



Topic: PE – strike and field

Year:5

NC Strand: analysing performance' and 'competitive sports.'

What should I already know?

Pupils should already know:

The basic rules of a variety of strike and field games: Where to stand in the field, where to bowl and where to bat, what are the importance of each base, how to score.

Pupils should know the basic techniques of how to hold a bat when striking.

Pupils should know the correct technique a bowler bowls a ball at an opponent batter.

Pupils should know how the scoring system works in a variety of stike and field games -

Rounders: getting to second base = half rounder and getting to fourth base = full rounder.

Cricket: Getting to the opposite side of the crease- 1 run, returning back - 2 runs etc.

What will I know by the end of the unit?

By the end of this unit, pupils should know:

Making and Applying Decision

Pupils will be able to understand why different styles of throwing can be effective when fielding in a game of rounders.

Pupils will know how hitting the ball into space can play a vital role in being able to successfully make it to base two or four.

Outwitting Opponents

Pupils will start to know how to find their opponents weaknesses and how to capitalise on them.

Pupils will know how to hit the ball with the correct technique and be able to accurately Replicate it.



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Pupils will have the basic co-ordination skills on how to bowl without bowling no balls and to Bat correctly standing sideways and only holding the bat with one hand.

Pupils will know the basic rules of the game and build confidence to be able to help umpire their own game during this unit.

Vocabulary	
Accuracy	is the ability to perform movements and skills with precision . Quite often it is being able to direct an object to a small target area.
Throwing	Being able to project an object at different heights and velocities (speeds)
Bases	These are the safe zones batters can run to, to remain in the game. As well as these are the zones the fielding team will try and get the ball to before a batter reaches them to get the batter out.
No Ball	No Ball is called when the ball passes the batter below the knees or above the head.
Strike	When the batter makes contact with the ball.
Obstruction	Obstruction is called when a fielder is standing in the way of the batters running line. Half a rounder is normally awarded for this offence.
catching	Being able to use hand eye co-ordination to judge the speed and distance of the object and guide that object into your hands.
Co-ordination	This is needed to be able to judge the speed and direction of the ball before the batter can successfully make contact with the ball.
Power	How much force is put behind a strike or throw

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Teacher Led drills



Fielding – Long barrier this skill can be transferred to other fielding sports such as cricket, softball and baseball. Pupils roll the ball out to their partner and their partner practices long barrier to reduce the risk of the ball rolling through the legs or past them in the field. This technique is very effective in reducing batters runs.

Batting drills

our players working with 1 ball and 1 bat.

One of the 3 players throws the ball at the batter who has to tap the ball back to any of the 3 players so they can catch the ball and throw the ball back again.

The batter should concentrate on making contact with the ball consistently whereas the other players should focus on the quality of their bowls and their catching.

Throwing Technique

Throwing Coaching Points · Stand sideways to the target. The throwing arm is taken back behind the head. · Throwing arm swings forward keeping the elbow at least level with top of throwing shoulder. · Release the ball with both feet on the ground and the chest facing the target. · Swing the throwing arm through so that both arms end up behind the opposite hip. Keep the head and eyes facing the target.



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Other information

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Rounders Batting Stance



Sideways on
Feet shoulder width apart
Knees bent

Batting arm back straight
Bat up at 90 degrees to arm

Keep head still
Watch the ball at all times

Transfer weight from back to front foot

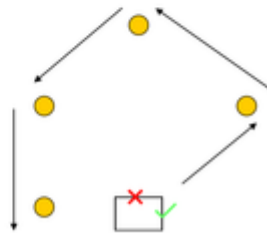
Follow through in direction you want the ball to go

Rule:

You are not allowed to step outside the front of the batting box!

Where do you think is the best place to stand in the batting box and why, following this rule?

What would happen if you were left handed? How could you make sure they don't break this rule?

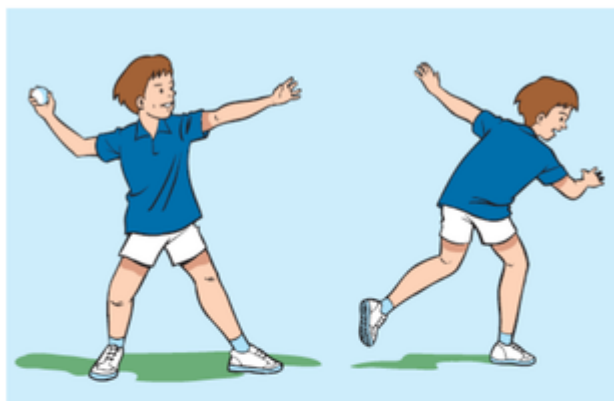


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Fielding: Overarm Throw



Technique Points:

1. Stand side-on and point non-throwing arm at partner.
2. Lift your throwing arm up and bend it at the elbow.
3. Rock backward then forward, releasing the ball quickly.
4. Keep your eye fixed on the target.
5. For accuracy, aim to throw the ball into the wicket keeper's hands if attempting to hit the stumps.

Fielding Rules:

1. A captain is appointed to each team.
2. The captain talks to his team mates and is responsible for field placements and order of batting.
3. There must always be a wicket keeper ready to catch the ball after the bowler has bowled.