PE – Fielding a Striking–Year 3 and 4

New Knowledge:

- I know how to throw under arm and over arm.
- I know how to bat with a range of bats and rackets.
- I know how to catch a variety of balls.
- I know how to strike a ball while moving
- I know to take part in a field and striking game.
- I know to take part in a different field and striking game.

Sticky Learning

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





PE – Fielding a Striking–Year 5 and 6

New Knowledge:

- I know how to throw under arm and under arm and investigate which goes further.
- I know how to change batting technique for different bats and rackets.
- I know how to change technique when catching a range of balls.
- I know the different techniques to strike a ball while moving.
- I know how to take part and rules of a filed and striking game.
- I know how to lead a fielding and striking game.

Sticky Learning

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










Key Vocabulary	
Pass:	To give or throw something to someone else.
Dominant:	The side of your body or hand that you use the most.
Non-dominant:	The side of your body or hand that you don't use as much.
Measure:	To find out how long, tall, or far something is.
Distance:	How far apart two things are.
Striking:	Hitting something, like a ball, with a bat or racket.
Control:	Keeping something steady or doing it the way you want.
Grip:	How you hold something, like a bat or ball.
Effective:	Something that works well or gets the job done.
Technique:	The right way to do something.
Co-ordination:	Using your hands, feet, or body together smoothly.
Focus:	Paying attention to something carefully.
Agility:	Being able to move quickly and easily.
Reaction:	How fast you act when something happens.
Forehand:	Hitting a ball with the front of your hand or racket.
Backhand:	Hitting a ball with the back of your hand or racket.
Fielding:	Catching or picking up the ball in a game.
Balance:	Staying steady and not falling over.
Competitive:	Trying your best to win or do better than others.
Backstop:	Something or someone that stops the ball from going too far.
Tactics:	A plan to help you win a game.
Support:	To give assistance