

HIT, CATCH, RUN (KS1) STRIKING & FIELDING (KS2)	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
EYFS / National Curriculum Links	<p>Speed, Agility & Travel: Unit 2</p> <ul style="list-style-type: none"> Developing speed and agility in travel and movement <p>Manipulation and Coordination: Unit 2</p> <ul style="list-style-type: none"> Manipulating a variety of objects such as hoops, bean bags, balls 	<p>Unit 1& 2:</p> <ul style="list-style-type: none"> Extend agility and coordination through throwing, catching and retrieving Participate in simple hit, catch and run games Score points through sending balls and running 	<p>Unit 1 & 2:</p> <ul style="list-style-type: none"> Develop hand to eye coordination for hitting Participate in striking and fielding game situations 	<p>Rounders & Cricket:</p> <ul style="list-style-type: none"> Play in competitive games developing simple tactics Master basic movements including running, throwing, catching and striking. Work collaboratively to use basic tactics for batting and fielding 	<p>Rounders & Cricket:</p> <ul style="list-style-type: none"> Play in competitive games developing stamina and endurance Practice and use running, sprinting and dynamic balance in games. Work collaboratively to use basic tactics and strategies for batting and fielding 	<p>Rounders & Cricket:</p> <ul style="list-style-type: none"> Play in competitive games developing power, flexibility and cardiovascular endurance Able to recognise where improvements could be made in their work Select and combine more complex skills in game situations 	<p>Rounders & Cricket:</p> <ul style="list-style-type: none"> Play in competitive games developing fluency in skills and techniques Work in collaboration to apply defensive and attacking tactics Compare team performance against other team performances
Progression of Skills	<p>Speed, Agility & Travel: Unit 2</p> <ul style="list-style-type: none"> Play games, take turns. Move by inching, crawling & jumping. Jump for speed and distance. Recognise cues in lyrics to change actions. Use strength to maintain a body shape. <p>Manipulation and Coordination: Unit 2</p> <ul style="list-style-type: none"> Coordinate limbs to carry out defined movements and actions. Replicate bilateral movements. Make contact with ball with legs and feet. Practice hop, step, jump sequence. 	<p>Spring 1: Unit 1 Summer 2: Unit 2</p> <ul style="list-style-type: none"> Use a range of throwing and rolling skills. Return a ball to a base/zone. Work with others to stop players scoring runs. Self-feed and hit a ball. Run between bases to score points. 	<p>Spring 1: Unit 1 Summer 2: Unit 2</p> <ul style="list-style-type: none"> Hit with bats (some still hitting with hands). Use kicking to send a ball and score points. Use underarm bowling. Play as part of a team. Run to 'safety'. Outwit bowler and hot to space. Move in line to stop ball. 	<p>Summer 1: Rounders General:</p> <ul style="list-style-type: none"> Bowl with some accuracy and consistency. Use the long barrier to collect a rolling ball / collect and return a moving ball. <p>Cricket:</p> <ul style="list-style-type: none"> Forward drive into space. Foot placement to hit the ball effectively. Use overarm throw to send ball longer distances. Explore role of wicket keeper. <p>Rounders:</p> <ul style="list-style-type: none"> Consistently not one handed. Use underarm bowling action to bowl a 'good' ball. Selecting best base to throw to get players out. Introduction to the role of the backstop. 	<p>Summer 2: Cricket General:</p> <ul style="list-style-type: none"> Directing hit to score runs. Attempt to stop a bouncing ground ball with some success. <p>Cricket:</p> <ul style="list-style-type: none"> Anticipate when to run to score singles. Bowl overarm from a stationary position. Attempt a pull shot in a game. Intercept the ball with one hand. <p>Rounders:</p> <ul style="list-style-type: none"> Run at speed to avoid being stumped. Play backstop in small game. Use rounders scoring system. Explain bowling rules. Full and half rounders. 	<p>Summer 1: Rounders General:</p> <ul style="list-style-type: none"> Throw for accuracy over short distances. Recognise where to play. <p>Cricket:</p> <ul style="list-style-type: none"> Calling for runs with partner. Start to keep wicket. Attempt a bowling with a run up and correct ball grip. Forward defensive shot. Developing knowledge of on and off side as well as specific fielding positions. <p>Rounders:</p> <ul style="list-style-type: none"> Body position to catch a ball to stump players out. Apply backwards hit rule, attempt to catch a backward hit. Distinguish between deep and close fielding 	<p>Summer 1: Rounders General:</p> <ul style="list-style-type: none"> Demonstrate urgency when acquiring runs/rounders. Track and catch high balls. Work in pairs to field a long ball. <p>Cricket:</p> <ul style="list-style-type: none"> Fielding positions, slip, short leg and cover. Bowling short. On and off drive. <p>Rounders:</p> <ul style="list-style-type: none"> Play using standard rounders pitch layout. Bowling fast ball. Play tactically to avoid overtaking teammates
Key Vocabulary	<p>Speed, Agility & Travel: step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, slide, slither, apparatus, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat, softly, quietly, quickly, powerfully</p> <p>Manipulation & Coordination: step, feet, alternate, opposition, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, spin, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat, hop, jump, step, grip</p> <p>Agility: To be able to change direction at speed</p> <ul style="list-style-type: none"> Dodging others when running in space <p>Travel: How you move about a space</p> <ul style="list-style-type: none"> Crawling/Walking/Running etc <p>Apparatus: Specialist equipment used for gymnastics</p> <ul style="list-style-type: none"> Ropes, tabletops, wall bars etc <p>Stretch: Placing parts of the body in particular positions to elongate them and lengthen the muscle</p> <ul style="list-style-type: none"> Bending over and touching toes, reaching for a rolling ball 	<p>Unit 1&2: batter, bowl, catch, collect, feed, field, hit, hitter, pick-up, retrieve, roll, stop, strike, throw</p> <p>Batter: The player attempting to hit the ball with a bat</p> <ul style="list-style-type: none"> Batter in rounders <p>Bowler: The player sending the ball for the batter the to hit</p> <ul style="list-style-type: none"> Bowler in cricket 	<p>Unit 1&2: hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps</p> <p>Underarm: Throwing the ball from below the waist</p> <ul style="list-style-type: none"> Throwing for accuracy over shorter distances <p>Overarm: Throwing the ball from shoulder height</p> <ul style="list-style-type: none"> Throwing over longer distance 	<p>Rounders: batting, fielding, bowling, bat, bases, ball, run, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders</p> <p>Cricket: stance, bowling bat, wicket, stump, crease, boundary, batsman, bowler, wicketkeeper, bail, field, innings, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive</p> <p>Feed: The method of sending the ball, usually underarm for a batter to practice hitting</p> <ul style="list-style-type: none"> Underarm feed for practise hitting in cricket <p>Field: The position of fielders when an opponent is batting</p> <ul style="list-style-type: none"> Outfielders in rounder 	<p>Rounders: batting, fielding, bowling, bat, ball, batsman, bowler, bases, backstop, field, innings, strike, cross, rounder, half-rounder, balls, shot, forward</p> <p>Cricket: batting, fielding, bowling bat, wicket, stumps, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings, strike, cross, four, single, over, balls, pull, shot, forward</p> <p>Collect: The picking up of a ball that is rolling on the pitch A fielder in cricket that has the ball hit in their vicinity</p> <p>Retrieve: Chasing a ball that has been hit past a fielder</p> <ul style="list-style-type: none"> An infielder in rounder 	<p>Rounders: stance, bowling, bat, box, batsman, backstop, field, innings, strike, cross, rounder, half rounder, over, balls, shot, defensive, offensive</p> <p>Cricket: stance, bowling, bat, wicket, stumps, crease, boundary, batsman, bowler, wicketkeeper, bail, field, innings, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive</p> <p>Accuracy: Ensuring the ball goes where intended</p> <ul style="list-style-type: none"> Throwing to a wicket keeper to run a player out <p>Stance: How a player stands when batting</p> <ul style="list-style-type: none"> In rounders feet shoulder width apart, bent knees, with eyes on the ball, bat poised ready to hit 	<p>Rounders: stance, bowling, bat, box, batsman, bowler, backstop, field, innings, strike, cross, rounder, half rounder, over, balls, shot, defensive, offensive, predict, place, select, tactics, stance</p> <p>Cricket: tactics, shots, bowling, wicket, stumps, crease, boundary, stance, innings, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive, wide, no ball</p> <p>Innings: The name of the length of time one team spends batting</p> <ul style="list-style-type: none"> Most games have 2 innings (each team bats once) <p>Pick up: How the bat is lifted behind a batter in readiness of hitting a bowled ball</p> <ul style="list-style-type: none"> Rounders has a high pick up to generate power