

Y3 and 4

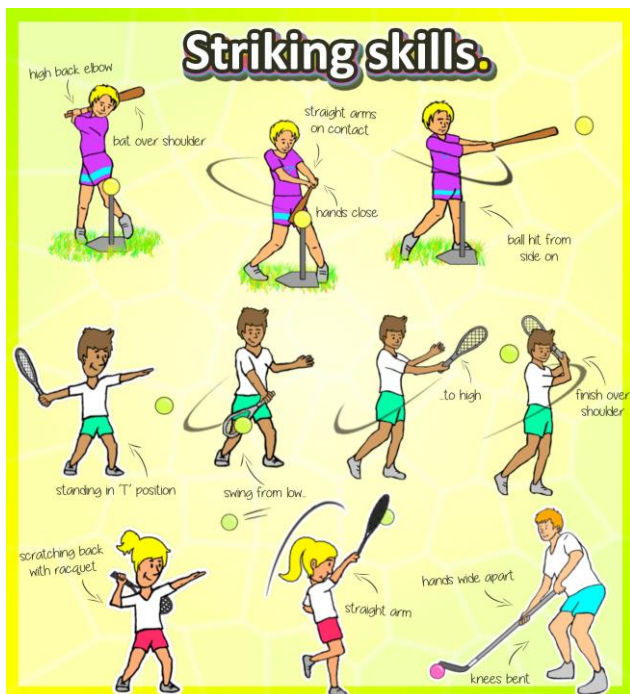
Striking and Fielding

Which sports involve striking a ball?

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St George's Central CE Primary School and Nursery



Assessment Focus

- Change speed and direction
- Run at different speeds
- Hit a ball with control
- Play competitive games, modified where appropriate.

Key Words	Definition
Field	The art of returning the ball to a starting position within games such as rounders and cricket.
Racket/ bat/ stick	The equipment used in tennis, rounders, cricket, hockey.
Bowler	The person who throws the ball to a person who is batting.
Base	The place a player is trying to get to within a game
Strike	Hitting the ball with another object/
Key Skills	
Fielding techniques: Two and one handed pick ups, long barrier.	Ralley – players should be able to keep a sustained rally going in tennis.
Throwing techniques: underarm, overarm, bowl.	Striking skills – children should be able to strike a ball confidently.
Coaching Points	
Official ATSA rounders rules can be found in the ATSA directory, available on the school website.	
The unit covers a range of sports – children should have the opportunity to experience them throughout. However, one particular sport can be used as a focus for a number of skills, depending on the strengths of the teacher or the preference of the class.	
Serving/ bowling – serving and bowling techniques will have to be taught in stages however it is the striking element of a game that is important to focus on in this unit.	

'Never settle for less than your best'

Jesus said, 'I am the light of the world. Whoever follows Me will not walk in darkness, but will have the light of life.' John 8:12