



## Physical Education – Spring 2 - Cycle A 2022/23 – Class 5 – Year 5/6 Striking & Fielding



<p><b>Knowledge (NC)</b> Use running, jumping, throwing, and catching in isolation and in combination with increased accuracy.</p> <p>Develop flexibility, strength, technique, control, and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Markers for Assessment</b> Can run, jump, throw, and catch in isolation and in combination with accuracy.</p> <p>Can demonstrate improved flexibility, technique, control, and balance.</p> <p>Can use feedback to improve performances significantly.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>
<p><b>Skills (CRICKET)</b></p> <p>To demonstrate bowling underarm with accuracy. To catch a ball when fielding.</p> <p>To strike a ball with a cricket bat off a tee. To bowl overarm with accuracy.</p> <p>To demonstrate a bowl overarm with accuracy. To strike a ball with a cricket bat off a tee with consistency.</p> <p>To bowl overarm with accuracy in a game. To apply a tactic in a cricket type game.</p> <p>To demonstrate bowling overarm with accuracy and consistency in a game. To apply tactics in a modified competitive cricket game.</p> <p><b>Character</b> Encouragement - To offer practical solutions to help teammates improve. Self- Motivation - To set myself a goal when practising bowling and practice to improve. Evaluation - To refer to the objectives and success criteria when evaluating a performance. Evaluation - To identify strengths and areas for improvement.</p> <p>Y6 – ALL Assessment markers.</p>	<p><b>Markers for Assessment</b> <b>Catching a small ball</b> Eyes watching the ball. Position the body in line with the ball. Little fingers together for catching below chest height, thumbs together for above chest height. Reach for the ball and bring into body.</p> <p><b>Bowling – underarm</b> One foot in front of the other. Bring arm straight back. Swing arm forward and release the ball. Fingers point at target.</p> <p><b>Bowling – Overarm</b> Sideways on position. Ball held at chin. Ball pulled down from chin past hip. Arm rises up behind body (like a reverse “6”). Ball is released at the highest point of the “6”. Bowling arm continues and crosses in front of the body, eyes stay on wicket/target.</p> <p><b>Batting – Straight Drive</b> Sideways position, eyes watching ball. Lift bat behind body, elbows bent. Step forward and swing bat. Keep the bat as straight as possible when hitting the ball.</p> <p><b>Tactics – Fielders</b> Intercepting hit objects. Retrieving the hit object as quickly as possible to limit the number of runs scored.</p> <p><b>Tactics – Batters</b> Running as quickly as possible to score. Hitting the ball into space away from the fielders.</p>	<p><b>Below</b></p>	<p><b>Above</b></p>

<p><b>Prior Knowledge</b>  Use running, throwing, and catching in isolation and combination.  Develop some flexibility, technique, control, and balance. (Y3/4)  Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Vocabulary</b>  Push, pull, sling, throw, opposite, transfer, balance, off line, extending, rear, front, swing, opposition, reach, combination, improvement, performance, bowl, strike, tee, tactic, consistency, field, batter, fielder, umpire, retrieve, intercept, wicket/target, position</p>
<p><b>Prior Skills</b>  To throw for distance using a pull, push and sling throw with accuracy.</p>	
<p><b>Questions (potential 'hook' questions for lessons)</b>  How can you support your teammates if they find it challenging?  Did anyone encourage you when practising the skill or in the game?  How did that make you feel?  How can the speed of bowling affect the accuracy? What do you have to do next to improve your bowling? Why?  What challenge did you set yourself? How have you improved?  Where can you hit the ball to score the most runs?  How well did your team perform?</p>	<p><b>Cross-Curricular/Enrichment</b>  <b>MATHS</b>  Measures, Distances, calculations with distance  <b>SCIENCE</b>  Effects of exercise on the heart and other body systems  <b>Diamond 9</b>  Collaboration Resilient Challenge</p>