



PE Year One/Two - Striking and Fielding

Key Skills

To be able to:

- Throw underarm using a beanbag and progress to a small ball.
- To be able to use 2 hands to catch a small ball (3m apart) standing still.
- Hold a bat correctly and use it to control a ball and begin to hit it towards a target.
- Use the correct technique to roll, throw and catch a ball, beginning to show some control of its direction.
- Watch a partner and answer some questions about their performance.
- To combine the skills taught to play a competitive team game.



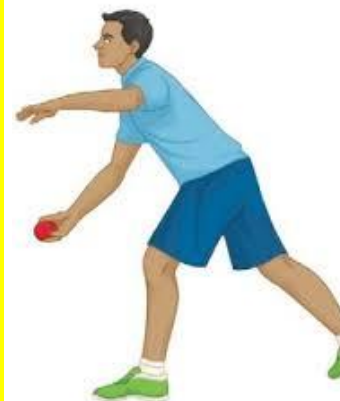
Knowledge

Exercise increases our heart rate.

When catching, we need a solid base(stance) so that we are balanced.

When throwing, we use our non-throwing arm to help us aim by pointing.

A fielder is trying to stop or catch the ball.



Words to help us (vocabulary)

Striking	Striking is about hitting a target (normally a ball) with our hand or equipment.
Fielding	Fielding is learning the skills of catching, tracking and stopping a ball. It is also about throwing or rolling it to others to stop a batter scoring runs.
Throwing	To send a ball (or objects such as beanbag and rubber ring) through the air from your hand.
Catching	To take hold of your ball (object) in your hands before it bounces.
Stopping	To stop a ball so that it is no longer moving.
Batting	To hit the ball with your hand or equipment.
Bases	Bases can be marked out using cones. Batters need to run to bases. The fielders job is to protect their bases.