

# PE Knowledge Organiser

**Striking &  
Fielding**

## Key Skills

Batting – Striking the ball with your bat
Fielding
Throwing – Overarm and Underarm



## Physical Skills

Coordination  
Agility  
Balance  
Strength  
Teamwork  
Motor Skills

## Fitness Elements

Warming up  
Cooling down  
Changes in our body- feeling hot, out of breath, muscles feel tired, thirsty  
Working our muscles- Strength, endurance  
Working our hearts- cardio, stamina  
Cognitive- Remembering prior learning

## Vocabulary

Balance
Control
Fielder
Bowl
Throw
Coordination
Strike
Stumps
Wicket
Bases
Cushion
Batting
Bowling
Out

During the unit if children are finding the task too difficult / too simple use the **STEP** framework by changing the:

**SPACE** – Making the pitch/court bigger to make it easier or smaller to make it harder.

**TASK** – e.g. if struggling to pass over a long distance – make gaps shorter

**EQUIPMENT** – Choosing a larger or smaller ball to make it easier or harder.

**PEOPLE** – alter groups / teams to make it more competitive or have fewer players / more players to add more competition.

## Safety

Safe in a space
Look where you are going when travelling
Equipment appropriate for activity
Area safe for activity
Bring water

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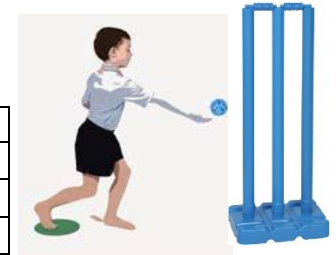
## Striking & Fielding

### Throwing

#### Throwing Coaching Points

- Stand sideways to the target. The throwing arm is taken back behind the body.
- Throwing arm swings forward keeping the speed the same.
- Let go out the ball at the right time in front of the body.

Can you hit the target?



<b>Performance</b>	Can attempt to throw ball
	Can throw the ball with control
	Know when to throw a ball
	Throw accurately, with 1 bounce
<b>Analysing performance</b>	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
<b>Select and Apply</b>	Can catch certain objects
	Understands catching technique
	Why and when to perform a skill
	Tries to use the skill in a game
<b>Health related fitness</b>	Can state a basic explanation of what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently

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## Fielding

<b>Performance</b>	Can attempt to catch ball
	Can catch the ball
	Knows why to stop ball
	Attempts long barrier
<b>Analysing performance</b>	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
<b>Select and Apply</b>	Can catch certain objects
	Understands catching technique
	Why and when to perform a skill
	Tries to use the skill in a game
<b>Health related fitness</b>	Can state a basic explanation of what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Can begin to warm up independently



### Stopping the ball

- Judge the ball speed and direction.
- Keep eye on ball.
- Move body into a position to stop it

### Catch

- Cup Hands.
- Watch the ball closely.
- Bring ball into body



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## Batting

- 1) Stand sideways on.
- 2) Hand nearest to bowler is at the top of the bat.
- 3) Bat flat and facing the bowler.
- 4) Step into shot.
- 5) Follow through on contact.



*Can you hit the ball in different directions?*

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## Striking & Fielding Games

Reception	Year 1	Year 2	End of KS expectations
<p>Aim &amp; throw object underarm</p> <p>Catch balloon/bean bag/scarf &amp; sometimes a bouncing ball</p> <p>Use hand to strike a bean bag or ball and move towards a scoring area</p> <p>Begin to use a bat to hit a ball or bean bag</p>	<p>Show some different ways of hitting, throwing and striking a ball</p> <p>Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)</p> <p>Play as a fielder and get the ball back to a STOP ZONE</p> <p>Begin to follow some simple rules (carrying the bat, not over taking someone)</p>	<p>Send a ball off a tee using a bat or a racket</p> <p>Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops</p> <p>Stop moving when the 'bowler' has the ball</p> <p>Play as a fielder and pass the ball back to the bowler to make the runner stop</p> <p>Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops)</p>	<p>Pupils should participate in team games, developing simple tactics for attacking and defending.</p>

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## Cricket

Year 3	Year 4	Year 5	Year 6	End of KS expectations
<p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>	<p>To develop the range of Cricket skills they can apply in a competitive context</p> <p>To choose and use a range of simple tactics in isolation and in a game context</p> <p>To consolidate existing skills and apply with consistency</p>	<p>To link together a range of skills and use in combination</p> <p>To collaborate as a team to choose, use and adapt rules in games</p> <p>To recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance</p>	<p>To apply with consistency standard cricket rules in a variety of different styles of games</p> <p>To attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>To use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>

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## Rounders

Year 3	Year 4	Year 5	Year 6	End of KS expectations
<p>Be able to play simple rounders games</p> <p>Apply some rules to games</p> <p>Develop and use simple rounders skills</p>	<p>Develop the range of rounders skills that can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Identify different positions in rounders and the roles of those positions</p>	<p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>	<p>Apply consistently rounders rules in conditioned games</p> <p>Play small sided games using standard rounders pitch layout</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>	<p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>



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## Famous Players



Brian Lara



Ian Botham



Andrew Flintoff



Shane Warne



Sarah Taylor