

**PE Department Curriculum Mapping – Pillars, Skills, Knowledge & Understanding**

**Outwitting Opponents: Striking & Fielding Games**

Year 7			
Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>• <b>Hand/eye Coordination</b></li> <li>• <b>BFJ- Ball Flight Judgement</b></li> <li>• <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>• <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><b><u>Rounders</u></b>                      Batting – correct stance, grip, swing                      Bowling – static bowling action                      Fielding – basic catching and throwing action over short distances, long barrier, post fielders</p>	<p>Swing, contact with ball up to 50%, rules associated with batting                      K &amp; U/replication of underarm technique.                      Rules for good/no-ball                      Replication of technique for underarm throw [bowling technique], preparation needed to catch the ball, what/where to throw the ball                      How out/obstruction/ scoring</p>	<p>Batting square                      Bowling square                      Small sided games/practices – 4's/5's                      Full game/pitch</p>
	<p><b><u>Softball</u></b>                      Basic fielding skills/drills:</p> <ul style="list-style-type: none"> <li>• Glove position</li> <li>• Throwing</li> <li>• Ground balls</li> <li>• Fly balls</li> </ul> <p>Gameplay</p>	<p>Introduction to and explanation of rules                      Correct use of game terminology                      Offence: Batting stance                      Defence: In-field &amp; Out-field</p>	<p align="center">Full</p>
	<p><b><u>Cricket</u></b>                      Grip, stance pick up. Developing forward defensive and hook/ pull shots                      Bowling, developing the idea of run up momentum, bicep to the ear, high elbow or sling technique if evident. Finger position on the ball for basics of bowling                      Long and shot barrier fielding, linked with ball flight judgement. Backing up the throw</p>	<p>Bowling to the stumps, stumps to stumps deliveries</p> <p>Use of basting tees to develop stroke play (closed tasks)</p> <p>Leg side fielders to pressure the batsmen, in game play</p>	<p>Max of 4 overs per bowler.                      4.75 oz ball                      6 ball overs                      Pairs cricket, smaller conditioned/modified games (quick cricket etc) 21 yds wicket</p>

**Year 8**

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>● <b>Hand/eye Coordination</b></li> <li>● <b>BFJ- Ball Flight Judgement</b></li> <li>● <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>● <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><u>Rounders</u>  <b>Batting – increased power and contact with ball</b>  <b>Bowling – stepping action</b>  <b>Fielding – development of overarm throw</b></p>	<p>Fast swing, consistently demonstrate correct stance &amp; grip            Begin to vary pace and height of delivery            Increased throwing distance            Ball flight judgement &amp; movement to catch ball coming at different height/speed            Introduction to fielding positions            Develop K &amp; U of rules</p>	<p align="center"><b>Small sided games/practices – 4's/5's</b>  <b>Full game/pitch</b></p>
	<p><u>Softball</u>  <b>Basic fielding skills/drills:</b></p> <ul style="list-style-type: none"> <li>● <b>Glove position</b></li> <li>● <b>Throwing</b></li> <li>● <b>Ground balls</b></li> <li>● <b>Fly balls</b></li> </ul> <p><b>Gameplay</b></p>	<p>Introduction to and explanation of rules            Correct use of game terminology  <b>Offence: Batting stance</b>  <b>Defence: In-field &amp; Out-field</b></p>	<p align="center"><b>Full</b></p>
	<p><u>Cricket</u></p> <p><b>Developing full bat presentation (full face) developing forward drive, and cover drive</b>  <b>Bowling, developing speed or rhythm in run up, position of fingers on the seam</b>  <b>Long and short barrier fielding, moving in towards the ball (walking in) variation of 1 hop or full carry</b></p>	<p>Developing flight and spin in slower bowling            Use of footwork to batting tees or cones, developing trigger movement and open or closed stances            Developing close fielders and positioning in the game play</p>	<p><b>Max of 4 overs per bowler</b>  <b>4.75 oz ball</b>  <b>6 ball overs.</b>  <b>Pairs cricket, smaller conditioned/modified games (quick cricket etc)</b>  <b>21 yds wicket</b></p>

**Year 9**

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>● <b>Hand/eye Coordination</b></li> <li>● <b>BFJ- Ball Flight Judgement</b></li> <li>● <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>● <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><u>Rounders</u>  <b>Batting – placing the hit/consistent contact on ball</b>  <b>Bowling – Development/variation of speed, height/movement across bowling square</b>  <b>Fielding – increased distance and use of overarm throw</b>  <b>Chasing/retrieving/returning ball</b></p>	<p><b>Hitting in different directions according to placement of fielders</b>  <b>Use of/change of position in bowling square</b>  <b>Develop quick decision making in field/where &amp; what to do with ball</b>  <b>Field adjustment/placement – relative to strengths/weakness of batter &amp; LH/RH batter</b>  <b>Development of fielding positions/the triangle – bowler, backstop/1<sup>st</sup> post</b>  <b>Support play/backing up in field &amp; posts</b></p>	<p align="center"><b>Small sided games/practices – 4's/5's</b>  <b>Full game/pitch</b></p>
	<p><u>Softball</u>  <b>Specific fielding drills - In-field &amp; out-field:</b></p> <ul style="list-style-type: none"> <li>● 1<sup>st</sup> base</li> <li>● 2<sup>nd</sup> base</li> <li>● 3<sup>rd</sup> base</li> <li>● Shortstop</li> <li>● Outfield</li> </ul> <p><b>Pitching</b>  <b>Gameplay</b></p>	<p><b>Correct use of game terminology</b>  <b>Offence: Batting line-up, bunting, base running</b>  <b>Defence: Fielder positioning</b></p>	<p align="center"><b>Full</b></p>
	<p><u>Cricket</u></p> <p><b>Adjusting the height of the pick up to the speed of the bowler (Slower bowler = higher pick up) developing forward drive (front and back foot) cut and cover drive</b>  <b>Bowling introduction to swing bowling and seam presentation</b>  <b>Fielding developing wicket keeping skills</b></p>	<p><b>Developing field placements for individuals rather than generic</b>  <b>Developing bowling plans upon analysis of a batsmen's competence</b>  <b>Playing shots to the gaps in the field</b></p>	<p><b>Max of 5 overs per bowler</b>  <b>5.5 oz ball</b>  <b>All wide and no balls to be re-bowled</b>  <b>20/20 games – modified 40 over games</b>  <b>22 yds wicket</b></p>

**Year 10**

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>• <b>Hand/eye Coordination</b></li> <li>• <b>BFJ- Ball Flight Judgement</b></li> <li>• <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>• <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><b><u>Rounders</u></b></p> <p><b>Batting</b> – placing the hit/consistent contact on ball/forehand or backhand strike</p> <p><b>Bowling</b> – Development of angle/spin/speed/height/movement across bowling square</p> <p><b>Fielding</b> – increased distance and use of overarm throw. Chasing/retrieving/returning ball</p>	<p>Hitting in different directions according to placement of fielders/vary pace and power in hit/</p> <p>Use of/change of position in bowling square – exploiting batter’s weaknesses</p> <p>Develop quick decision making in field/where &amp; what to do with ball</p> <p>Field adjustment/placement – relative to strengths/weakness of batter &amp; LH/RH batter</p> <p>Specialism of fielding position</p> <p>Development of fielding positions/ the triangle – bowler, backstop/1<sup>st</sup> post</p> <p>Support play/backing up in field &amp; posts</p> <p>Maximise opportunities for getting batsmen out e.g. Live batter -&gt; 2<sup>nd</sup> batter – out</p>	<p align="center">Small sided games/practices – 4’s/5’s Full game/pitch</p>
	<p><b><u>Softball</u></b></p> <p><b>Specific fielding drills - Infield &amp; out-field:</b></p> <ul style="list-style-type: none"> <li>• 1<sup>st</sup> base</li> <li>• 2<sup>nd</sup> base</li> <li>• 3<sup>rd</sup> base</li> </ul>	<p>Correct use of game terminology</p> <p>Offence: Batting line-up, bunting, sacrifice fly-balls</p>	<p align="center">Full</p>

	<ul style="list-style-type: none"> <li>• Shortstop</li> <li>• Outfield</li> </ul> <p><b>Pitching</b></p> <p><b>Positional play:</b></p> <ul style="list-style-type: none"> <li>• Pitcher</li> <li>• Catcher</li> <li>• Infield</li> <li>• Outfield</li> </ul> <p><b>Gameplay</b></p>	<p><b>Defence: Field placings, bunt defence</b></p> <p><b>Force outs</b></p> <p><b>Tag outs</b></p> <p><b>Field shift</b></p> <p><b>Scoring</b></p>	
<ul style="list-style-type: none"> <li>• <b>Hand/eye Coordination</b></li> <li>• <b>BFJ- Ball Flight Judgement</b></li> <li>• <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>• <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><b>Cricket</b></p> <p><b>Batting movement down to the wicket to the pitch of the ball, tacking on the leg glance and adjusting the length of the predicted ball.</b></p> <p><b>Movement of guard for types of bowling</b></p> <p><b>Bowling introduction to swing bowling (front on/side on chest) and seam presentation</b></p> <p><b>Fielding in pairs, racing to the ball</b></p>	<p><b>Developing attacking or defensive fielding positions</b></p> <p><b>Manipulating the shot to the set field</b></p>	<p><b>Max of 5 overs per bowler</b></p> <p><b>5.5 oz ball</b></p> <p><b>All wide and no balls to be re-bowled</b></p> <p><b>20/20 games – modified 40 over games</b></p> <p><b>22 yds wicket</b></p>

**Year 11**

Pillars	Techniques & Skills	Knowledge & Understanding	Version/Size
<ul style="list-style-type: none"> <li>● <b>Hand/eye Coordination</b></li> <li>● <b>BFJ- Ball Flight Judgement</b></li> <li>● <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>● <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><b><u>Rounders</u></b></p> <p><b>Batting</b> – placing the hit/consistent contact on ball/forehand or backhand strike</p> <p><b>Bowling</b> – Development of angle/spin/speed/height/movement across bowling square</p> <p><b>Fielding</b> – increased distance and use of overarm throw. Chasing/retrieving/returning ball</p>	<p>Hitting in different directions according to placement of fielders/vary pace and power in hit/</p> <p>Use of/change of position in bowling square – exploiting batter’s weaknesses</p> <p>Develop quick decision making in field/where &amp; what to do with ball</p> <p>Field adjustment/placement – relative to strengths/weakness of batter &amp; LH/RH batter</p> <p>Specialism of fielding position</p> <p>Development of fielding positions/ the triangle – bowler, backstop/1<sup>st</sup> post</p> <p>Support play/backing up in field &amp; posts</p> <p>Maximise opportunities for getting batsmen out e.g. Live batter -&gt; 2<sup>nd</sup> batter - out</p>	<p align="center">Small sided games/practices – 4’s/5’s Full game/pitch</p>
	<p><b><u>Softball</u></b></p> <p><b>Specific fielding drills - Infield &amp; out-field:</b></p> <ul style="list-style-type: none"> <li>● 1<sup>st</sup> base</li> <li>● 2<sup>nd</sup> base</li> <li>● 3<sup>rd</sup> base</li> <li>● Shortstop</li> <li>● Outfield</li> <li>● Shot restriction</li> </ul>	<p>Correct use of game terminology</p> <p>Offence: Batting line-up, bunting, sacrifice fly-balls</p> <p>Defence: Field placings, bunt defence</p>	<p align="center">Full</p>

	<p><b>Positional play:</b></p> <ul style="list-style-type: none"> <li>• Pitcher</li> <li>• Catcher</li> <li>• Infield</li> <li>• Outfield</li> </ul> <p><b>Gameplay</b></p>	<p><b>Force outs</b></p> <p><b>Tag outs</b></p> <p><b>Field shift</b></p> <p><b>Scoring</b></p> <p><b>Umpiring</b></p>	
<ul style="list-style-type: none"> <li>• <b>Hand/eye Coordination</b></li> <li>• <b>BFJ- Ball Flight Judgement</b></li> <li>• <b>Decision Making</b></li> <li>➤ Ball Placement – to create space/time</li> <li>➤ Positional Placement – to deny space/time</li> <li>➤ Base Running</li> <li>• <b>Components of Fitness;</b></li> <li>➤ Balance</li> <li>➤ Speed</li> <li>➤ Coordination</li> <li>➤ Reaction time</li> <li>➤ Agility</li> <li>➤ Power</li> <li>➤ Muscular strength</li> <li>➤ Muscular endurance</li> <li>➤ Flexibility</li> </ul>	<p><u><b>Cricket</b></u></p> <p><b>Batting</b> running between the wickets; calling and backing up, turning 2's in to 3's</p> <p><b>Bowling</b> developing follow through length and direction Cutters: off-cutter (grip, action, when to use); leg-cutter (grip, action, when to use)</p> <p><b>Fielding</b></p> <p><b>Throwing:</b> long, high, flat, hard – at the wicket</p>	<p><b>Shot restriction</b></p> <p><b>Tactics</b></p> <p><b>Field placing</b> for attacking and defensive fields</p> <p><b>Bowling changes</b></p>	<p><b>Max of 6 overs per bowler</b></p> <p><b>5.5 oz ball</b></p> <p><b>All wide and no balls to be re-bowled</b></p> <p><b>20/20 games – modified 40 over games</b></p> <p><b>22 yds wicket</b></p>

