

CAPTAIN WEBB PRIMARY SCHOOL

Striking and fielding - [National Curriculum coverage.](#)

EYFS

- Negotiate space safely with consideration for themselves and others.
- Move energetically such as running.
- Demonstrate strength, balance and coordination when playing.

Key stage 1

- Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and coordination, and begin to apply these in a range of activities.
- Participate in team games, developing simple tactics for attacking and defending.

Key stage 2

- Play competitive games, modified where appropriate and apply basic principles of attacking and defending.
- Develop flexibility, strength, technique, control, and balance.
- Use running, jumping, throwing and catching in isolation and in combination.

3 Pillars of PE

Rules strategies and Tactics

Motor Competence

Healthy Participation

Declarative Knowledge	EYFS			KS1		KS2			
	Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	<p>Catching and Throwing I know that I use my hands to throw.</p> <p>I know that I use my hands to throw.</p> <p>I know that I pull the ball to my chest to make catching easier.</p>	<p>Catching and Throwing I know that I need to throw the large ball from above my head.</p> <p>I know that I need to have both my hands ready to catch the ball.</p>	<p>Catching and Throwing I know that you use two hands to catch and to throw a large ball.</p>	<p>Fielding I know that moving my body in line with the ball will make stopping easier.</p> <p>Catching and Throwing I know that you cradle the ball with two hands to catch.</p> <p>Bowling - underarm I know that I need to face the batter when I am bowling.</p> <p>Batting I know that I stand side on with feet parallel to each other.</p> <p>Health and fitness I know that my body can feel hotter after an activity.</p>	<p>Fielding I know that moving my body in line with the ball and kneeling will make stopping easier.</p> <p>Catching and Throwing I know that you swing with a straight arm to throw underarm.</p> <p>Bowling - underarm I know that the ball must bounce before hitting the wicket.</p> <p>Batting I know that I hit the ball with the flat face of the bat.</p> <p>Health and fitness I know that my body can sweat and feel hotter during and after an activity.</p>	<p>Fielding I know that using the long barrier method will make it easier to stop the ball.</p> <p>Catching and Throwing I know that you cradle the ball with two hands to catch and you swing with a straight arm to throw underarm.</p> <p>Bowling - underarm I know that I should have my opposite leg to arm out in front when bowling underarm.</p> <p>Batting I know that holding the bat in the v-grip position will help me hit the ball.</p> <p>Health and fitness I know that warming up and cooling down can prevent injury.</p>	<p>Fielding I know that using the long barrier method will make it easier to stop and scoop up the ball.</p> <p>Catching and Throwing I know that you cradle the ball with two hands to catch and you swing with a straight arm to throw underarm.</p> <p>Bowling - underarm I know that I need to release the ball at waist height.</p> <p>Batting I know that I turn my hips and not my feet when swinging to hit the ball.</p> <p>Health and fitness I know that exercise helps your heart work more efficiently and improves your strength and endurance.</p>	<p>Fielding I know that using the long barrier method and scooping up the ball will help me to field.</p> <p>Catching and Throwing I know that the more force I use to throw the ball, the further it will go.</p> <p>Bowling - overarm I know that I need to keep my bowling arm straight and brush my ear with my arm.</p> <p>Batting I know that holding the bat away from my body and the hands chest high will help me hit the ball when I swing.</p> <p>Health and fitness I know that increasing the tempo of an exercise can increase the heart rate.</p>	<p>Fielding I know that using the long barrier method, scooping up the ball and throwing it to a teammate will make fielding easier.</p> <p>Catching and Throwing I know that the more force I use and the higher I aim, the further the ball will go.</p> <p>Bowling - overarm I know to release the ball at the highest point of delivery.</p> <p>Batting I know that moving my body position will help me to hit the ball and protect the wicket.</p> <p>Health and fitness I know the tempo of a cool down needs to gradually decrease to slow down the heart rate. I know that exercise helps your heart work more efficiently, so you have more energy.</p>

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Procedural Knowledge	<p>Catching and Throwing I can begin to show a preference for a dominant hand when throwing.</p> <p>I can throw a ball with some speed.</p> <p>I can catch a large ball and use my chest to trap it.</p>	<p>Catching and Throwing I can release with two hands to throw a large ball.</p> <p>I can grasp with two hands to catch a large ball.</p>	<p>Catching and Throwing I can show control by throwing and catching a ball to myself and a partner.</p>	<p>Fielding I can roll and stop a ball with both hands and with some control.</p> <p>Catching and Throwing I can throw underarm and catch a ball with some control.</p> <p>Bowling - underarm I can throw a ball underarm towards a target.</p> <p>Batting I can stand with the bat in the correct position and attempt to hit the ball off the tee.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Fielding I can roll and stop a ball with one or two hands with control.</p> <p>Catching and Throwing I can throw underarm and catch a ball with control over a short distance.</p> <p>Bowling - underarm I can throw a ball underarm towards a target with some accuracy.</p> <p>Batting I can hold the bat in the correct position and hit a ball off a tee.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Fielding I can roll the ball with one hand and use the long barrier method to stop the ball.</p> <p>Catching and Throwing I can throw underarm and catch using both hands with control.</p> <p>Bowling – underarm I can bowl underarm towards a target with pace.</p> <p>Batting I can hold the bat in the correct position and hit a ball off a tee.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Fielding I can roll the ball with both hands and use the long barrier method to stop the ball.</p> <p>Catching and Throwing I can throw underarm and catch using both hands over a distance.</p> <p>Bowling - underarm I can bowl underarm towards a target with pace.</p> <p>Batting I can hit a moving ball with some control.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Fielding I can roll the ball with both hands and use the long barrier method to stop the ball and then scoop it up.</p> <p>Catching and Throwing I can throw overarm/underarm and catch over a range of distances.</p> <p>Bowling - overarm I can attempt to bowl overarm from a rocking position.</p> <p>Batting I can hit a moving ball with control and some distance.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>	<p>Fielding I can roll the ball with both hands and use the long barrier method to stop the ball, scoop it up and then throw it to a teammate.</p> <p>Catching and Throwing I can throw overarm/underarm and catch over a range of distances.</p> <p>Bowling - overarm I can attempt to bowl overarm from a rocking position and step through.</p> <p>Batting I can hit a ball that had been bowled towards the wicket.</p> <p>Performance I can use skills and rules I have learned to take part in an intra competition.</p>
	<p>Health and fitness I can show an increasing desire to be independent, such as wanting to dress or undress.</p>	<p>Health and fitness I can become increasingly independent as I get dressed and undressed.</p>	<p>Health and fitness I can get changed into my PE kit.</p>	Vocabulary					
<p>Preference Dominant Catch Throw speed</p>	<p>Grasp Release</p>	<p>Control Two hands</p>	<p>Fielding Rolling Cradle Underarm Batting Bowling Position Attempt Face</p>	<p>Kneeling Bowling Accuracy Tee</p>	<p>Long barrier method Straight arm Opposite v-grip</p>	<p>Scoop Release Turn Swinging</p>	<p>Chest high Overarm throw Overarm bowl Moving ball Force rocking</p>	<p>Teammate Range Wicket Protect Step through</p>	