



# Physical Education

## Knowledge Organiser

### Year 3/4 striking and fielding games

**National Curriculum links:** To be able to use running, jumping, throwing and catching in isolation and in combination.

To be able to play competitive games, modified where appropriate [for example, cricket and rounders].

| Key values and vocabulary                                                                                                                                                                                                                                                            | Learning                                                                                                                                                                                                                                                                                                    | Breakdown of skills/success criteria                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>Values</u></p> <ul style="list-style-type: none"> <li>Communication</li> <li>Evaluation</li> </ul> <p><u>Vocabulary</u></p> <ul style="list-style-type: none"> <li>hit/strike</li> <li>bowl</li> <li>field</li> <li>retrieve</li> <li>consistency</li> <li>accuracy</li> </ul> | Previous learning                                                                                                                                                                                                                                                                                           | <p><u>Aim and success criteria of striking and fielding for years 3 and 4</u></p> <ul style="list-style-type: none"> <li>Children will learn how to hit or strike the ball into spaces, so that they can score runs in different ways. When fielding, they learn how to work together to keep the batters' scores down.</li> <li>In striking and fielding games, players learn to strike a ball and try to avoid fielders, so that they can run around bases to score runs.</li> <li>When fielding, they try to prevent runs or points being scored.</li> </ul> |
|                                                                                                                                                                                                                                                                                      | Years 3 and 4 learning                                                                                                                                                                                                                                                                                      | <p><u>Breakdown of skills for striking and fielding</u></p> <p>Running</p> <ul style="list-style-type: none"> <li>Definite flight phase</li> <li>Stride length at max</li> <li>Complete extension of support leg</li> <li>Arms bent at 90 degrees and swing back and forwards in opposition to legs</li> <li>Non-support knee bends 90 degrees</li> </ul>                                                                                                                                                                                                       |
|                                                                                                                                                                                                                                                                                      | Future learning                                                                                                                                                                                                                                                                                             | <p>Overarm throw</p> <ul style="list-style-type: none"> <li>Arm is swung backward in preparation</li> <li>Opposite arm is raised for balance/direction</li> <li>Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm.</li> <li>Definite turning of the body through legs, hips and shoulders</li> </ul>                                                                                                                                                                                                                |
| Key knowledge                                                                                                                                                                                                                                                                        | Future learning                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <p>Learning how to strike a ball into spaces (awareness)</p> <p>Working as a team when fielding and understanding</p>                                                                                                                                                                | <p>In years 5 and 6, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control.</p> <p>The skills they will aim to develop are;</p> <ul style="list-style-type: none"> <li>bowling underarm</li> <li>striking a ball off a tee</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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how to keep the batters' scores down.

- striking a bowled ball and
- fielding a ball and throwing it back overarm (distance).

Catching

- Body moves directly in path of the ball
- Eyes follow the ball into hands
- Arms "give" on contact to absorb the force of the ball
- Arms adjust to flight of the ball
- Hands grasp ball in well-timed motion

Supporting resources

Running



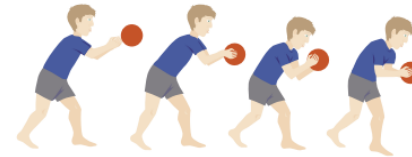
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Overarm throw



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Catching



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