



Physical Education

Knowledge Organiser

Years 5 and 6 striking and fielding

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
<u>Values</u> - Encouragement - Decision Making - Evaluation <u>Vocabulary</u> - hit/strike - bowl - field - retrieve - consistency - accuracy - confidence - control - technique - tactics	Previous learning	<u>Aim and success criteria of striking and fielding for years 5 and 6</u> - Children will develop the range and quality of their skills and understanding. - They learn how to play the different roles of bowler, backstop, fielder and batter. - Children will focus on developing their technique and using a wider range of shots, working in larger teams for some of the time. They will concentrate on developing their bowling technique and using tactics as a fielding team.
	Years 5 and 6 learning	<u>Breakdown of skills for striking and fielding</u> <u>Breakdown of skills for striking and fielding</u> Running - Definite flight phase - Stride length at max - Complete extension of support leg - Arms bent at 90 degrees and swing back and forwards in opposition to legs - Non-support knee bends 90 degrees
	In years 3 and 4, children will master most fundamental movement skills from KS1 and start to develop sport specific skills and perform them with some consistency and accuracy. The skills they will aim to develop are; - bowling underarm - striking a bowl off a tee - perform a straight drive - catching a ball and - fielding a ball and return it quickly	<u>Overarm throw</u> - Arm is swung backward in preparation - Opposite arm is raised for balance/direction - Weight transfers from back foot to front foot, with a step with foot opposite to throwing arm. - Definite turning of the body through legs, hips
	In years 5 and 6, children will continue to develop sport specific skills and perform them with consistency, accuracy, confidence and control. The skills they will aim to develop are; - bowling underarm - striking a ball off a tee - striking a bowled ball and - fielding a ball and throwing it back overarm (distance).	
Key knowledge	Future learning	
Children need to develop their skills. Learn how to play different roles.	Secondary school striking and fielding curriculum To develop their technique and improve their performance in other competitive sports	

Physical Education

Knowledge Organiser

Focus on developing technique

and shoulders

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



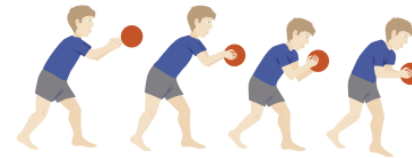
© Lancashire County Council 2019

Overarm throw



© Lancashire County Council 2019

Catching



© Lancashire County Council 2019