



Links to PE National Curriculum

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations

Key Vocabulary



Key skills

Physical

- Running/Evading
- Catching
- Throwing
- Bowling
- Batting

Social & Emotional

- Sportsmanship and fair play
- Communication
- Collaboration

Thinking

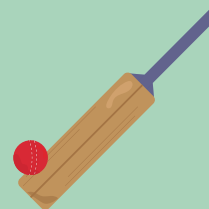
- Decision making
- Understanding rules

Key Principles of strike & field games

Attacking	Defending
<ul style="list-style-type: none"> • Scoring runs • Batting into space • Avoid getting out 	<ul style="list-style-type: none"> • Limiting points • Limiting space • Getting opponents out

Examples of Strike, field & catch games

Cricket



Rounders



Baseball



Glossary

Nest to chest

Our two hand receiving technique, place our little fingers together to create our nest, and scoop the ball up to our chest!

Underarm throw

Holding our equipment at waist height, palm facing forwards, throw by raising our arm up & forwards. Letting go when our hand is pointing at our target

Striking the ball

Hold your racket in two hands and turn sideways to your ball, with the ball in the middle of your feet. Keeping your eyes on the ball, swing your racket back and strike the ball along the floor

Key questions

1. How can I develop accuracy in my throws?
2. What technique do I use to catch a ball successfully?
3. How can I develop accuracy in my striking?

By the end of the unit I should...

- Be able to demonstrate a variety of ways of sending and receiving.
- I should have more confidence in receiving a moving ball
- I should be able to play games that involve taking turns as part of a team



Learning Journey – Y1 Strike, field & catch



Whole child criteria: **Head** | **Hand** | **Heart**

EYFS (Ball skills)

- Pupils can follow rules to complete tasks and games
- Pupils can show understanding of their task through answering and asking questions
- I can practice basic fundamental movement skills:
 - Running
 - Jumping
 - Hopping
 - Skipping
 - Throwing
 - Catching
- Pupils can negotiate space and obstacles safely, adjusting speed and direction as needed
- Pupils show increasing control over an object in pushing, patting, throwing, catching or kicking it.
 - Pupils can work cooperatively with others
 - Pupils can share and take turns
 - Pupils can show confidence, resilience and patience

Year 1

- I can follow simple rules to complete tasks/games fairly
- I understand and can describe different skills and techniques
- I can demonstrate basic throwing and striking technique
- I can use throwing and striking skills in games
- I can catch a moving ball with some consistency
- I can demonstrate throwing & bowling skills with some accuracy
- I can work collaboratively with others
- I am willing to practice and improve
- I can share a basic understanding of what happens to my body as we exercise

Year 2

- I can follow simple rules to play games fairly
- I can use my understanding of rules and skills to manage our own games and create new games
- I understand and can describe different skills and techniques
- I can demonstrate different throwing and striking/kicking techniques with some accuracy
- I can combine throwing and striking skills in games
- I can receive a ball with greater control and confidence
- I can demonstrate agility, balance and coordination in my actions consistently
- I can work collaboratively with others
- I am willing to practice and improve
- I can share a basic understanding of what happens to my body as we exercise

Other prior learning units (with similar transferrable skills)

- Fundamental movement skills
- Target games
- Ball skills

Progression of physical skills

EYFS

- Running
- Galloping
- Jumping
- Hopping
- Skipping
- Rolling a ball
- Throwing a ball
- Kicking a ball
- Catching skills
- Starting to strike/bat a static ball



Year 1

- Running
- Galloping
- Side stepping
- Jumping
- Hopping
- Rolling a ball
- Underarm throw
- Kicking a ball
- Catching skills
- Striking/batting a static ball



Year 2

- Running (M)
- Galloping (M)
- Side stepping (M)
- Jumping (M)
- Hopping (M)
- Rolling a ball (M)
- Throwing a ball (M)
- Kicking a ball (M)
- Catching skills (M)
- Dribbling skills
- Starting to strike/bat a moving ball
- Evasion skills