



Get Set 4  
Education

# Knowledge Organiser

## Striking and Fielding Year 1

Ladder  
Knowledge

Striking:

the harder you strike, the further the ball will travel.

Fielding:

throwing the ball back is quicker than running with it.

Throwing:

use an overarm throw to throw over longer distances.

Catching:

watch the ball as it comes towards you.

### About this Unit

Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders.



overarm throw

- elbow high
- step forward with your opposite foot



underarm throw

- use a straight arm
- step forwards with your opposite foot

catch

- watch the ball
- catch with two hands
- move your feet to the ball



track

- move your feet to the ball
- scoop with two hands



hit

- watch the ball
- use the centre of the bat

Movement  
Skills

- underarm throw
- overarm throw
- catch
- track
- bat

This unit will also help you to develop other important skills.

Social  
Emotional  
Thinking

communication, collaboration, support and encourage others, kindness

manage emotions, honesty, perseverance

comprehension, use tactics, select and apply, decision making

Rules

Rules help you to play fairly.

Tactics

Tactics are a plan that help us to do what we want to do when playing games.

Spread out

Hit the ball into space



Throwing the ball is quicker than running with it

Healthy  
Participation



- Always keep a safe distance between yourself and a batter.
- Handle the bat in the way suggested by the teacher at all times.

Home  
Learning

Find more games that develop these skills in the Home Learning Active Families tab on [www.getset4education.co.uk](http://www.getset4education.co.uk)

### Field to Stop

What you need: two players, a markers and a ball or pair of rolled up socks.

How to play:

- Place the marker in a space and stand next to it.
- One player is the batter with the ball, the other player is the fielder.
- The batter rolls the ball into the space and then scores points by sitting down and standing up (one point for each time they do this).
- The fielder runs to collect the ball, holds it in the air and shouts 'stop'.
- Batter to confirm their score and then change roles.
- Play again, with throwing.



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### Key Vocabulary



batter

batting

bowl

bowler

fielder

fielding

hit

out

ready position

track

underarm / overarm

If you enjoy this unit why not see if there is a club in your local area that plays a striking and fielding game. Examples could be a cricket or rounders club.



This unit will help you to:

- change direction quickly
- balance
- move different parts of your body at the same time
- be faster

Head to our youtube channel to watch the skills videos for this unit.



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