

Year 8 PE – Striking and Fielding

Striking and Fielding	Knowledge, Skills, Understanding
Higher	<p>Pupils/I:</p> <p>Are able to throw over varied distances. Overarm throws are accurate, with few overthrows.</p> <p>Able to catch higher/faster balls. Demonstrates an accurate long barrier technique.</p> <p>Bowling is accurate but may struggle to pitch to certain locations. Some use of spin.</p> <p>Are able to hit with power predominantly to the left field. Able to hit balls low occasionally.</p> <p>Are able to run bases effectively. Can spot fielder's weaknesses and occasionally exploit them. Attempts to steal bases but not always successful.</p> <p>Have a strong influence in attack or defence, with a positive contribution in the other area.</p> <p>Make statements regarding their own/other's performance which suggests basic methods to improve identified weaknesses.</p> <p>Can lead an activity-specific warm-up for a small group.</p>
Intermediate	<p>Pupils/I:</p> <p>Are able to 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>Able to catch consistently but may struggle with higher/faster balls. Can attempt a long barrier.</p> <p>Bowling is accurate approximately 70% of the time. Able to vary the height/direction.</p> <p>Are able to hits with some power but unable to direct it. Often hits high, catchable fly balls.</p> <p>Are able to 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>Can complete a personal warm-up which is activity-specific.</p>
Foundation	<p>Pupils/I:</p> <p>Are able to 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>Are able to demonstrate a sound batting stance. Some success in making contact with ball. Lacks power, distance and direction.</p> <p>Are able to 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>Can suggest activities which are appropriate to warm-up and cool down and lead their own warm-up, but may not be activity-specific.</p>

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