



# PE - Fielding a Striking- Spring 1 Term 2025

## Year 1

### New Knowledge:

- I know how to throw a ball.
- I know how to play a game by throwing a ball.
- I know how to strike a ball with a tennis racket.
- I know how to change power when throwing.
- I know how to throw and catch a ball with a partner.
- I know how to use fielding skills to play a game

### Sticky Learning

- I know how to travel with a ball
- I know how to change direction
- I know how to pass a ball.
- I know how to kick a ball at a target.
- I know how to control a ball to stop.
- I know how to attack and defend.





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## Year 2

### New Knowledge:

- I know how to throw a ball at a target.
- I know how to play a game by throwing a ball and attack and defend.
- I know how to strike a ball with a tennis racket using the correct technique.
- I know how to investigate ways to change throwing technique.
- I know how to throw and catch a ball with a partner with control.
- I know how to use fielding and striking skills to play a game.

### Sticky Learning

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



## Key Vocabulary

|                     |   |
|---------------------|---|
| <b>Underarm:</b>    | Throwing or hitting something with your hand or arm moving from below.    |
| <b>Roll:</b>        | Moving something, like a ball, by turning it on the ground.               |
| <b>Bounce:</b>      | When something, like a ball, hits the ground and comes back up.           |
| <b>Chest Pass:</b>  | Passing a ball to someone by pushing it forward from your chest.          |
| <b>Fielding:</b>    | Catching or stopping a ball when playing a game like cricket or baseball. |
| <b>Striking:</b>    | Hitting a ball with something, like a bat or stick.                       |
| <b>Hit:</b>         | To touch something quickly and hard, like a ball with your hand or a bat. |
| <b>Throw:</b>       | Using your hand to send something, like a ball, through the air.          |
| <b>Catch:</b>       | Using your hands to stop and hold something, like a ball.                 |
| <b>Sideways:</b>    | Moving to the left or right instead of forward or backward.               |
| <b>Forehand:</b>    | Hitting a ball with the front of your hand or racket.                     |
| <b>Investigate:</b> | Looking closely at something to find out more about it.                   |
| <b>Techniques:</b>  | The right way to do something or a special way of doing it.               |