

Year 7 Striking and Fielding Knowledge Organiser



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EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS

Skills

- I can hold the bat in the correct position to be able to perform an effective shot.
- I can bowl the ball using the correct technique.
- I can speed up or slow down when running bases/run to ensure I am kept in.
- I can catch and throw accurately to help get the runner out or reduce the amount of runs scored.



Striking and Fielding



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Do you know what these words mean?

Key Terms

Batter	Fielder
Bowler	Posts
Runs	Bowling area
Crease (Bowling/Popping)	
Batting square	Waiting area
Rounder	Wicket

Decision Making

- I can decide when it is the right time to get my bat into position by judging the distance and speed of the ball.
- I can judge which is the best direction to hit the ball in so that it will not be caught by a fielder.
- I can judge whether or not I can get to the next base/run without being caught out.
- When fielding, I can position myself so that I can increase my chances of catching the ball or reducing the amount of runs scored by the batting team.
- I can decide which fielder to pass the ball to when a player is running so that I can get them out or reduce the amount of runs scored.

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Rounders Knowledge Organiser

Key Skills

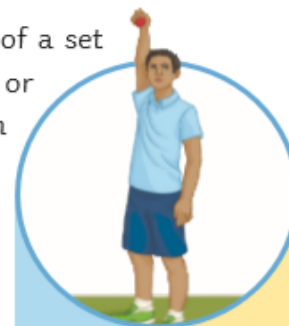
Skill	Description
batting	A skill which allows the bat to contact the ball.
throwing	A technique to field the ball to the correct position at the correct pace and direction.
catching	The ability to get in the correct position to field the ball.
bowling	A technique to deliver the ball in the correct position for the batter to hit.
match play	A skill used to understand the basics of the game, the scoring, the rules and the player's positions.

Match

A match usually consists of two innings.

Both teams bat and field twice, the winning team is the one with the most rounders at the end of the game.

An innings can consist of a set number of good bowls or until the fielding team have fielded all the batting team out.



Scoring

A rounder is scored by the batting team when a player hits the ball and runs around all 4 posts.

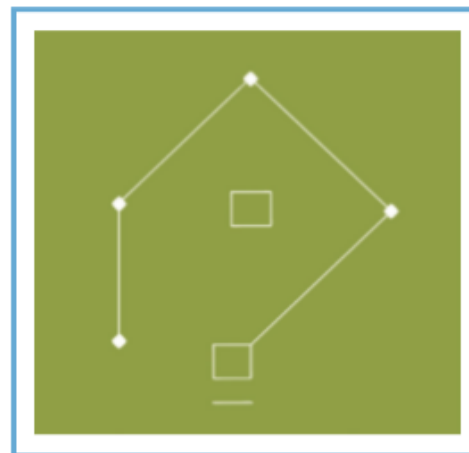
A half rounder is scored if the batter hits the ball and runs to the second post.

A half rounder can also be scored if the batter does not hit the ball but runs around all four posts.

Pitch

The rounders pitch is rectangular in shape with areas marked out for the batter and bowler to stand.

There are four posts which batters must run around to score a rounder.



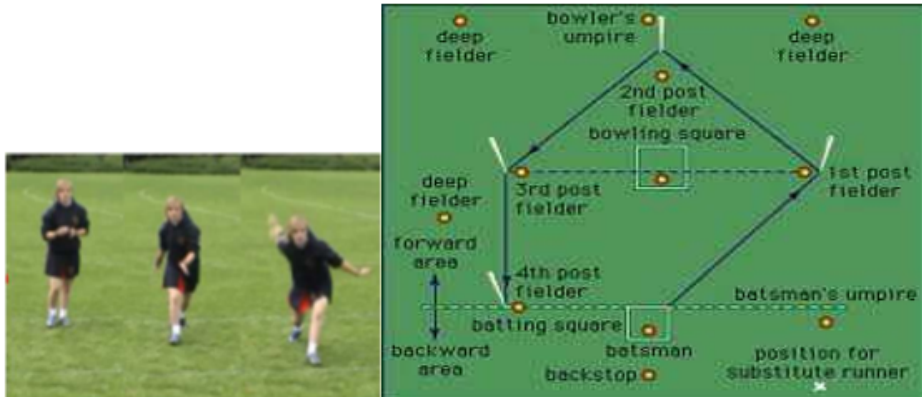
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Key Skills:

UNDERARM BOWLING – Hold ball in dominant hand, step forward with opposite leg, swing arm and release ball before shoulder height. Aim for the backstop hands.



BATTING/HITTING – Stand sideways on to the bowler with the bat up and behind you. Swing through with the hips and follow through with the swing.

CATCHING – you can get someone out by catching them or by stumping them at a post after catching the ball. Get in position under the ball, hands in a cup shape. Bring the ball close into the body to ensure it is not dropped.

THROWING – a high elbow, the correct grip of the ball and power through the arm, achieves an effective overarm throw.

FIELDING - using different techniques in order to get the ball back to the bowler or to a post. E.G. long barrier fielding for stopping a low or rolling ball.

RULES

1. You must start in the batting box and not step out of it.
2. You only get 1 ball bowled at you, after which you must run whether you hit it or not.
3. You must keep in contact with a post once you have decided to stop.
4. A no ball is – above the batters head, below the knee, the wrong side of the body, too wide and too close into the body.
5. If you hit a ball behind, then you must wait at first post until the ball comes forward of the batting box. You may then run on.
6. If you hit the ball and get all the way round you score 1 rounder, if you get to 2nd post, you score ½ a rounder. If you do not hit the ball but get all the way round you score ½ a rounder. You also score ½ a rounder if you get 2 no balls bowled at you.

Stretch and Challenge Task:

Try and find a clip online, of a game of rounders. There is an England team! Practice throwing and catching with family, friends or against a wall.

Key Content and Terms to learn:

Bowling
Batting
No ball
Backstop
Fielding
Catching

Throwing
Long barrier fielding

Rounders



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Key Skills:

THROWING – From pitching to fielding this is where most errors are made in Softball. No matter what position you play, being able to throw a softball is one skill you cannot go without. Fast and accurate throwing using an overarm technique is essential for every softball player. Always step into your throw and use your dominant hand.

BATTING – To be able to bat successfully you need to get in the ready position with your bat resting close to your back. Your body should be turned sideward on and feet shoulder width apart with a slight bend in the knee. Swing through the ball.

CATCHING – it is important to be able to read the ball's movement off the bat and to move quickly into the correct position. Once in position concentrate on the coordination of the hands to caress the ball in to your hands. Different techniques are used if the ball is above or below the shoulder height

FIELDING – If you are effective at fielding you will be able to successfully field 'ground balls' that roll quickly across the floor as well as 'fly balls' that fly through the air. You will always have your dominant hand free and often wear a glove in your non-dominant hand. Always keep your eyes on the ball and get your body behind the ball.

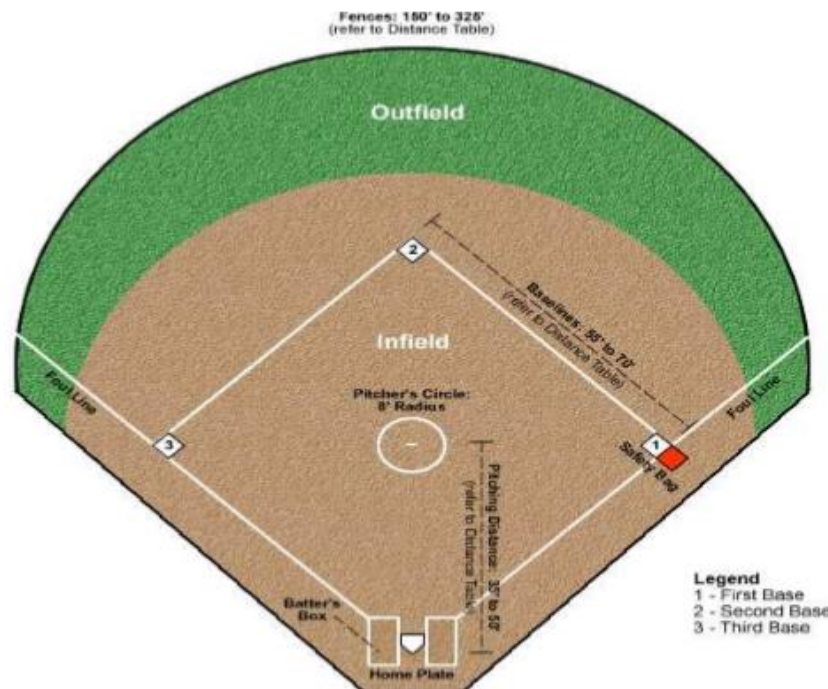
- TACTICS**
- Hitting the ball between first and third base and into space.
 - Throwing accurately and quickly to the correct base.
 - Targeting weaker opponents when batting.
 - Accurate pitching.
 - Always anticipate the ball in the field.

Stretch and Challenge Task:

- Draw a Softball court in your knowledge book and label it correctly with the lines and positions.
- Go online and watch some children playing Softball at a good level in the US.

Rules

- There are 9 players on each team (fielding and batting) although this can be adapted.
- When batting, a player has a maximum of three strikes. If you don't hit it in the correct area or hit the ball at all you're out.
- Any ball that is hit outside of the first and third base is a foul ball.
- The batter/runner must touch each base as they run around and can stop at any base.
- If the batter/runner makes it all the way around to the home plate they score a home run.
- Batters can be caught out and run out by the fielding team. They can also be tagged.
- The team with the most home runs at the end of all innings is the winning team.



Key Terms to learn:

Pitcher	Strike out	Out
Catcher	Base	Overthrow
Foul Ball	Home run	Obstruction
Strike	Inning	Safe

Softball

<http://www.beachcomberssoftball.com/wp-content/uploads/2014/03/basic-rules-2013.pdf>

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Cricket Knowledge Organiser

Key Skills

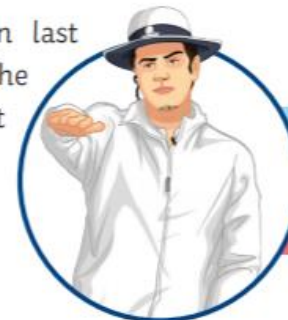
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Match

The aim of the game is for the batters to score runs.

The game begins with one team fielding and one team batting.

A complete game can last until the fielders get the batters out or by a set number of overs.



Scoring

A run is scored when a batter hits the ball and runs the length of the wicket.

A 'four' is scored when a struck ball reaches the boundary.

A 'six' is scored when a struck ball passes over the boundary without touching the ground.

Pitch

The pitch is a large area, usually made of grass, which has a strip called the wicket in the centre where the batters run along.

At each end of the wicket are a set of stumps.



Cricket

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