



## Skills

# Striking and Fielding Progression Ladder

(striking and fielding, cricket and rounders)

## Knowledge



Get Set 4 PE

<p><b>Striking:</b> strike a bowled ball with increasing accuracy and consistency.</p> <p><b>Fielding:</b> use a wider range of fielding skills with increasing control under pressure.</p> <p><b>Throwing:</b> consistently demonstrate good technique in throwing skills under pressure.</p> <p><b>Catching:</b> consistently demonstrate good technique in catching skills under pressure.</p>	<p><b>Year 6</b></p>	<p><b>Striking:</b> understand that the momentum and power for striking a ball comes from legs as well as arms.</p> <p><b>Fielding:</b> know which fielding action to apply for the situation.</p> <p><b>Throwing and catching:</b> consistently make good decisions on who to throw to and when to throw in order to get batters out. Know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p><b>Tactics:</b> understand and apply some tactics in the game as a batter, bowler and fielder.</p> <p><b>Rules:</b> understand, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating.</p>
<p><b>Striking:</b> explore defensive and driving hitting techniques and directional batting.</p> <p><b>Fielding:</b> develop over and underarm bowling technique. Develop long and short barrier and two handed pick up.</p> <p><b>Throwing:</b> demonstrate good technique when using a variety of throws under pressure.</p> <p><b>Catching:</b> explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations.</p>	<p><b>Year 5</b></p>	<p><b>Striking:</b> understand that stance is important to allow me to be balanced as I hit.</p> <p><b>Fielding:</b> know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p><b>Throwing:</b> understand where to throw the ball in relation to where a batter is.</p> <p><b>Catching:</b> understand when to use a close catch technique or deep catch technique.</p> <p><b>Tactics:</b> understand the need for tactics and identify when to use them in different situations.</p> <p><b>Rules:</b> understand and apply rules in a variety of striking and fielding games whilst playing and officiating.</p>
<p><b>Striking:</b> develop batting technique with a range of equipment.</p> <p><b>Fielding:</b> develop bowling with some consistency, abiding by the rules of the game.</p> <p><b>Throwing:</b> use overarm and underarm throwing with increased consistency in game situations.</p> <p><b>Catching:</b> begin to catch with one and two hands with some consistency in game situations.</p>	<p><b>Year 4</b></p>	<p><b>Striking:</b> know that using the centre of the bat will provide the most control and accuracy.</p> <p><b>Fielding:</b> know that it is easier to field a ball that is coming towards me rather than away so set up accordingly.</p> <p><b>Throwing:</b> understand that being balanced before throwing will help to improve the accuracy of the throw.</p> <p><b>Catching:</b> know to track the ball as it is thrown to help to improve the consistency of catching.</p> <p><b>Tactics:</b> know that applying attacking tactics will help to score points and avoid getting out. Know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p><b>Rules:</b> know and understand the rules to be able to manage our own game.</p>
<p><b>Striking:</b> begin to strike a bowled ball after a bounce with different equipment.</p> <p><b>Fielding:</b> explore bowling to a target and fielding skills to include a two-handed pick up.</p> <p><b>Throwing:</b> use overarm and underarm throwing in game situations.</p> <p><b>Catching:</b> catch with some consistency in game situations.</p>	<p><b>Year 3</b></p>	<p><b>Striking:</b> know that striking to space away from fielders will help me to score.</p> <p><b>Fielding:</b> know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.</p> <p><b>Throwing:</b> know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p><b>Catching:</b> know to move my feet to the ball.</p> <p><b>Tactics:</b> know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p><b>Rules:</b> know the rules of the game and begin to apply them.</p>
<p><b>Striking:</b> develop striking a ball with their hand and equipment with some consistency.</p> <p><b>Fielding:</b> develop tracking a ball and decision making with the ball.</p> <p><b>Throwing:</b> develop co-ordination and technique when throwing over and underarm.</p> <p><b>Catching:</b> catch with two hands with some co-ordination and technique.</p>	<p><b>Year 2</b></p>	<p><b>Striking:</b> understand the role of a batter. Know that striking quickly will increase the power.</p> <p><b>Fielding:</b> understand that there are different roles within a fielding team. Know to move towards the ball to collect it to limit a batter's points.</p> <p><b>Throwing:</b> know that stepping with opposite foot to throwing arm will help me to balance.</p> <p><b>Catching:</b> know to use wide fingers and pull the ball in to my chest to help me to securely catch.</p> <p><b>Tactics:</b> understand and apply simple tactics for attack (batting) and defence (fielding).</p> <p><b>Rules:</b> know how to score points and follow simple rules.</p>
<p><b>Striking:</b> explore striking a ball with their hand and equipment.</p> <p><b>Fielding:</b> develop tracking and retrieving a ball.</p> <p><b>Throwing:</b> explore technique when throwing over and underarm.</p> <p><b>Catching:</b> develop co-ordination and technique when catching.</p>	<p><b>Year 1</b></p>	<p><b>Striking:</b> understand that the harder I strike, the further the ball will travel.</p> <p><b>Fielding:</b> know that throwing the ball back is quicker than running with it.</p> <p><b>Throwing:</b> know which type of throw to use to throw over longer distances.</p> <p><b>Catching:</b> know to watch the ball as it comes towards me.</p> <p><b>Tactics:</b> know that tactics can help us when playing games.</p> <p><b>Rules:</b> know that rules help us to play fairly.</p>
<p><b>Striking:</b> explore sending a ball to a partner.</p> <p><b>Fielding:</b> explore tracking and stopping a rolling ball.</p> <p><b>Throwing and catching:</b> explore rolling, throwing and catching using a variety of equipment.</p>	<p><b>EYFS</b></p>	<p><b>Striking:</b> know to point my hand at my target when striking a ball.</p> <p><b>Fielding:</b> know to scoop a ball with two hands.</p> <p><b>Throwing and catching:</b> know to point my hand at my target when throwing. Know to have hands out ready to catch.</p> <p><b>Tactics:</b> make simple decisions in response to a task.</p>

