


Striking and fielding and Net / wall – hockey, tennis, rounders, cricket												
Key Skills		Personal Best	Learning to Lead	Assessment	Spirit of the Games							
<table border="1"> <thead> <tr> <th>Skill</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>striking</td> <td>hit forcibly and deliberately with a bat, racket, stick.</td> </tr> <tr> <td>fielding</td> <td>attempt to catch or stop the ball and return it after it has been hit by the batsman or batter, thereby preventing runs being scored or base runners advancing.</td> </tr> <tr> <td>bowling</td> <td>propel (the ball) towards the batsman.</td> </tr> </tbody> </table>	Skill	Description	striking	hit forcibly and deliberately with a bat, racket, stick.	fielding	attempt to catch or stop the ball and return it after it has been hit by the batsman or batter, thereby preventing runs being scored or base runners advancing.	bowling	propel (the ball) towards the batsman.	<ul style="list-style-type: none"> <li>Tennis keepy uppies</li> <li>Paired rallies</li> <li>Rounders</li> <li>Cricket Runs</li> </ul>	<ul style="list-style-type: none"> <li>Small groups</li> <li>Warm-up</li> <li>Warm-downs</li> <li>Use iPads to record performance</li> </ul>	<ul style="list-style-type: none"> <li>Have a clear assessment criterion</li> <li>Vary the work assessing</li> <li>Allow time to respond</li> <li>Model responses</li> <li>Give examples of next steps</li> <li>Vary how assessment is encouraged (verbal / videoed)</li> </ul>	<p>The values of the School Games</p> 
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Year 3		Year 4	Year 5	Year 6	KS3							
<p>Health and Fitness Recognise and describe the effects of exercise on the body. Know the importance of strength and flexibility for physical activity. Explain why it is important to warm up and warm down.</p>		<p>Health and Fitness Describe how the body reacts at different times and how this affects performance. Explain why exercise is good for your health. Know some reasons for warming up and warming down.</p>	<p>Health and Fitness Know and understand the reasons for warming up and warming down. Explain some safety principles when preparing for and during exercise.</p>	<p>Health and Fitness Understand the importance of warming up and cooling down. Carry out warm-ups and warm-downs safely and effectively. Understand why exercise is good for health, fitness and wellbeing. Know ways to become healthier.</p>	<p><b>Vary skills, actions and ideas and link these in ways that suit the games activity.</b></p> <p><b>Shows confidence in using bat and ball skills in various ways.</b></p> <p><b>Uses skills with co-ordination and control.</b></p> <p><b>Takes part in competitive games with a strong understanding of tactics and composition.</b></p> <p><b>Can create their own games using knowledge and skills.</b></p>							
<p><b>Can demonstrate successful hitting and striking skills.</b></p> <p>Developing a range of skills in striking (and fielding where appropriate).</p> <p>Beginning to use the correct batting technique and use it in a game.</p> <p>Can strike the ball for distance.</p> <p>Starting to use over arm and under arm for fielding.</p>		<p><b>Beginning to use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control.</b></p> <p>Accurately serve underarm.</p> <p>Build a rally with a partner.</p> <p>Use at least two different shots in a game situation.</p> <p>Use hand-eye coordination to strike a</p>	<p><b>Use different techniques to hit a ball.</b></p> <p>Beginning to bowl overarm in cricket.</p> <p>Beginning to field a ball with appropriate throwing technique.</p> <p>Can identify and apply techniques for hitting a tennis ball.</p>	<p><b>Hit a bowled ball over longer distances.</b></p> <p>Understands the skills for overarm bowling and can apply them to the action.</p> <p>Can field a ball with appropriate throwing technique and with accuracy.</p> <p>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</p>								

	<p>moving and a stationary ball.</p> <p>Can throw underarm and overarm with more accuracy.</p>	<p>Beginning to explore when different shots are best used.</p> <p>Starting to develop a backhand technique and use it in a game.</p> <p>Can practise techniques for all strokes.</p> <p>Play a tennis game using an overhead serve.</p>	<p>Understand how to serve in order to start a game.</p> <p>Can take part in competitive games with an understanding of tactics and composition.</p>	<p>Can make suggestions as to what resources can be used to differentiate a game.</p>
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**Assessment**

Working Towards	Mastered	Greater Depth	Assessment Types – videos, observational, discussion

**Notes for next unit**

Content for the notes section
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