



Year 7 Striking and Fielding

6 Lessons

Aims: In this unit pupils will replicate and improve individual technique in batting, bowling and fielding. Pupils will work on improving the quality of their skills with the intention of outwitting opponents. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs. Pupil should begin to accurately score games.

Key Skills	Literacy Links:	Numeracy Links:
<ul style="list-style-type: none"> ⊕ Outwitting an opponent: Pupils will develop the ability to outwit opponents using strategies and tactics. Pupils will learn to apply consistency & quality in the use of techniques for batting, bowling and fielding. Pupils should evaluate their own and others performances. Development, adaptation and refinement of the learnt skills will contribute to producing an improved performance and outwit opposition more frequently. ⊕ Developing physical/mental capacity: Physical warm ups aid as a useful fitness tool in developing a pupils physical capacity. Use striking and fielding games to develop observation skills on peer performances, skills and techniques. To extend knowledge of striking and fielding games rules and umpire calls. To develop mental capacity when scoring and calculating remaining runs needed ⊕ Developing skills and Performance: Pupils will learn to use basic principles of play when selecting and applying tactics to produce a successful outcome. Pupils will develop the skills necessary to outwit opponents. Batting, bowling and fielding will be developed through games and conditional situations. Demonstrating high quality performances and accurate replication will be assessed. ⊕ Making and Applying Decisions: Pupils will learn to identify the principles of outwitting opposition. Pupils will implement strategic and tactical decisions based on the hitting/movement of the ball into space and choice of skill execution. Opportunities to umpire/coach pupils or small groups will develop communication and decision making skills. ⊕ Making Informed Choices About Healthy, Active Lifestyle: Evaluating and Improving: Highlight the possible health benefits gained from taking part in striking and fielding based activities and discuss the need to stay healthy and active. Suggest any clubs within the school timetable and promote community links. To understand the type of fitness players need to perform at a high level. To recognise typical injury signs and suggest basic ways to prevent & treat. ⊕ Evaluating and Improving: Pupils will understand the concepts of striking and fielding games and make effective evaluations of strength and weaknesses in performance. Peer observation and evaluation. Suggest area for improvement. (Peer coaching, 'what makes good' questioning/demos & targeted differentiated questioning). 	<p>Through the activities in this unit pupils will be able to understand, use and spell correctly word relating to rounders. Example; stance, body position, follow through, no ball, batting order and field placement. Opportunities for pupils to record rules and tactics using ICT. Communication, Speaking and Listening, Cooperation & Working together.</p>	<p>Scoring systems and pitch dimensions</p>
Assessment	Cross-Curricular Links	
<ul style="list-style-type: none"> ⊕ Q & A, Formative and summative assessment. 	<ul style="list-style-type: none"> ⊕ Literacy (key words), Citizenship (sportsmanship & cooperation), Science (muscle names, bodily functions including heart rate monitoring), Maths (measuring, recording and collating data) 	
Opportunities for further learning	SMSC opportunities and British values	

Homework is not set for P.E in Year 7. However students are encouraged to practice in their own time and attend extra-curricular clubs to improve their performance. Students should be encouraged to:

- practice skills at home and take part in school sport, either competitively or socially
- join clubs in the community and/or use local facilities
- watch live and recorded matches, to appreciate high-quality performance
- make up games that focus on improving technique and fitness
- read rule books and sports reports in newspapers and magazines

⊕ Encourages students to accept responsibility for their behaviour & show initiative.