

# PE - Fielding a Striking- Spring 1 Term 2024 Year 3 and 4

## New Knowledge:

- I know how to throw under arm and over arm.
- I know how to bat with a range of bats and rackets.
- I know how to catch a variety of balls.
- I know how to strike a ball while moving
- I know to take part in a field and striking game.
- I know to take part in a different field and striking game.

## Sticky Learning

- I know how to travel with a ball with control
- I know how to attack and defend
- I know a variety of passes
- I know how to kick a ball different distances
- I know how to dribble a ball around an area
- I know how to mark a player



# PE - Fielding a Striking- Spring 1 Term 2024 Year 5 and 6

## New Knowledge:

- I know how to throw under arm and under arm and investigate which goes further.
- I know how to change batting technique for different bats and rackets.
- I know how to change technique when catching a range of balls.
- I know the different techniques to strike a ball while moving.
- I know how to take part and rules of a field and striking game.
- I know how to lead a fielding and striking game.

## Sticky Learning

- I know how to travel with a ball with control
- I know how to attack and defend
- I know a variety of passes
- I know how to kick a ball different distances
- I know how to dribble a ball around an area
- I know how to mark a player



## Key Vocabulary

<b>Pass:</b>	To give or throw something to someone else.
<b>Dominant:</b>	The side of your body or hand that you use the most.
<b>Non-dominant:</b>	The side of your body or hand that you don't use as much.
<b>Measure:</b>	To find out how long, tall, or far something is.
<b>Distance:</b>	How far apart two things are.
<b>Striking:</b>	Hitting something, like a ball, with a bat or racket.
<b>Control:</b>	Keeping something steady or doing it the way you want.
<b>Grip:</b>	How you hold something, like a bat or ball.
<b>Effective:</b>	Something that works well or gets the job done.
<b>Technique:</b>	The right way to do something.
<b>Co-ordination:</b>	Using your hands, feet, or body together smoothly.
<b>Focus:</b>	Paying attention to something carefully.
<b>Agility:</b>	Being able to move quickly and easily.
<b>Reaction:</b>	How fast you act when something happens.
<b>Forehand:</b>	Hitting a ball with the front of your hand or racket.
<b>Backhand:</b>	Hitting a ball with the back of your hand or racket.
<b>Fielding:</b>	Catching or picking up the ball in a game.
<b>Balance:</b>	Staying steady and not falling over.
<b>Competitive:</b>	Trying your best to win or do better than others.
<b>Backstop:</b>	Something or someone that stops the ball from going too far.
<b>Tactics:</b>	A plan to help you win a game.
<b>Support:</b>	To give assistance