

Year 1 Striking and Fielding		
Curriculum Link: To master basic movements including running, jumping, throwing and catching		
Key Information	Learning	Key PE Skills
Unit	Previous Learning	Competing and Performing
<p>Subject Name: PE Year Group: 1 Term: 3 (H2) Unit Name: Striking and Fielding</p> <p>Spiritual Development Through the study of Physical Education, children will develop an understanding of the importance of physical health and how this can promote positive emotional development. "I say this because I know what I have planned for you," says the Lord. "I have good plans for you. I don't plan to hurt you. I plan to give you hope and a good future."</p> <p>Jeremiah 29:11</p>	<p>Physical Development</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Personal, Social and Emotional Development</p> <ul style="list-style-type: none"> Work and play cooperatively and take turns with others Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. <p>Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</p> <p>Other</p> <ul style="list-style-type: none"> Create a short sequence of movements. Roll in different ways with control. Travel in different ways. Stretch in different ways. Jump in a range of ways from one space to another with control. Begin to balance with control. 	<ul style="list-style-type: none"> Engage in competitive activities and team games.
Big Ideas	Year 1 Learning	Health and Fitness & Preparation

<p>To develop throwing, catching, stopping a rolling ball, retrieving a ball and striking a ball. To play competitively, score points, follow rules and use simple tactics.</p>	<ul style="list-style-type: none"> • To develop underarm throwing and catching. • To develop overarm throwing. • To develop hitting a ball. • To develop collecting a ball. • To learn how to get a batter out. • To play games and understand how to score points. • To play games and understand how to score points. 	<ul style="list-style-type: none"> • Recognise and describe how the body feels during and after different physical activities. • Explain what they need to stay healthy.
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Key Information	Learning	Key PE Skills
<p>Vocabulary</p>	<p>Future Learning:</p>	<p>Evaluation and Communication</p>
<p>attack defend batting fielding score bowl throw catch hit base warm-up cool-down teamwork</p>	<ul style="list-style-type: none"> • To track a rolling ball and collect it. • To develop underarm throwing and catching to field a ball. • To develop overarm throwing to limit a batter's score. • To develop hitting for distance to score more points. • To be able to get a batter out. • To understand the rules of the game and use these to play fairly. 	<ul style="list-style-type: none"> • Watch or describe performances of themselves and others - begin to say what went well and what didn't go well. • Follow simple rules to play games, including team games.
<p>Glossary</p>		

Attack: The team or parts of a team trying to score or get points, those in control of the ball. It is not just simply scoring; it is the actions of all the players on the team who have possession of the ball.

Backstop: A player who stands directly behind the batter from the opposing team and attempts to catch the ball after it has been thrown if the person does not hit it.

Bases: Four areas on a rounders pitch that the person batting must run around in an attempt to score a rounder or half rounder.

Batsman: A player who hits the ball and tries to score runs for their team.

Bowl: Swing the arm from behind the body, over the head, and release the ball on the down swing without bending the elbow.

Bowler: Player on the fielding side who bowls to the batsmen.

Catch: Getting a batsman out by a fielder catching a ball the batsman has hit before it hits the ground.

Cool Down: Using gentle stretches and exercises to allow the body to return to rest after physical activity.

Defend: The team or parts of a team trying to prevent the opponents from scoring or getting points, those trying to gain possession of the ball

Delivery: The act of bowling the ball.

Fielder: A player whose job is to catch or collect the ball in the field after a batsman hits it.

No-Ball: Is when the bowler does not deliver the ball correctly to the batter.

Rounder: The unit of scoring in rounders – when a player runs through all the bases. If a player makes it successfully to the second or third post, this is a half rounder.

Striking and Fielding Games: Players on the batting team strike an object and attempt to run between two points before the fielding team can get the object back.

Stump Out: A batsman is out if a fielder stumps the post the batter is running to.

Underarm Bowling: An underarm delivery is one in which the bowler's hand does not rise above the level of the waist.

Warm Up: Using gentle stretches and exercises to allow the body to be ready for physical activity.