



Physical Education: Striking and Fielding

Year 5

Key Knowledge

- I know that **communication** is important when batting and fielding and can help a team gain points or stop points being scored.
- I know that **attacking** and **defending** skills are an important part of playing rounders.
- I know that games are usually played over 2 **innings**.

Key Fitness Vocabulary

Agility	the ability to move or think easily and quickly.
Co-ordination	the working together of different muscles to carry out a complicated movement.
Force	the use of such power, energy, or strength.
Continuous	going on without pausing or stopping.
Technique	the particular method or way of doing or performing something.
Stamina	the strength to handle long effort.

Key Vocabulary for Striking and Fielding

Batting and Fielding

I know that there are key **fielding positions** in rounders.



Technique and Evaluate

observe

demonstrate

feedback



batting

stand side on
shoulder facing
bowler, swing bat
smoothly to hit ball
in front of body

long barrier

drop one knee to the
ground, place hands in
front to safely gather
the ball

stumping out

quick thinking and being
ready to react will help
stump out the batter before
they arrive at the base

Watch others' technique.
Can you give them some key
learning points to improve?

Can you show others
the correct technique
when performing a
skill?

Give and accept
feedback to make
improvements.

I know that by improving my **technique** my **performance** will improve.

