

# Physical Education → Striking & Fielding

Key Skills	Physical Attributes	Knowledge	Rules
Throwing Catching Running Batting Bowling Fielding Wicket keeping Positioning	Speed Agility Co-ordination Power Cardiovascular fitness Muscular endurance Reaction time Strength	Core skills Advanced skills Key positions Basic rules Basic regulations Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance	Batting Bowling Scoring Innings Outs Pitch markings
Teaching Focus		Literacy	
<p><b><u>Year 7</u></b></p> <ul style="list-style-type: none"> <li>• Repetition of <b>core skills</b> through <b>isolated drills</b> in order to develop <b>control</b> and <b>accuracy</b></li> <li>• Application of <b>core skills</b> within <b>condition games</b> in order to develop <b>confidence</b> whilst <b>under pressure</b></li> <li>• Application of <b>core skills</b> within a <b>competitive situation</b> in order to <b>outwit opponents</b></li> </ul>		Rules Regulations Tactics Spatial awareness Analysis Innings No ball Defensive shots Cut Pull Outfield	

- Understanding of **basic rules, regulations** and **positioning**
- **Analysis** of **own performance** against practical criteria

### Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control** and **fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt** to **new situations** within **competitive situations**
- Understanding of **all rules, regulations** and **positioning**
- **Analysis** of **own performance and the performance of others** against practical criteria

### Year 9

- Application of **advanced skills** within condition games in order to develop confidence whilst under pressure .

Infield  
 Run outs  
 Sweep  
 Stumping  
 Stance  
 Ground ball  
 Retrieve  
 Anticipation  
 Heart rate  
 Intensity  
 Blood flow  
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.  
 Isolation  
 Conditioned  
 Outwitting opponents  
 Accuracy

- **Application of advanced skills** within a **competitive situation** in order to outwit opponents
- Understanding of **key tactics** used to outwit an opponent. .
- Application of **key tactics during competitive game play**. .
- **Analysis of own performance and the performance of others** against practical criteria KS4.
- **Adopt a leadership role** in the lesson.

#### KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole' approach** might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

#### Useful resources

[www.ecb.co.uk](http://www.ecb.co.uk)

[GCSE PE OCR NEA Grading Criteria - Cricket](#)

#### School Club Links

Formby Cricket Club