

Year 7 PE – Striking and Fielding

Striking and Fielding	Knowledge, Skills, Understanding
Higher	<p>Consistently deliver accurate underarm throws. Can demonstrate an accurate overarm throwing technique but occasionally lacks accuracy. Can adjust the speed and direction of the ball over shorter distances.</p> <p>Catch consistently but may struggle with higher/faster balls.</p> <p>Bowling is accurate approximately 70% of the time. Able to vary the height/direction.</p> <p>Hit with some power but unable to direct it. Often hits high, catchable fly balls.</p> <p>Run between the bases effectively.</p> <p>Make a positive contribution to the game when batting or fielding.</p> <p>Make statements regarding their own/other's performance which suggests basic reasons behind strengths/weaknesses (i.e. why good or bad).</p> <p>Complete a personal warm-up which is activity-specific.</p>
Intermediate	<p>Accurately deliver a ball underarm in a practice situation with consistent accuracy. Can deliver an overarm throw but aspects of technique are faulty.</p> <p>Catch with moderate success.</p> <p>Bowling is accurate approximately 50% of the time.</p> <p>Demonstrate a sound batting stance. Some success in making contact with ball. Lacks power, distance and direction.</p> <p>Anticipate the direction of the ball and field a ground ball. Able to catch 'easy' balls and throw accurately over short distances.</p> <p>Demonstrates awareness of the role of base-running during games. Makes some simple base-running errors.</p> <p>Make statements regarding their own/other's performance which highlight strengths and weaknesses.</p> <p>Suggest activities which are appropriate to warm-up and cool down and lead their own warm-up, but may not be activity-specific.</p>
Foundation	<p>Deliver a ball underarm in a practice situation but may not be completely accurate.</p> <p>Catch with limited success.</p> <p>Bowling is ineffective.</p> <p>Demonstrate some aspects of correct batting technique, but stance may be inaccurate. Rarely contacts the ball.</p> <p>Stick to a given position in the field but make a limited contribution to fielding in a game.</p> <p>Makes several base-running errors. Often needs to be told when to run.</p> <p>Make simple statements regarding the quality of their own/other's performance – statements are judgement based rather than evaluative.</p> <p>Participate in a warm-up led by teacher/peers. Demonstrates warm-up activities. Warm-up is less effective when completed individually.</p>

NB: 'can' = understanding, 'able to' = skills