

Class Tamar

PE

Striking and Fielding

1 We practised the skills of catching a ball with accuracy. We made sure we could create a 'cup' shape with our hands; catch with our body behind the ball; and, keep our eyes on the ball at all times.



2 We practised our overarm throw in order to hit a target with accuracy.

Success Criteria

- I can stand sideways, looking at the target, with my throwing arm behind my head.
- I can swing my throwing arm forward and release the ball with my chest facing forward.
- I can swing my throwing arm over my body, behind my opposite hip.



We learnt and practised how to strike a ball in an intended direction.



Success Criteria

- I can stand sideways, with my knees bent and shoulder-width apart, looking at the ball.
- I can lift the bat behind my body to hip height.
- I can swing the bat in front, twisting at my waist, and move the weight from my back leg onto my front leg.



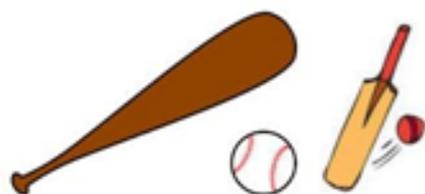
As a class we applied the skills we learnt in order to play cricket.



Success Criteria

- I can demonstrate successful striking skills by striking a ball in an intended direction.
- I can demonstrate fantastic fielding skills by catching and stopping balls travelling from different heights and different speeds.
- I can adapt to the rules of different games.





Forever Facts

Understand the importance of rules and fairness.

Understand what effects exercise has on our bodies.

Understand the importance of warming up and cooling down.

Understand how performances can be improved through practise and reflection.

Skills

To strike a ball with intent to advance a game.

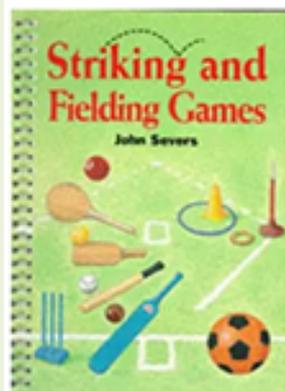
To choose and use a range of strategies for striking and fielding.

To develop strategies to catch and return the balls to advance the game.

To develop the accuracy of their throwing skills at targets.

To develop the accuracy of their catching skills with a bean bag and a ball.

Exciting Books



Our Endpoint

To demonstrate an understanding of the key skills learned.

Subject Specific Vocabulary

under arm

Underarm throw involves a backward-forward swing of the hand to release a ball.

strike

To hit the ball forcibly and deliberately with the bat.

tactic

An action or strategy carefully planned to achieve a specific end.

fielding

An attempt to catch or stop the ball and return it after it has been hit by the batsman or batter.

cupped hands

To shape hands into a cup to catch the ball.

SMSC: *Spiritual* – students are continually encouraged to be creative and use their imagination. *Moral* – students are regularly working together in groups. *Social* – working collaboratively to use both their skills in a range of different contexts. *Cultural* – students are regularly encouraged to appreciate a wide number of cultural influences.