



# Welton Primary School—PE Knowledge Organiser



## KS1 Striking and Fielding

### Overview

-**Striking** is about hitting a target (normally a ball) with our hand or equipment.

-**Fielding** is about learning the skills of catching, tracking and stopping a ball. It is also about throwing or rolling it to others to stop a batter scoring runs.

-We can also use equipment to strike balls, for example bats, sticks and racquets.

-When fielding, it is important to work as a team, thinking about our position & the position of others.

-We should always follow the rules and correct techniques of striking and fielding to stay safe.



### Social and Emotional

#### Cooperation

Cooperating is about working together and helping others. In order to field effectively, team mates should be organised and work well together.

#### Communication

We need to communicate clear information to and from our teammates. Make sure that fielders know who should get the ball when, to avoid collisions.

#### Keeping Others Safe

Follow the rules and listen to the coach/ referees instructions. Store and handle equipment properly.



#### Respect and Kindness

Respect is the act of giving attention and showing care to others. It is important to be respectful to all of those who we play sport with.

#### Perseverance

Perseverance is about keeping going even when something is difficult or tiring. We should support and encourage others to do well, by praising their effort and their skills.

#### Challenging Myself

Whenever we learn anything, we have to start somewhere! Improving ourselves is all about putting in hard work and practice, challenging ourselves to be better than we were before!

### Key Vocabulary

Striking

Fielding

Throwing

Catching

Rolling

Tracking

Stopping

Equipment

Bat






Swing

Improving

Challenging

Persevering

### Physical

Skill	Definition	How do I do this?
	To move a ball along a surface.	-Point your hand at your target. -Step forward with your opposite leg. Your foot should point in the direction that you want the ball to go.
	To stop a ball so that it is no longer moving.	-Move your feet to get in line with the ball as it is coming towards you. -Use two hands to stop the ball. Make sure that your palms are facing the ball, with wide fingers.
	To send the ball through the air from your hand.	-Make sure that the person that you are throwing to is ready. Use your other arm to point in the direction that you want the ball to go.
	To take hold of the ball in your hands before it bounces.	-Watch the ball carefully. Bend your knees as you prepare to catch it. Close your hands around the ball and pull it in to your body.
	To hit the ball with your hand or equipment.	-Stand slightly sideways from the person bowling/ throwing. Watch the ball carefully. Strike by moving your hand, bat away from you. Use the centre of your hand or bat to strike it.

### Thinking/ Strategic

**Bat** – A bat is a piece of equipment that has a handle and a solid surface (normally made out of plastic or wood). We can strike cleanly by using the centre of the surface to hit a ball.



**Bases** – Bases can be marked out using cones. These are often the places that batters need to run to. We should consider how we organise our fielders to protect bases.



### Transferring Skills

-We can transfer our striking and fielding skills to lots of different sports, for example:

- Rolling: bowls, bowling
- Stopping: goalkeeping
- Throwing: cricket, rounders
- Catching: basketball, rugby
- Striking: volleyball, tennis, cricket

### Health and Safety

Always try to follow the rules of the game.

Be aware of the people and space around you.

Store equipment safely when it is not in use.

Unused balls should be put in bags or trolleys.

Hard objects, like rounders bats and cricket balls, should be used very carefully, to avoid injury.

Make sure that you warm up properly.

Stretch your muscles before exercising.

Warm down when exercising.

Remove jewellery and wear suitable clothing/ equipment.