

Year 9 PE – Striking and Fielding

Striking and Fielding	Knowledge, Skills, Understanding
Higher	<p>Pupils/I:</p> <p>Are able to throw competently and make accurate throws over long and short distances. Varies the speed of the ball dependent upon the receiver. Overthrows are very rare.</p> <p>Are able to catch with consistent success. Able to catch high fly balls which do not travel directly to them.</p> <p>Are able to use a variety of bowling speeds, spin and location (inside/outside; high/low; strikezone) with consistency and accuracy to exploit the batter’s weaknesses.</p> <p>Are able to consistently make contact with the ball when batting and is able to keep the ball low and hit to the left and right field.</p> <p>Are able to run bases intelligently and aggressively. Manufactures extra bases and runs by exploiting the opposition’s weaknesses. Able to steal bases.</p> <p>Exerts considerable influence on the game in at least two out of three of the areas of batting/pitching/fielding. Makes few unforced errors and assists teammates.</p> <p>Make sound judgements when identifying weaknesses in their own/other’s performance and use their knowledge of the activity to develop an action plan for improvement.</p> <p>Can use their knowledge of the activity to plan activities to improve fitness and performance over an extended period of time.</p>
Intermediate	<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>
Foundation	<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>

NB: ‘can’= understanding, ‘able to’=skills