
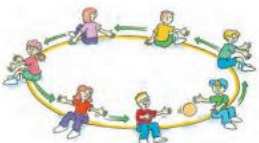




## Strike and Field

<p>Year R</p> <ul style="list-style-type: none"> <li>To be able to id a space that they can move into safety.</li> <li>To be able to id a space that they can move an object into that safety.</li> <li>To be able to aim an object at a target area</li> <li>To be able to throw towards the target</li> <li>To be able to prepare hands ready to catch the ball.</li> <li>To be able to move hands towards ball and attempt to catch it.</li> <li>Important of why we need to warm up are bodies before exercise.</li> </ul>	<p>Year 1</p> <ul style="list-style-type: none"> <li>To be able to identify a space and move into it safety and be able to explain why it is a safe space.</li> <li>To be able to identify a space that they can move an object into, using some amount of force.</li> <li>To be able to aim an object at a target area and judge the amount of force needed.</li> <li>To be able to throw towards the target accurately and with correct amount of force.</li> <li>To be able to prepare hands ready to catch the ball.</li> <li>To be able to move hands towards ball and attempt to catch it.</li> <li>To be able to close hand at correct time to catch the ball.</li> <li>To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up.</li> <li>To be able to hold bat/racket in one hand.</li> <li>To be able to track a ball that is being thrown to the bat/racket and move to ensure it hits.</li> <li>To be able to swing their bat/racket at the correct time allowing them to hit the ball.</li> </ul>	<p>Year 2</p> <ul style="list-style-type: none"> <li>To be able to id a space and move into it at speed safety and be able to explain why it is a safe space and how they took the shortest route.</li> <li>To be able to id a space that they can move an object into using the force that is judged correctly.</li> <li>To be able to aim an object at a target area and judge the amount of force needed considering if they are using the most effective throw. (under/over)</li> <li>To be able to throw towards the target accurately and with accurately explaining why they have chosen their methods.</li> <li>To be able to prepare hands ready to catch the ball.</li> <li>To be able to move hands towards ball and at to catch it.</li> <li>To be able to close hand at correct time to catch the ball.</li> <li>Important of why we need to warm up are bodies before exercise and what happen to are body when we are warming up and why is it important.</li> </ul> <p>Oracy - Listening and responding - Understand and respond to complex 3 step instructions.</p>		
<p>Year 2</p>				
<p>Key skill/s</p>	<p>Warm up</p>	<p>Main Activity</p>	<p>Equipment</p>	<p>Cool down</p>

<p>To be able to identify a space and move into it safely and be able to explain why it is a safe space.</p> <p>To be able to identify a space that they can move an object into, using some amount of force.</p> <p>To be able to aim an object at a target area and judge the amount of force needed.</p> <p>To be able to throw towards the target accurately and with correct amount of force.</p> <p>To be able to prepare hands ready to catch the ball.</p> <p>To be able to move hands towards ball and attempt to catch it.</p> <p>To be able to close hand at correct time to catch the ball.</p> <p>To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up.</p> <p>To be able to hold bat/racket in one hand.</p> <p>To be able to track a ball that is being thrown to the bat/racket and move to ensure it hits.</p> <p>To be able to swing their</p>	<p><b>Run the circle</b></p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group.</p> <p>Select 1 child to start as runner. After child throws the ball to the child next to them the runner runs around the circle and tries to get back to their space to catch the ball. Other children throw the ball around the circle to try and beat the runner. Each child to have a turn as runner.</p>	<p><b>Teaching points</b></p> <p>Pop throw - Hands on either side of the ball, hold the ball out in front of them. Gently move arms down and up to throw the ball to the target. Use this throw for small coloured balls. Extend by changing to tennis ball with underarm throw.</p> <p>Catching skill - Move towards object to allow successful catch. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>Underarm throw - Look at target, beanbag should be pointing towards the target, bring arm straight back and through. Children either have feet together or opposite foot from throwing hand forward. When finished the throwing hand should end up pointing towards the target. (Model before playing game).</p> <p>Shoulder throw - Children hold the ball in throwing hand. Children push arm forward making sure their arm finished above their head. Should not just be pushed straight up in the air or down to the ground as children are looking to throw for distance. Opposite foot to throwing foot in front to stabilise the throw.</p> <p>Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When finished the striking hand should end up pointing towards the target.</p> <p>Teamwork - Children to work as a team when fielding. They will get the ball to the bowler as quickly as possible. They cover as much space as possible within their team and don't stand too close to a teammate.</p>	<p>20 small cones 5 small coloured balls 5 tall cones 5 small plastic bats 5 tennis balls</p>	<p><b>Sat at the circle</b></p> <p>From a sit - throw or roll.</p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group. Children to roll the ball to each other around the circle.</p>
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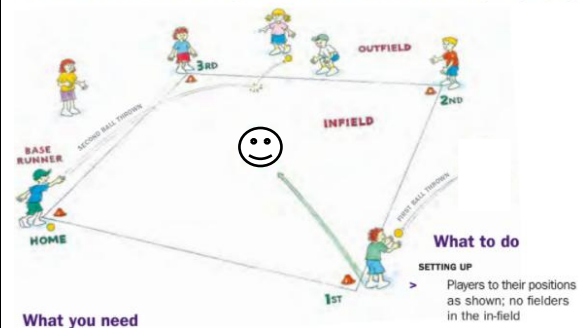


<p>To be able to identify a space and move into it safely and be able to explain why it is a safe space.</p> <p>To be able to identify a space that they can move an object into, using some amount of force.</p> <p>To be able to aim an object at a target area and judge the amount of force needed.</p> <p>To be able to throw towards the target accurately and with correct amount of force.</p> <p>To be able to prepare hands ready to catch the ball.</p> <p>To be able to move hands towards ball and attempt to catch it.</p> <p>To be able to close hand at correct time to catch the ball.</p> <p>To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are warming up.</p> <p>To be able to hold bat/racket in one hand.</p> <p>To be able to track a ball that is being thrown to the bat/racket and move to ensure it hits.</p> <p>To be able to swing their</p>	<p><b>Run the circle</b></p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group.</p> <p>Select 1 child to start as runner. After child throws the ball to the child next to them the runner runs around the circle and tries to get back to their space to catch the ball. Other children throw the ball around the circle to try and beat the runner. Each child to have a turn as runner.</p>	<p><b>Teaching points (recap/ apply in new context)</b></p> <p>Pop throw - Hands on either side of the ball, hold the ball out in front of them. Gently move arms down and up to throw the ball to the target. Use this throw for small coloured balls. Extend by changing to tennis ball with underarm throw.</p> <p>Catching skill - Move towards object to allow successful catch. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>Underarm throw - Look at target, beanbag should be pointing towards the target, bring arm straight back and through. Children either have feet together or opposite foot from throwing hand forward. When finished the throwing hand should end up pointing towards the target. (Model before playing game).</p> <p>Shoulder throw - Children hold the ball in throwing hand. Children push arm forward making sure their arm finished above their head. Should not just be pushed straight up in the air or down to the ground as children are looking to throw for distance. Opposite foot to throwing foot in front to stabilise the throw.</p> <p>Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When finished the striking hand should end up pointing towards the target.</p> <p>Teamwork - Children to work as a team when fielding. They will get the ball to the bowler as quickly as possible. They cover as much space as possible within their team and don't stand too close to a teammate.</p>	<p>20 small cones 5 small coloured balls 5 tall cones 5 small plastic bats 5 tennis balls</p>	<p><b>Sat at the circle</b> From a sit - throw or roll.</p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group. Children to roll the ball to each other around the circle.</p>
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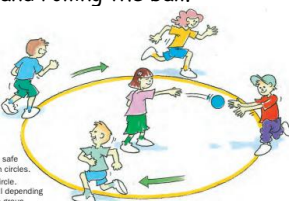
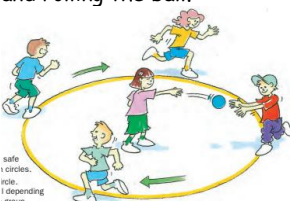
### Beat the bucket

A base runner and up to 6 fielders. A base runner throws 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call 'STOP!' (6-10 per group).



#### What you need

Split children into 5 groups of 6. 1 child stands in the batting position and to strike the ball after it has been bowled to them by one of the other children as far as they can into space. Bowler to underarm throw to the batter using a tennis ball. Batter to drop the bat and try and run around all the bases. Other children to field the ball and try to throw the ball to the base the child is running to in order to get them out. 1 child to stand at each base. Child at base touches ball to cone to get them out. Each child to have a go throwing and rotate around the fielding positions.

<p>To be able to identify a space and move into it safely and be able to explain why it is a safe space.</p> <p>To be able to identify a space that they can move an object into, using some amount of force.</p> <p>To be able to aim an object at a target area and judge the amount of force needed.</p> <p>To be able to throw towards the target accurately and with correct amount of force.</p> <p>To be able to prepare hands ready to catch the ball.</p> <p>To be able to move hands towards ball and attempt to catch it.</p>	<p><b>Run the circle</b> This is a variation of Run the circle. Cooperative passing. Players walk around a circle receiving a ball from a feeder at the centre of the circle. An easy option starts with walking and rolling the ball.</p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group. Select 1 child to start as roller/ thrower in the middle of the circle. After child rolls/throws the ball to</p>	<p><b>Teaching points (recap/ apply in different context)</b></p> <p>Pop throw - Hands on either side of the ball, hold the ball out in front of them. Gently move arms down and up to throw the ball to the target. Use this throw for small coloured balls. Extend by changing to tennis ball with underarm throw.</p> <p>Catching skill - Move towards object to allow successful catch. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>Underarm throw - Look at target, beanbag should be pointing towards the target, bring arm straight back and through. Children either have feet together or opposite foot from throwing hand forward. When finished the throwing hand should end up pointing towards the target. (Model before playing game).</p> <p>Shoulder throw - Children hold the ball in throwing hand. Children push arm forward making sure their arm finished</p>	<p>30 small cones 5 small coloured balls 5 tall cones 5 small plastic bats 5 tennis balls</p>	<p><b>Run the circle</b> This is a variation of Run the circle. Cooperative passing. Players walk around a circle receiving a ball from a feeder at the centre of the circle. An easy option starts with walking and rolling the ball.</p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group. Select 1 child to start as roller/ thrower in the middle of the circle. After child rolls/throws the ball to</p>

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the children next to walking/jogging around the circle. The children roll/throw the ball back to the child in the middle.

above their head. Should not just be pushed straight up in the air or down to the ground as children are looking to throw for distance. Opposite foot to throwing foot in front to stabilise the throw.

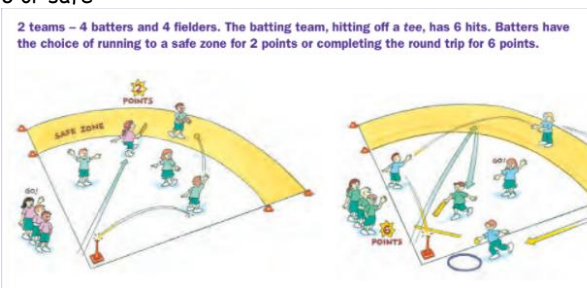
Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When finished the striking hand should end up pointing towards the target.

Teamwork - Children to work as a team when fielding. They will get the ball to the bowler as quickly as possible. They cover as much space as possible within their team and don't stand too close to a teammate.

**Fielding/ stopping the ball (new skill/ focus)**



Long barrier - rolling ball going towards the child. Child to drop their knee to the floor and use their leg to create a long barrier. They should attempt to receive the ball in their hands in front of their leg (long barrier).

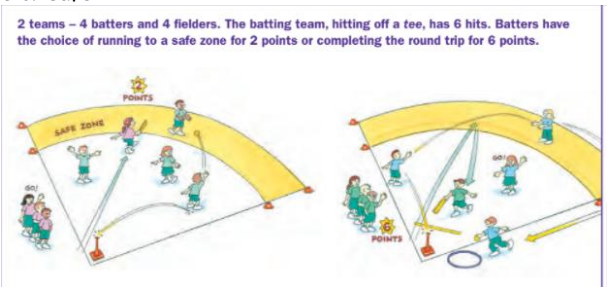
**6 or safe**



Split children into 5 groups of 6. Each 6 will then split into two groups of 3. 1 child stands in the batting position and to strikes the ball hit off the tall cone attempting to reach the 6 point

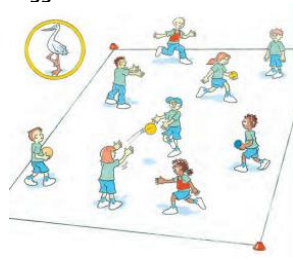
the children next to walking/jogging around the circle. The children roll/throw the ball back to the child in the middle.

		<p>area if batter is successful they get 6 points then gives the bat to the next player on their team. If the batter is unsuccessful they have a further 2 goes. Three goes in total! The other team are fielding and try to catch or stop the ball from reaching the 6 point area, trying to keep the other team score as low as possible. Teams to then swap over once everyone on batting team has batted twice.</p>		
<p>To be able to identify a space and move into it safely and be able to explain why it is a safe space.</p> <p>To be able to identify a space that they can move an object into, using some amount of force.</p> <p>To be able to aim an object at a target area and judge the amount of force needed.</p> <p>To be able to throw towards the target accurately and with correct amount of force.</p> <p>To be able to prepare hands ready to catch the ball.</p> <p>To be able to move hands towards ball and attempt to catch it.</p> <p>To be able to close hand at correct time to catch the ball.</p> <p>To understand the importance of why we need to warm up our bodies before exercise and what happens to our body when we are</p>	<p><b>Run the circle</b> This is a variation of Run the circle. Cooperative passing. Players jog around a circle receiving a ball from a feeder at the centre of the circle. An easy option starts with jogging and rolling the ball.</p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group. Select 1 child to start as roller/thrower in the middle of the circle. After child rolls/throws the ball to the children next to walking/jogging around the circle. The children roll/throw the ball back to the child in the middle.</p>	<p><b>Teaching points</b></p> <p>Pop throw - Hands on either side of the ball, hold the ball out in front of them. Gently move arms down and up to throw the ball to the target. Use this throw for small coloured balls. Extend by changing to tennis ball with underarm throw.</p> <p>Catching skill - Move towards object to allow successful catch. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.</p> <p>Underarm throw - Look at target, beanbag should be pointing towards the target, bring arm straight back and through. Children either have feet together or opposite foot from throwing hand forward. When finished the throwing hand should end up pointing towards the target. (Model before playing game).</p> <p>Shoulder throw - Children hold the ball in throwing hand. Children push arm forward making sure their arm finished above their head. Should not just be pushed straight up in the air or down to the ground as children are looking to throw for distance. Opposite foot to throwing foot in front to stabilise the throw.</p> <p>Underarm strike - Look at target, ball should be pointing towards the target in non-hitting hand, bring arm straight back and forward striking the ball. Children either have feet together or opposite foot from throwing hand forward. When</p>	<p>20 small cones 5 small coloured balls 5 tall cones 5 small plastic bats 5 tennis balls</p>	<p><b>Run the circle</b> This is a variation of Run the circle. Cooperative passing. Players jog around a circle receiving a ball from a feeder at the centre of the circle. An easy option starts with jogging and rolling the ball.</p>  <p>Children to be put into 5 groups of 6. Each group holds hand to create a circle. They let go of hands and take 2 steps back to create gap. 1 ball between each group. Select 1 child to start as roller/thrower in the middle of the circle. After child rolls/throws the ball to the children next to walking/jogging around the circle. The children roll/throw the ball back to the child in the middle.</p>

<p>warming up. To be able to hold bat/racket in one hand. To be able to track a ball that is being thrown to the bat/racket and move to ensure it hits. To be able to swing their bat/racket at the correct time allowing them to hit the ball.</p>		<p>finished the striking hand should end up pointing towards the target.</p> <p>Teamwork - Children to work as a team when fielding. They will get the ball to the bowler as quickly as possible. They cover as much space as possible within their team and don't stand too close to a teammate.</p> <p><b>Fielding/ stopping the ball (new skill/ focus)</b> Long barrier - rolling ball going towards the child. Child to drop their knee to the floor and use their leg to create a long barrier. They should attempt to receive the ball in their hands in front of their leg (long barrier).</p> <p>6 or safe</p>  <p>2 teams - 4 batters and 4 fielders. The batting team, hitting off a tee, has 6 hits. Batters have the choice of running to a safe zone for 2 points or completing the round trip for 6 points.</p> <p>Split children into 5 groups of 6. Each 6 will then split into two groups of 3. 1 child stands in the batting position and tries to strike the ball that is underarm bowled (throw) to them. They attempt to reach the 6 point area and if successful they get 6 points. Batter is then given to the next player on their team. If the batter is unsuccessful they have a further 2 goes. Three goes in maximum each! The other team are fielding and try to catch or stop the ball from reaching the 6 point area. The aim is to keep the other team score as low as possible so they can then beat it. Teams to swap over once everyone on batting team has batted twice.</p>		
<p>To be able to identify a space and move into it safely and be able to</p>	<p><b>Stork tag</b> Children to be put in groups of 6 within a coned area. One child to</p>	<p><b>Teaching points (recap/ apply in different context)</b> Pop throw - Hands on either side of the ball, hold the ball out in front of them. Gently move arms down and up to throw the</p>	<p>25 small cones 5 small</p>	<p><b>Stork tag</b> Children to be put in groups of 6 within a coned area. One child to</p>

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have a ball and to be the tagger. Tagger must tag the child with the ball but not throw it. Once children are tagged they stand on one leg. Game ends when all the children are tagged.



ball to the target. Use this throw for small coloured balls. Extend by changing to tennis ball with underarm throw.

Catching skill - Move towards object to allow successful catch. When catching children should have their hands out in front of them with thumbs touching to create a basket. Track and move hands towards object in order to catch it. Children to close hands around object and pull towards their chest to ensure catch. Children to catch with most appropriate method depending on height of object.

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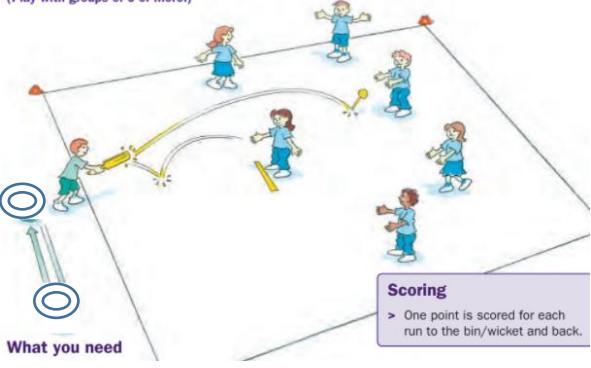
**Fielding/ stopping the ball (focus skill)**

Long barrier - rolling ball going towards the child. Child to drop their knee to the floor and use their leg to create a long

coloured balls  
 10 tall cones  
 5 small plastic bats  
 5 tennis balls

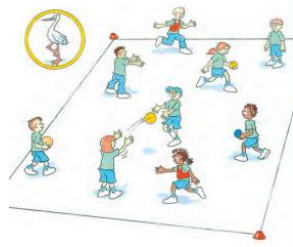
have a ball and to be the tagger. Tagger must tag the child with the ball but not throw it. Once children are tagged they stand on one leg. Game ends when all the children are tagged.



		<p>barrier. They should attempt to receive the ball in their hands in front of their leg (long barrier).</p> <p><b>Continuous cricket</b>  A ball is bowled underarm to a batter who hits the ball and runs between 2 wickets. The bowler can bowl at any time. A rolling and kicking alternative may be played. (Play with groups of 6 or more.)</p>  <p><b>What you need</b></p> <p><b>Scoring</b>  &gt; One point is scored for each run to the bin/wicket and back.</p> <p>Split children into 5 groups of 6. 1 child stands in the batting position and strikes the ball that is bowled underarm to them. Children to try and aim their shot where a fielder is not present. Batter has to run every time they make contact with the ball. Each time they hit they run to the cone and back and get 2 runs for doing this successfully. If the batter is successful they continue playing until they are stumped or caught out.</p>		
<p>To be able to identify a space and move into it safely and be able to explain why it is a safe space.  To be able to identify a space that they can move an object into, using some</p>	<p><b>Stork tag</b>  Children to be put in groups of 6 within a coned area. One child to have a ball and to be the tagger. Tagger must tag the child with the ball but not throw it. Once children are tagged they stand on one leg. Children can be freed by one player</p>	<p><b>Teaching points</b>  Pop throw - Hands on either side of the ball, hold the ball out in front of them. Gently move arms down and up to throw the ball to the target. Use this throw for small coloured balls. Extend by changing to tennis ball with underarm throw.  Catching skill - Move towards object to allow successful catch. When catching children should have their hands out in front of</p>	<p>25 small cones  5 small coloured balls  10 tall cones  5 small</p>	<p><b>Stork tag</b>  Children to be put in groups of 6 within a coned area. One child to have a ball and to be the tagger. Tagger must tag the child with the ball but not throw it. Once children are tagged they stand on one leg. Children can be freed by one player</p>

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running under both of their arms.



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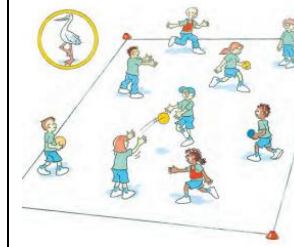
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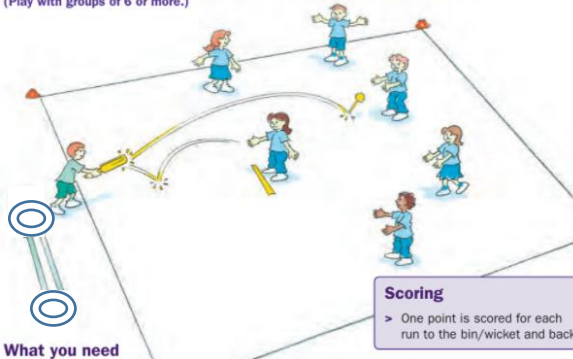
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A ball is bowled underarm to a batter who hits the ball and runs between 2 wickets. The bowler can bowl at any time. A rolling and kicking alternative may be played. (Play with groups of 6 or more.)



**What you need**

Split children into 5 groups of 6. 1 child stands in the batting position and strikes the ball that is bowled underarm to them. Children to try and aim their shot where a fielder is not present. Batter has to run whether they make contact with the ball or not. Batter to run between the cones every ball regardless of whether they hit it or not. If the batter is successful they continue playing until they are stumped or caught out.