .If you can get to the ball early, play the ball from above your head, stand sideways on, contact the ball above your head and in front of your body, hit the ball down in your opponents court into a space.</li> </ul> <p><b>To know how to hit a bowled ball over longer distances.</b></p> <ul style="list-style-type: none"> <li>• To take time and relax shoulders.</li> <li>• To use hand eye co-ordination.</li> <li>• To read the set up of the opposing team and where to strike the ball.</li> </ul> <p><b>To know how to throw and catch accurately and successfully under pressure in a game.</b></p> <ul style="list-style-type: none"> <li>• As the ball is rolled get behind the ball if you have time, do a long barrier – body side on to the direction the ball is travelling if right handed, left knee on floor, (knee against right heel), hands in front of legs (opposite for left handed)</li> </ul>	<p>Bowl Underarm Over arm</p>	<p>Hit a bowled ball over longer distances</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p> <p>Understand how to serve in order to start a game.</p> <p>Throw and catch accurately and successfully under pressure in a game.</p> <p>Follow and create complicated rules to play a game successfully.</p> <p>Communicate plans to others during a game.</p> <p>Lead others during a game.</p>

- As the ball is rolled out- track the line of the ball to get behind, if you don't have as much time use a short barrier, get inside of foot (right foot if right handed) in line with ball – bend down and get hand in front of foot to collect ball.
- Throwing - underarm if close, opposite leg forward. • Over arm if far – sideways on to direction of throw, arm like a spring, starts bent and straightens to release ball.
- Catching, show target with hands, hands together • Backing up – get behind the person who is fielding the ball in, in case they miss it – both in the field and someone should chase in to back up the wicket keeper (need to consider when – they do not necessarily need to be included in the number of catches in the field).
- When throwing/rolling, sending the ball out – put it into space where the fielders are not. • Backing up when fielding, both as the ball is being sent out and as it is being fielded back

**To know how to throw, catch and bounce a ball with a partner.**

- To be able to understand the concepts of aiming, hitting into space, and taking the ball to a good position for aiming.
- To use skills in different ways in different games, and try to win by changing the way they use skills in response to their opponent's actions.
- To recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents.

**To know how to use a variety of throwing and catching skills to play rounders.**

- To perfect a variety of skills.
- Bowling – opposite leg forward – try to vary height, speed and angle whilst still getting ball at correct height for rounders - Ball must cross front of batting box, between batters knee and top of head, and must be in front of batter a playable distance from the body
- Extension – walking into the bowl – take a few strides • Can you put spin on the ball by turning the ball with your fingers as it leaves your hand? • Backstop hands up to show a target, watch the ball.
- Experiment with under and over arm throws to first, keep the throw flat and throw along an inside line aiming for first base
- First base, stand inside the cone/base, looking at backstop with hands up as a target for the backstop to throw to, touch base with ball
- Bowling – grip on ball, thumb under the ball, middle and index fingers supporting the ball on top.
- Stand sideways on, hand with ball in furthest away from target, this arm straight. Other arm (left for right handed bowlers and right for left handed bowlers), bent at the elbow. Look over this shoulder (therefore elbow pointing slightly to one side of target). • Rock like a windmill, back arm starts down and as it comes up front elbow comes down. The straight arm with ball in hand comes over straight and close to ear.

	<ul style="list-style-type: none"><li>• Extension – allowing movement before bowling • Release the ball and continue on and take a step in the direction the ball has been bowled</li></ul> <p><b>To know how to communicate plans to others during a game and to lead others during a game.</b></p> <ul style="list-style-type: none"><li>• To coach each other and to have some children as leaders and managers. To work hard together and play to each other strengths. To ensure that everyone grows and develops.</li></ul>		
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