

Year 7 - PE: Rugby



Key Vocabulary:

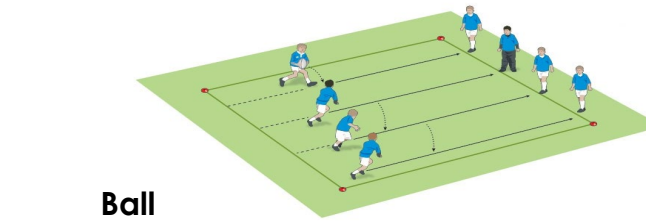
Try	A try is worth 5 points. It is scored when a player places the ball on the ground with downward pressure in the in-goal area.
Forward pass	A forward pass occurs when the ball is passed forwards. You can only pass backwards or side on.
Offside	A player is offside in open play if that player is in front of a team-mate who is carrying the ball or who last played it. An offside player must not interfere with play.
Penalty	Penalties are awarded for serious infringements like dangerous play, offside and handling the ball on the ground in a ruck.
Turnover	When a team loses possession of the ball they are said to have turned the ball over to the other team.
Dummy run/pass	Where the ball carrier moves as if to pass the ball to a team-mate, but then continues to run with the ball himself; the objective is to trick defenders into marking the would-be pass receiver.

Heart Character Values:

Year 7 Values: 'Social belonging'

 Teamwork Develop an understanding of working together to achieve desired outcome	 Self-management To take responsibility for organising self	 Respect To treat others fairly and correctly
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Key knowledge of Technical Skills:



Ball Familiarisation



Short passing



Running with the ball



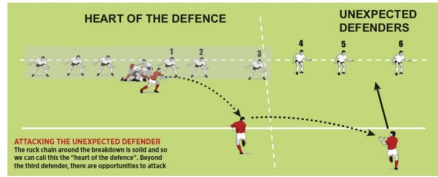
Footwork/ evading

Ball Familiarisation	<ul style="list-style-type: none"> You will learn to run with the ball and perform basic passing actions to teammates. Learning to pass both ways to improve skill level. You should hold the ball with control in two hands and be able to change direction quickly to try to evade an opponent.
Short passing	<ul style="list-style-type: none"> Have two hands on the ball, one either side. Throw the ball in a sweeping motion across your body and aim for partner's target (hands in front of their body). The ball will be thrown in an arc with the elbows staying close into the body. This will allow for accuracy.
Running with the ball	<ul style="list-style-type: none"> Students will gain a technical and tactical understanding of when to run with the ball and when to pass the ball. When running with the ball aim to run forward to gain territory Have the ball in two hands and keep head up to look for space and passes.
Footwork/ Evading	<ul style="list-style-type: none"> Aim to use pace and agility when running to evade the defender. Step to left and then quickly accelerating right at pace is a good way to evade your opponent. Use a dummy pass in one direction and then run around the other direction

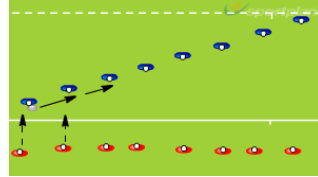
Year 7 - PE: Rugby



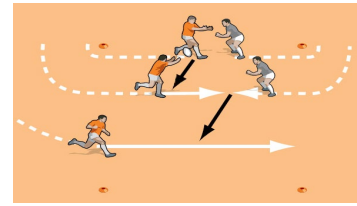
Key knowledge of Tactics and Strategies :



Basics of attacking



Basics of defending



Spacing out to create width

Basics of attacking	Students will develop their understanding of strategic and tactical play in touch rugby to beat and outwit an opponent. Students to work on running and release of the ball with active defender's pressure. When attacking students will organise orders of play, whether it is an arrow or diagonal formation.
Basics of defending	Student will develop a clear understanding of getting organised quickly when defending. Communicating accurately to one another using their key values of teamwork, self-management and respect. Students to understand the importance of creating a defensive line to minimise gaps to attack.
Spacing out to create width	Students will understand the importance of width to attack and the basic rules. This will aim to create an overload situation in favour of attackers e.g., 2 v 1, aiming to create an overlap in play. This can also release a free player wide to run and score a try.

Key knowledge of Rules and Regulations:

Starting a game (tap start)	<ul style="list-style-type: none"> Play starts and restarts at the centre with a "tap". This is performed by moving the ball on the ground with the foot, free from the hands, and then picking it up.
Passing backwards	<ul style="list-style-type: none"> The ball must only be passed backwards or sideways in rugby. If the ball is passed forward possession will be turned over to the other team.
Knock on	<ul style="list-style-type: none"> Also called knock-forward. When a player loses possession of the ball and goes forward off the hands or arms of a player and hits either the ground or another player. Possession will be turned over to the other team.
Touch tackle	<ul style="list-style-type: none"> A touch tackle is when a player is touched with two hands anywhere below the sternum. Students will understand that they must stop when touched and should pass the ball backwards. Defending team to be taught rule of offside that when the opposing team is touched, they must retreat (go back) to allow pass. Use a set number of phases of play to score (e.g. 6 phases).

Learning Checklist:

- I can pass the ball using the correct technique
- I can pass the ball using a sideways or backwards pass
- I can run with the ball in my hands
- I can perform a two-handed touch tackle

Learning Checklist:

- I attempt to remain behind the ball carrier for a backwards pass
- I try to keep width to create space for my team
- When defending I understand basic positioning to spread out in a line
- I understand the basic rules of touch rugby

Year 7 - PE: Rounders



Key Vocabulary:

Bowl	The ball is thrown towards the batter by the bowler from the bowling square.
Stump	A player on a post catches the ball and hits the post with the ball in their hand before the batter gets there.
Contact	When you stop at a post and touch the post with your bat whilst waiting there.
Obstruction	When you are running around the posts and a player from the fielding team gets in your way.
Backward hit	When the batter hits the ball, and it goes behind the batting box.
Key positions	Bowler, backstop, fielders and batters.
Long barrier	Getting your body behind the ball and low to the ground. Your body should be sideways and place your knee to the floor.

Heart Character Values:

Year 7 Values: 'Social belonging'



Teamwork

Develop an understanding of working together to achieve desired outcome



Self-management

To take responsibility for organising self



Respect

To treat others fairly and correctly

Key knowledge of Technical Skills:



Underarm Throw



Batting



Low Catch



High catch



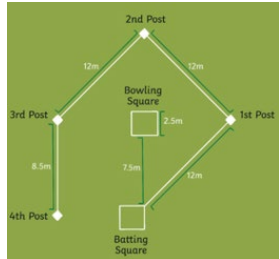
Long Barrier

Underarm throw	<ul style="list-style-type: none"> • Face the direction you are throwing and hold your throwing arm straight behind your body. • Swing your arm forwards to the front of the body, transferring the weight from your back foot to your front foot. Step with the opposite foot. • Release the ball at waist height.
Overarm throw	<ul style="list-style-type: none"> • Stand side on with your non-throwing arm stretched out in front. • Raise your throwing arm at shoulder height behind your head, elbow slightly bent. • Step towards the target with the opposite foot to the throwing arm as you bring your throwing arm forwards, releasing the ball when your hand is in line with the top of your head and follow through.
Catching (high/low)	<ul style="list-style-type: none"> • Catching low involves students having their little fingers together from their waist and below. • Catching high involves students having their thumbs together, bring the ball into their shoulder.
Bowling	<ul style="list-style-type: none"> • The bowler should bowl the ball between the batter's knee and shoulder. • The bowler should step with the opposite leg at the same time as swinging the arm forwards. • There should be a loose grip with two fingers to allow an easy release.
Batting	<ul style="list-style-type: none"> • The batter should stand sideways on, with the bat back ready to swing at the ball. • The batter's weight should be on their back foot, ready to transfer onto their front foot when they swing at the ball. • Swing the bat forward as you step forward and remember to follow through.
Long Barrier	<ul style="list-style-type: none"> • Position body in line with the ball • Lower body down sideways to ball so back knee is touches the floor and heel of front touches the knee.

Year 7 - PE: Rounders



Key knowledge of Tactics and Strategies :



Fielding position



Throwing to bases



Base running

<p>Fielding position and Throwing to bases</p>	<ul style="list-style-type: none"> • Backstop – situated behind the batter. They must obtain the ball if the batter has hit the ball behind or missed it. If there is a backwards hit, they must come up to the batter's box and throw the ball to second or the bowler. • Fielders – the fielding team must be on a post or be a deep fielder. The deep fielders must retrieve the ball and throw the ball to the post that the batter is running towards. Those on a post must stand on the inside and be able to catch and stump the batting team out if a player is running to their post.
<p>Base running</p>	<ul style="list-style-type: none"> • The batting player must run around the outside of the posts. The batter cannot leave a post and go back to it. The batter must remain in contact with the post with their bat or hand. The batter should be aware of the location of the rounders ball to which post they choose to run to.

Key knowledge of Rules and Regulations:

<p>Caught out</p>	<p>When a batting player has hit the ball, and the fielding team has caught the ball before it hits the floor.</p>
<p>Out at a base</p>	<p>When the fielding team stumps a member of the batting team out by tapping the ball on the post before the batter gets there.</p>
<p>Running around bases</p>	<p>The batters must run around the outside of all four posts to attempt to get a rounder.</p>
<p>½ rounder</p>	<p>This is awarded for 2 no balls, hitting the ball and get to second, miss the ball and get to fourth post without stopping, obstruction.</p>
<p>1 rounder</p>	<p>Hit and get to fourth post without stopping,</p>
<p>Bowling</p>	<p>The bowler should aim the ball between the batter's shoulder and knee within the batting box. When the bowler has the ball in the square, batters must remain on the posts until the ball is released.</p>
<p>Contact with the base</p>	<p>When stopped at a base you must keep in contact with the base with your bat or hand.</p>
<p>No ball</p>	<p>When the bowler has bowled the ball and is classed as too high, low or wide to the batter's box. The bowler should bowl the ball between the batter's knee and shoulder.</p>

Learning Checklist:

- I can throw using an underarm technique
- I can catch a ball at a low height
- I can catch a ball coming from above head height
- I can use the correct technique for bowling

Learning Checklist:

- I can use a correct batting technique
- I can understand the long barrier as a technique to field a ball arriving on the ground
- I understand how to run around the bases
- I understand the basic rules of rounders

Year 7 - PE: Athletics (Field Events)



Key Vocabulary:

Javelin	This is a light spear that is thrown as far as possible
Shot Put	This is a spherical metal ball that should be thrown or 'put' as far as possible
Discus	This is a small disc of different weights that is thrown as far as possible
Throwing Zone	This is where the participant will stand to throw the throwing item
Landing Zone	This is the area where the throwing item is thrown towards and lands
Safety zone	This is the area where the non-throwing participants wait to be called forward for their throw.

Key knowledge of Technical Skills:



Javelin



Shot Put



Discus

Javelin

- Stand side on, feet about shoulder width apart with non-throwing arm foot forward. Weight should be on the back foot.
- Grip javelin at the rim of the binding and hold javelin back with extended arm and palm facing up.
- Start movement by rocking onto back foot then transfer weight forward onto front foot, turning the hip through.
- Keep the elbow above the shoulder and pull the javelin through after the legs have moved, aiming to release the javelin at about a 45° angle

Shot Put

- Hold the shot with the middle three fingers spread across the shot and the thumb and little finger either side.
- Hold the shot under the chin, against the neck with elbow raised.
- Stand sideways on to the throw with weight on back foot, chin-knee-toe all in line.
- Keep the elbow high.
- **Push** the arm forward long and high, extending the elbow. Rotate the hip through at the same time.

Discus

- Hold the discus by spreading the fingers across the top with fingertips gripping over the edge.
- Stand sideways on to the throwing direction.
- Rotate the body and swing the discus back behind the body.
- Rotate the body back round and pull the throwing arm through 'last and fast'
- Release the discus off the index finger.

Year 7 Values: 'Social belonging'



Teamwork

Develop an understanding of working together to achieve desired outcome



Self-management

To take responsibility for organising self



Respect

To treat others fairly and correctly

Year 8 Values: 'Playing your part'



Responsibility

To take ownership and accountability



Compassion

Showing concern and understanding for others



Perseverance

To keep trying despite difficulties or delays in achieving success.

Year 7 - PE: Athletics (Field Events)



Further Support and Extended Learning:



Javelin
[Click Here](#)



Shot Put
[Click Here](#)



Discus
[Click Here](#)

Health and Safety:

Safe handling of throwing equipment	Your teacher will show you how to safely carry and hold throwing equipment. You must always hold and carry the equipment exactly as you have been told.
Throwing zone.	The throwing zone is where the person throwing will stand. The teacher will initiate the throw, and no one should throw until their teacher tells them to.
Landing zone	This is where the throwing implement will land. No one must enter the landing zone until their teacher instructs them to. Your teacher will tell you when to collect your throwing implement.
Safety Zone	This is where you will stand when you are waiting for your turn to throw. This will be positioned a safe distance back from the throwing zone. You must not enter the throwing zone until your teacher tells you to.

Learning Checklist:

- I understand the health and safety requirements for athletics field events
- I know how to safely handle athletics throwing equipment
- I understand the technique to throw a javelin

Key knowledge of Rules:

Foul line	<ul style="list-style-type: none"> • In athletics throwing events, the athlete must not step over the foul line at any point. • If they do this it will be a 'no throw' and will not count.
Javelin	<ul style="list-style-type: none"> • The javelin must land tip first and cannot land tail first • The distance will be measured from where the tip first hits the ground
Discus	<ul style="list-style-type: none"> • The discus must be released from one hand • The distance for the throw will be measured from where the discus first hits the ground.
Shot Put	<ul style="list-style-type: none"> • The shot must be pushed and should not drop below the shoulder at any time • The distance will be measured from where the shot first hits the ground.

Learning Checklist:

- I understand the technique to throw a shot put
- I understand the technique to throw a discus
- I understand where the distance of my throw will be measured from for javelin, shot put and discus

Year 7 - PE: Athletics (Track events)



Key Vocabulary:

Take your marks, set, go	This is the call that is given by the starter official to begin the race.
Sprint	This is where you run at a maximum speed
Endurance	This is the ability to remain active for a sustained period of time.
Pacing	This is running at a suitable speed during middle and long distance events in order to complete the race without stopping.
Relay	An event where you pass a baton to your team member at set distances
Finish	This is the end of the race. You should aim to complete the race in the fastest time.
Baton	This is a short metal tube that is passed between the runners in a relay race.

Key knowledge of Technical Skills:



Sprint start (Crouched) Sprint start (Standing) Endurance running

Relay changeover

Sprint running 100m/200m	<ul style="list-style-type: none"> • Body should be straight and vertical • Elbows should have a bend of approximately 90 degrees and arms pump backwards and forwards, hands move from “hip to lip” • Drive knee high and drive the front foot forwards.
Sprint starts (Standing)	<ul style="list-style-type: none"> • Toe placed just behind the start line with one leg in front of the other • Bend your knees slightly and lean forward at the hips. • Arm on the opposite side of front leg to be forward and the other arm back • Push forward off front foot
Sprint starts (Crouched)	<ul style="list-style-type: none"> • Start crouched with your fingers placed behind the start line. • Lift your knee off the ground keeping your fingers just behind the line. • Push off your front foot and drive your back leg forward to propel your body forward.
Endurance running (800m/1500m)	<ul style="list-style-type: none"> • Body should be up straight when running • Head should be still, looking forwards when running • Knees do not drive too high • Arms move relaxed from waist to chest
Relay changeover	<ul style="list-style-type: none"> • As the receiving runner you should start running as your teammate approaches • Hold your open hand out behind whilst looking forward. • Incoming runner to place the baton into the open hand.

Year 7 Values: 'Social belonging'



Teamwork

Develop an understanding of working together to achieve desired outcome



Self-management

To take responsibility for organising self



Respect

To treat others fairly and correctly

Year 8 Values: 'Playing your part'



Responsibility

To take ownership and accountability



Compassion

Showing concern and understanding for others



Perseverance

To keep trying despite difficulties or delays in achieving success.

Year 7 - PE: Athletics (Track events)



Key knowledge of Tactics and Strategies :



Running through the finish line



Pacing



Relay running order

Running through the finish line	To achieve your fastest possible time in a sprint race you must ensure that you run through the finish line at your maximum speed. Only slow down when the race is finished.
Pacing	Pacing involves strategic management of the speed you are running over the course of a race. In a middle to long distance race you should run at an appropriate speed so that you can complete the race without stopping or walking.
Relay running order	In a relay race the order of the runners can impact the overall result. Strategy must be used to determine the running order of where to place fastest runners.

Key knowledge of Rules and Regulations:

Starting a race	A race is started by the starter official. They will give a call "take your marks, set, go" On go you should accelerate away.
False start	If you begin a race before the call "go" this is deemed a false start. The race will not begin, and you may be disqualified.
Running in lane	You must stay in your lane at all times during certain athletics track events (100m, 200m, 400m). If you leave your lane you may be disqualified.
Finishing a race	You will finish the race when your torso (trunk of the body) crosses the line.
Relay race	The team of runners must exchange the baton at set intervals. To complete the race the baton must stay in the lane and the final runner will run across the line with it.
Dropping the baton	If the baton is dropped and leaves the running lane the team is disqualified from the race.

Learning Checklist:

- I can start a race using an appropriate starting technique (standing or crouched)
- I understand and can apply the correct running technique for sprint races or endurance races

Learning Checklist:

- I understand the importance of pacing in endurance races and can apply this.
- I understand the correct technique for a relay changeover

Year 7 - PE: Football



Key Vocabulary:

Short Passing	Moving the ball over a short distance to a teammate.
Dribbling	Allows you to move the ball around the field with your feet.
Attacking	The team moving up field together when in possession of the ball.
Defending	The team moving back behind the ball to defend their goal when possession is lost
Mid-range passing	Passing over a medium distance to a teammate.
Shooting	Striking the ball in order to score a goal.
Unopposed	Not under any pressure from the opposition.
Movement	Getting in to positions on the pitch to support your teammates in possession.

Heart Character Values:

Year 7 Values: 'Social belonging'

<p>Teamwork Develop an understanding of working together to achieve desired outcome</p>	<p>Self-management To take responsibility for organising self</p>	<p>Respect To treat others fairly and correctly</p>
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Key knowledge of Technical Skills:



Ball Familiarisation



Dribbling



Shooting



Short Passing



Mid-Range Passing



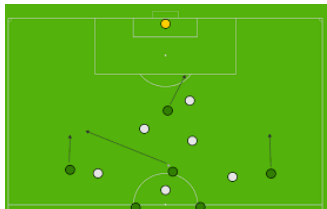
Control

Dribbling	<ul style="list-style-type: none"> Keep your head up and keep the ball close to your feet for control Use the inside/outside of your foot to dribble for control Use the laces of your foot to dribble for speed
Shooting	<ul style="list-style-type: none"> Place non-kicking foot at the side of the ball Use the side of the foot for placement and accuracy Use the laces for power
Short passing	<ul style="list-style-type: none"> Place the non-kicking foot at the side of the ball Turn your knee out and kick through the ball towards your teammate
Mid-range Passing	<ul style="list-style-type: none"> Place the non-kicking foot at the side of the ball Kick through the ball using instep of foot
Control (foot)	<ul style="list-style-type: none"> Move your body in line with the ball. Use the inside of the foot to stop the ball

Year 7 - PE: Football



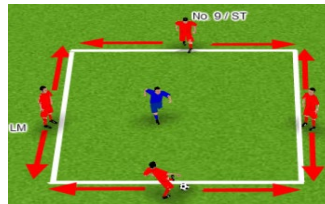
Key knowledge of Tactics and Strategies :



Basics of attacking



Basics of defending



Movement and Spacing out

Basics of attacking	When in possession of the ball your team should be looking to get towards your opponent's goal. Use a combination of passing and dribbling to move the ball up the field. When you do not have the ball you should be moving into space to support your teammate
Basics of defending	When your team does not have the ball your team should move back behind the ball. You should be 'goal side' of the player, which means you are in a position closer to your own goal.
Movement and spacing out	Spacing is important in order to give the player in possession space to attack their marker or space to look for a pass. It is also important so that players are able to get free. You should move into a position so that defenders are not between you and your teammate

Key knowledge of Rules and Regulations:

Starting a game	• A game is started with a kick-off. This involves a player passing the ball to a team-mate from the centre.
Hand-ball	• An outfield player cannot use their hands (or arm) to touch the ball. A free-kick or penalty would be awarded
Free-kick	• A non-contested pass or shot that is give when an offence is committed. Opposing players need to stand 10 yards from the ball
Penalty	• An uncontested shot at the goal against the goalkeeper from the penalty spot. Awarded for an offence in the penalty area.
Goal kick	• Is awarded when a ball passes wholly over the goal line, to either side of the goal, having last touched an attacking team player. The ball is kicked from a stationary position from the 6 yard box.
Corner	• Is awarded when a ball passes wholly over the goal line, to either side of the goal, having last touched a defending team player. The ball is kicked in from the corner spot by the attacking team.

Learning Checklist:

- I can pass the ball to a teammate using the inside of my foot
- I can control the ball using my foot
- I can dribble the ball with control
- I can shoot at the goal using the inside of my foot and my laces

Learning Checklist:

- I can move into space in a game to support my team when in possession of the ball
- I can apply the key character values of respect, self-management and teamwork in football
- I can play a small sided football match, following the basic rules

Year 7 - PE: Netball



Key Vocabulary:

Pivot	Swivel or turn on your landing foot to change direction.
Catch	Use your eyes to follow a ball so it lands in your hands.
Throw/pass	Propel a ball through the air by a forward motion of the hand and arm for a team mate to catch.
Jump stop	Jumping and landing on both feet at the same time.
Footwork	On receiving the ball, a player lands on one foot and can then pivot using the other foot.
Shooting	From the semi-circle, GS or GA propels the ball up towards the net aiming for a goal.
Defend	Stop the attacking team by marking your player or making it difficult to execute a pass.
Movement	Getting into positions on the court to support your teammates in possession.

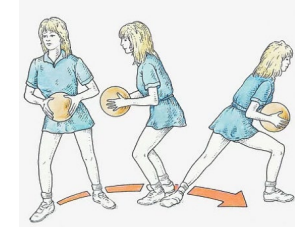
Key knowledge of Technical Skills:



Ball Familiarisation



Footwork



Pivoting



Shooting



Defend



Throwing



Catching

Pivoting	<ul style="list-style-type: none"> • Jump and land on the ball of one foot. • Pivot by rotating yourself on the ball of your landing foot. • Use your non landing foot to move you round.
Catching	<ul style="list-style-type: none"> • Keep your head up and focus on the ball. • Extend your arms towards the ball with hands spread. • Watch the ball all the way into your hands.
Throwing	<ul style="list-style-type: none"> • Hold the ball in one or two hands with fingers spread. • Propel or push the ball towards your receiver/player.
Jump stop	<ul style="list-style-type: none"> • Land on both feet together. Bend/flex knees on landing.
Shooting	<ul style="list-style-type: none"> • Feet are shoulder width apart, facing the post. • Place your shooting hand underneath the ball and your non-shooting hand to the side. • Bend your knees and arms. Extend both towards the goal.
Footwork	<ul style="list-style-type: none"> • Jump and land one foot followed by the other.

Heart Character Values:

Year 7 Values: 'Social belonging'



Teamwork

Develop an understanding of working together to achieve desired outcome



Self-management

To take responsibility for organising self



Respect

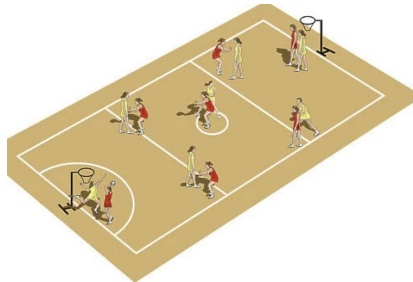
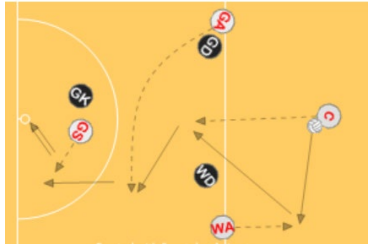
To treat others fairly and correctly



Year 7 - PE: Netball



Key knowledge of Tactics and Strategies :



Basics of attacking	When in possession of the ball your team should be looking to get towards your opponent's goal. Use a combination of passing and moving to get the ball up the court. When you do not have the ball you should be moving into space to support your teammates.
Basics of defending	When your team does not have the ball your team should mark their players attempting to intercept a pass to stop the other teams attack.
Movement and spacing out	Spacing is important in order to give the player in possession space to pass. It is also important so that players are able to get free. You should move into a space so that you can receive a pass easily.

Key knowledge of Rules and Regulations:

Starting a game	<ul style="list-style-type: none"> A game is started with a centre pass. All players, other than C must be outside the centre third.
Footwork	<ul style="list-style-type: none"> When receiving the ball, jump and land one foot followed by the other. If you lift and put down the landing foot that is footwork. A free pass is awarded.
Out of play	<ul style="list-style-type: none"> When the ball goes off the court it is called 'out of play'.
Obstruction	<ul style="list-style-type: none"> When defending a player with the ball you must stand a meter away. Any closer and that is obstruction. A penalty pass is awarded.
Contact	<ul style="list-style-type: none"> You are not allowed to touch another player in netball. If you do it is called 'contact'. A penalty pass is awarded.
Offside	<ul style="list-style-type: none"> Players in netball are only allowed in certain areas of the court. If a player goes into an area they are not allowed, this is called 'offside'. A free pass is awarded.

Learning Checklist:

- I can pass the ball to a teammate
- I can catch a ball
- I can perform a basic shooting technique
- I can land on one foot followed by the other and stop

Learning Checklist:

- I can move into space in a game to support my team when in possession of the ball
- I can apply the key character values of respect, self-management and teamwork in netball
- I can play a small sided netball match, following the basic rules

Year 7 - PE: Cricket

Key Vocabulary:

Stumps	The 'stumps' or 'wickets' are 3 wooden poles targeted by the bowler and protected by the batter.
Bowler	The bowler initiates each action by delivering the ball towards the batter, with an overarm straight arm action.
Crease	The crease is the area the batter must stand to be considered 'in'. It is in front of the stumps.
Long Barrier	Long barrier is a fielding technique used to stop a rolling ball.
Wicket Keeper	This is a fielding position whereby the keeper tends to the stumps in order to prevent runs/run the batters out.
Over	A period of 6 deliveries by the bowler. Matches are sometimes determined by a set amount of overs.
Boundary	The circumference of the fielding area. A ball struck past the boundary scores either 4 or 6 runs.
Walking in	A strategy by the fielders to be ready to react to a struck ball by walking towards the batsman.

Heart Character Values:

Year 7 Values: 'Social belonging'



Teamwork

Develop an understanding of working together to achieve desired outcome



Self-management

To take responsibility for organising self



Respect

To treat others fairly and correctly



Key knowledge of Technical Skills:

Underarm Throw



Underarm throw

Low Catch



Catching (high/low)

Bowling



Bowling

Long Barrier



Long barrier

Batting Stance



Batting Straight drive (Grip and stance)

- Throwing arm starts extended backwards behind the hip
- Player swings arm in a forward pendulum motion while stepping the opposite foot forwards
- Ball is released in front of the body at around belly button height
- Below chest: fingers facing down little fingers together;
- Above chest: diamond shape, thumbs together, fingers pointing upwards
- Soft hands on contact with the ball while bringing hands back towards the body
- Grip the ball with two fingers on top and the thumb underneath
- In a sideways stance, start with the ball at the chin and rotate throwing arm around behind body whilst having front arm straight rotating down in front of body
- Throwing arm to come straight over brushing the ear, release the ball with a straight arm
- Position body in line with the ball
- Lower body down sideways to ball so back knee is touches the floor and heel of front touches the knee.
- V grip on the bat with dominant hand on the bottom of the grip
- Bat held vertically downwards so that the tip is in contact with the ground on the outside of the back foot
- Batter stands sideways to the oncoming ball



4Rs: Reduce

Year 7 - PE: Cricket



Key knowledge of Tactics and Strategies :



Fielding position



Throwing to wicket



Batsman running

Fielding position	Selecting an appropriate fielding position to complement that of teammates. This should be well thought out to cover all gaps within the fielding area to stop the ball that is hit.
Throwing to wicket	Selecting which end to throw the ball to depending on where the batters are situated. This should be with the aim to either run an opponent out or restrict their runs scored.
Batsmen running	Maximising the amount of runs able to be scored through effective running between the wickets and batsmen communication. You should be alert to the ball position at all times.

Key knowledge of Rules and Regulations:

Caught out	<ul style="list-style-type: none"> When the ball is hit upwards and is caught by a fielder before bouncing, the batter is deemed out.
Run out	<ul style="list-style-type: none"> A batter is run out when the fielding team get the ball to hit the stumps before the batsman reaches the crease.
Bowled out	<ul style="list-style-type: none"> A batter is bowled out when the bowler's ball directly hits their stumps.
Running between stumps	<ul style="list-style-type: none"> The process of scoring runs for the batting team. Each batter in the pair exchanges ends to achieve 1 run.
Scoring runs	<ul style="list-style-type: none"> A run is scored when the batter hits the ball and either passes the boundary, or they exchange a run between the stumps.
Bowling	<ul style="list-style-type: none"> The bowler starts each action by bowling the ball towards the batsman.
No ball	<ul style="list-style-type: none"> A no ball is any delivery by the bowler deemed ineligible or to have broken a bowling rule.

Learning Checklist:

- I can throw using an underarm technique
- I can catch a ball at a low height
- I can catch a ball coming from above head height
- I can use the correct technique for bowling

Learning Checklist:

- I can use a correct batting technique
- I can understand the long barrier as a technique to field a ball arriving on the ground
- I understand how to score runs by running between the stumps
- I understand the basic rules of cricket