



Striking & Fielding Medium Term Planning 2021/22

Key Concepts:

	Physical: Activity-Specific Skills (movements and actions applied in modified activity & game contexts)		Socio-Emotional: Co-operation, turn-taking, communication, listening Determination, perseverance, motivation, attitude, empathy		Cognitive: Attacking & Defensive Principles (solo, team). Competition (solo, team). Reflect & evaluate. Plan for improvement (team/group).		Health Knowledge: Describe how the body reacts and feels to exercise Talk about the benefits of exercise both physically and emotionally. Know ways how to become healthier	
	WK1	WK2	WK3	WK4	WK5	WK6	WK7	
Y1/2	Throwing, catching and movement with and without a ball.	Developing throwing accuracy underarm/overarm bowling/throwing.	Developing movement skills related to fielding: run, change direction, look around.	Starting to develop consistency, accuracy and placement for hitting.	Demonstrate by watching and hitting a moving ball with free swing with increasing hand-eye coordination.	Demonstrate improvement in throwing, catching, striking and running in modified S&F competitive challenges	Demonstrate improvement in throwing, catching, striking and running in modified S&F competitive challenges	
Y3/4	Explore different throwing and catching techniques with a variety of objects stationary, whilst moving and with pressure.	Explore different throwing techniques linked to bowling. Develop accuracy and know where to 'pitch' the ball.	Take part in competitive situations to apply running, throwing and stopping skills. Demonstrating and applying tactics to outthink the opposition.	Develop an effective and consistent striking action for hitting a ball. Develop accuracy and placement for hitting – tactics.	Demonstrating effective and efficient batting/striking technique Demonstrating accuracy in bowling and batting.	Demonstrate good technique when under pressure. Demonstrate the ability to select and apply the appropriate catching, throwing, batting and running technique.	Demonstrate good technique when under pressure. Demonstrate the ability to select and apply the appropriate catching, throwing, batting and running technique.	
Y5/6	Explore different throwing and catching techniques with a variety of objects stationary, whilst moving and with pressure. Take part in competitive situations to apply running, throwing and catching skills	Explore different throwing techniques linked to bowling attempting to refine overarm technique. Develop accuracy and know where to 'pitch' the ball.	Take part in competitive situations to apply running, throwing and catching skills. Demonstrating and applying tactics to beat opposition.	Develop an effective and consistent striking action for hitting a ball. Combining key skills to play games/modified activities effectively	Develop the skills of running between the bases/wickets/zones. Develop retrieval skills at speed.	Demonstrate good technique when under pressure. Demonstrating effective combination of skills to score (attacking) or prevent (defending) scoring in cricket	Demonstrate good technique when under pressure. Demonstrating effective combination of skills to score (attacking) or prevent (defending) scoring	



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