



Physical Education

Hit Catch Run

Striking and Fielding

Y1

Unit Focus:

Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects.

Prior Learning:

- Pupils will have used a variety of balls, beanbags, bats and markers.
- Can roll and follow a rolling ball.
- Mastered movements such as walking, running and jumping.

Rules:

- Fielders must now stand in the zone.
- ALL fielders must touch the ball before it can be returned to the hoop.
- Players run between bases to score.



Able to identify when a point has been scored and keep count of the score.



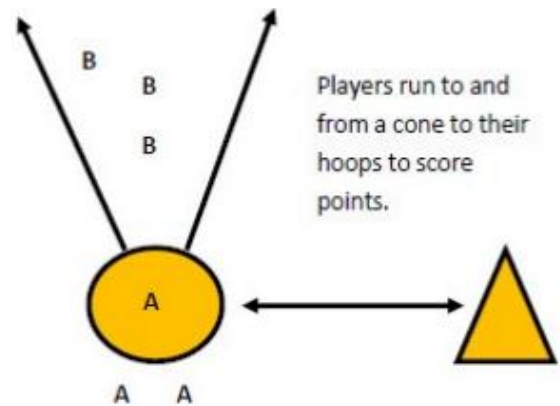
Run between bases to score points.



Work collaboratively to score runs showing encouragement and support.

Key Vocabulary/Skills:

| | |
|---|---|
| Use a range of throwing and rolling skills. | Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw. |
| Return the ball back to base/zone. | |
| Work with other fielders to stop players scoring. | |
| Self-feed ball to hit. | |
| Running between bases to score points. | |



Inspiring Individuals



Kim Yeon-Koung
(1988 – present)



Richard Whitehead
(1976 - present)

Equipment

A variety of balls, a variety of bats/rackets, cones, hoops, targets, batting tee, button cones, quoits.

Key Questions

1. Now there are fielders in the striking zone, where should you aim to hit?
2. How can you improve your scores working in teams?
3. How are you working together to stop strikers from scoring points?