

# Striking and Fielding | KS1 | A-2021/22 | B- 2022/23

Vocabulary		Key Physical focus	Basic Skills
<b>Warm up</b> Preparing your body before strenuous exercise to avoid straining muscles: Stretching, Pulse raising, Mobility of joints	<b>Cool down</b> Low-impact or slower exercise to help your body return to normal after strenuous exercise	Develop striking a ball with their hand and equipment with some consistency  Understand that there are different roles within a fielding team.	Follow rules of the game  Throw using overarm or underarm  To throw with control varying the direction
<b>Overarm throw</b>	<b>Underarm throw</b>	Develop coordination and technique when throwing over and underarm.	To strike a ball with control and consistency
<b>Striking</b>	<b>Fielding</b>	Catching with two hands with some coordination and technique.	Be aware of others when travelling in a space
<b>Bowling</b>	<b>Catching</b>		



**SAFETY:** \*Remove all jewellery including earrings. \*Long hair must be tied back. \* Wear suitable footwear. \*Use correct techniques. \*Complete a warm-up and cool-down in each lesson.

## FUNS assessment Framework

Social (A)	Physical (A&B)	Cognitive (B)
<b>ORGANISE AND GUIDE OTHERS</b> I cooperate well with others and give helpful feedback. I help organise roles and responsibilities and I can guide a small group through a task	<b>LINK WITH QUALITY</b> I can link actions together so that they flow in running, jumping and throwing activities	<b>DESCRIBE HOW TO IMPROVE</b> Understand ways (criteria) to judge performance and identify specific parts to continue to work upon. Use awareness of space and others to make good decisions
<b>WORK WELL WITH OTHERS</b> I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas	<b>PERFORM WITH CONTROL</b> I can select and apply a range of skills with good control and consistency	<b>EXPLAIN WHY</b> I can explain what I am doing well and I have begun to identify areas for improvement
<b>HELP AND ENCOURAGE</b> I can help, praise and encourage others in their learning	<b>PERFORM SIMPLE SEQUENCES</b> I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in direction and speed	<b>RECOGNISE AND ORDER</b> I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working well

## Striking and Fielding | PE | KS1

	Lesson Progression
1	<ul style="list-style-type: none"><li>• Explore throwing various size balls/bean bags overarm and underarm for accuracy and distance.</li><li>• Develop and refine throwing skills</li><li>• Explore catching a ball</li></ul>
2	<ul style="list-style-type: none"><li>• Explore striking skills with various shape and sized bats/rackets to gain control and accuracy.</li><li>• Develop and improve catching the ball with two hands</li></ul>
3	<ul style="list-style-type: none"><li>• Recall throwing, striking and catching skills learnt in previous lessons and apply to game '<i>Chain Gang</i>'</li><li>• Gain an understanding of rules and work as a team</li></ul>
4	<ul style="list-style-type: none"><li>• Discuss most effective spaces to hit the ball and decide on the most effective places for fielders.</li><li>• Replay game from last week with improved performance.</li></ul>
5	<ul style="list-style-type: none"><li>• Introduce new game '<i>Catch them out</i>'. Discuss differences between games. Develop and improve throwing and catching skills.</li></ul>
6	<ul style="list-style-type: none"><li>• REAL PE: Funs challenge cards 8 'Coordination with equipment' &amp; 9 'Coordination – ball skills'</li></ul>