



# PE - Knowledge Organiser

## Children will be taught to:

- Throw the ball accurately with control and consistency when fielding.
- Understand the rules of cricket and use them fairly.
- Catch the ball consistently when fielding using a variety of techniques.
- Apply skills gained to field effectively within a game.
- Bowl overarm with accuracy and consistency.
- Hold the bat correctly and bat with accuracy.
- Begin to use directional batting as a tactic and tactical fielding.

## Things to think about:

- Remember to move into the balling to give it more power.
- When catching, cup your hands or move closer to the ground.
- Think about the direction you could hit and throw the ball.



## Safety:

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Complete a warm-up and cool-down.

## Inspiring Athlete

**Helen Hounsby**



# Unit: Netball

## Key Vocabulary

<b>Receive</b>	When the ball is passed to a player. They are able to catch it.
<b>Accuracy</b>	Being able to make passes and shots making sure they get to the location the player is aiming for.
<b>Stamina</b>	The ability to perform physical activity for a sustained period of time.
<b>Passing/Pass</b>	Sending the ball to another member of your team.
<b>Chest Pass</b>	To pass the ball using two hands from chest height.
<b>Bounce Pass</b>	To pass the ball to a team mate using one bounce.
<b>Overhead Pass</b>	To pass the ball using two hands from a position above the head.
<b>Send</b>	When you send the ball to a location through shooting and passing.
<b>Pivot</b>	When you receive the ball you plan the first foot you land on. You are allowed to rotate using this foot when passing the ball on.
<b>Obstruction</b>	When a player stands too close and prevents the opposition from passing and shooting.
<b>Attack</b>	Movement made towards the oppositions scoring area within a game to score points.
<b>Defend</b>	Movements made to protect the home teams scoring area, preventing the opposition from scoring.