

Year 1 | Striking & Fielding

KNOWLEDGE

Competent learner:

Demonstrate some understanding of simple tactics for striking and fielding

Perform fundamentals of movement (ABC's) with control and confidence

Safely negotiate space both indoors and outdoors

Active & healthy learner:

Recognise and describe how their body feels during and after activities

Understand and explain the importance of good health, physical exercise and healthy food

Understand and explain which activities are good for our health

Reflective learner:

Describe, explain and comment on their own and others' actions and feelings

Listen, respond to set tasks and sounds following expectations and rules

Make judgements to improve their work

Engaged learner:

Communicate, select, prepare and handle appropriate resources effectively

Cooperate and work in small teams

Dress and undress for PE promptly

Listen to others and follow instruction

Disciplined Learner:

Show a positive attitude towards activities and other pupils

Work well with others by showing respect

Stay on task throughout the lesson

SKILLS

Agility

Moving the body from one position to another (changing direction)

Start/stop on command, maintaining balance

Balance

Centre of gravity over the base of support

Counterbalancing when centre of gravity is out of position

Co-ordination

Synchronising limbs when performing an action

Generating force when sending

Locomotion skills (ways to move):

Run – forwards, backwards, sideways and diagonally

Chase – closing space between self and travelling ball

Jump – receive object/stop object travelling away from self

Stabilisation skills (maintaining physical stability):

Turn – pick up and throw to designated target

Twist – when sending/receiving

Stretch – when receiving/ stop object travelling away from self

Ball manipulation skills (ways to use an object):

Send – throw an object to designated target

Receive – catch with hands

Pick up – static or moving object

Carry – run with a bat in hands

Striking & Fielding Principles

Fielding – retrieve an object and send to designated target, to prevent opposition scoring runs/rounders/points

Batting – strike an object into space to gain an advantage and allow to score runs/rounders/points

EXPERIENCES

Multi skills based activities with an emphasis on sending and receiving

A variety of activities including themes of Cricket, Rounders and Kick Rounders

A variety of equipment including balls, bats, wickets and bases

Working in small teams

Simple competition in small teams

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KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Simple tactics for striking & fielding	.
Control	Stay within an area whilst moving, managing all body parts and object
Agility	Change direction quickly
Balance	Clear intent of direction when travelling, managing their weight
Co-ordination	Can use arms and legs simultaneously to send and receive
Safely negotiate space	Can remain in an area without colliding with others or objects
Changes to the body	Able to identify heart beating faster and sweating
Good health	Can talk about the different types of foods and the importance of choosing sensibly when eating snacks or treats
Activity types	Can suggest movements that increase heart rate
Actions and feelings	Know and show the importance of sharing with others
Rules and expectations	Can follow rules given with little or no prompt
Make judgements to improve	Provide a relevant example of what they can do better
Handling equipment	Can collect and carry sensibly alone, when prompted and used for its intended purpose
Co-operate	Can work well with others, taking turns and sharing without prompt
Preparing for PE	Can dress promptly without help
Listen to others	Allow others to speak and listen
Positive attitude	Respond to instructions and do not disrupt others
Respect	Share and include others equally
Stay on task	Remain on task throughout the lesson with little or no intervention from AP
Additional key vocabulary	Definition
Tactics	An action planned to achieve a specific end