

Meden School Curriculum Planning

Subject	CORE PE	Year Group	7	Sequence No.	N/A	Topic	Striking and Fielding
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Retrieval	Core Knowledge	Student Thinking
What do teachers need to retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?	What real life examples can be applied to this sequence of learning to development of our students thinking, encouraging them to see the inequalities around them and 'do something about them!'
<p>For striking and fielding games, students will have their own knowledge of the sports they regularly participate within outside of school or from primary school.</p> <p>Cricket</p> <ul style="list-style-type: none"> - One team bats and one bowls - Fielders have to stop the ball and throw it back to the wickets - Runs are scored by the batting team - The runs of each batsman add to a total run score for the batting team - Knowledge of their local team (Welbeck CC or Churchvale CC) or some international players 	<p>Within Year 7, students are introduced to the rules, regulations and positions for all striking and fielding games.</p> <p>Cricket</p> <p>How to win: The winning team is the team who scores the most runs in a game. There are many formats of cricket, which dictate how many overs are available to be bowled or how many innings the teams have, but ultimately whoever scores the most runs wins.</p> <p>Getting a team out: To get the batting team out, the fielding team must hit the wickets with the ball or catch the ball from a hit without it touching the floor.</p> <p>Batting: Run scoring:</p> <ul style="list-style-type: none"> - A run is scored when the batsman hits the ball with their bat and runs from one crease line to the other end. The more times the batsman runs from end-to-end the more runs they score. - If the ball crosses the boundary area and touches the floor before it does so, then four runs are awarded - If the ball crosses the boundary area without touching the floor, then six runs are awarded - Runs can also be added to the batting team for byes (where the players run between the crease lines without hitting the ball), wides (where the bowler bowls too wide of the wicket) or 	<p>Each week, a key theme will run through all PE lessons linked to real life examples. These will be linked to the particular sport the students are on at the time and will be consistent across the department. The aim will be for students to develop their thinking within the sport, recognise the inequalities within the sport (linked to the topic) and do something about them. A large number of the key themes will come from the CNAT Sport and GCSE PE specification to prepare KS3 students for the option they can take within PE at KS4.</p> <ol style="list-style-type: none"> 1. Physical Activity Government Guidelines and Recommendations - students should have 60 minutes of moderate to high intensity exercise every day. Do they get this? How? 2. Barriers to Participation for Children and Teenagers 3. Solutions to the Barriers 4. Current Issues in Sport/Sport in the News - Linked to the impact of PE on Mental, Physical or Social Health 5. Physical Benefits of Sport and PE on the Body 6. Social Benefits of Sport and PE on the Body 7. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 8. Popularity of Sport in the UK – what are the current trends for the most popular sport in the UK. Why are they the most popular sports?

no-balls (which is where the bowler either crosses the crease line with their foot before releasing the ball, or bowls a ball to the batsman without it bouncing and above waist height)

Getting out:

There are a number of ways that a batsman can get out

- Bowled: The ball hits the wickets off the batsman
- Caught: The ball comes off the batsman's bat and is caught by the fielding team without touching the ground
- Leg before wicket: The ball hits the batsman's leg, with no contact on the bat and would have gone on to hit the wicket. The ball cannot pitch outside of the leg stump for LBW to be given.
- Run-out: The ball is thrown and hits a wicket before the batsman have completed their run and have either themselves or the bat inside the crease
- Stumped: If the batsman leaves their own crease, the wicket-keeper or surrounding fielders can stump the batsman. The difference between a run-out or a stumping is whether the batsmen have crossed between the wickets
- Hit own wicket: If the batsman hit's their own wicket by mistake and dislodges the bails
- The decisions around whether a batsman is out or not sits with the umpires. In professional cricket, there is now a review process where each team has three reviews of a decision. If the decision is over-turned they keep their review, if it's not they lose their review.

Bowling:

- Bowlers bowl 6 balls (one over) from one end of the wicket, before play then resumes with 6 balls from the other end of the wicket
- Bowlers can bowl 'fast/pace', 'swing', 'off-spin', 'leg-spin' or a variation to try and get the batsman out
- Bowlers must bowl using a circular motion releasing the ball above their head

- 9. Emerging/Growing Sports in the UK** – which sports are new to the UK? How can we make them more popular?
- 10. National Governing Bodies** – What is their role within a sport? What are the key NGB's for each sport?
- 11. Major Sporting Events** – What are they? When and where do they occur?
- 12. Olympic Creed and Olympic Values**
- 13. Current Issues in Sport/Sport in the News** – Linked to new sports, growing sports or a major sporting event occurring
- 14. ME in PE – Couch to 5km and Meden Park Run Challenge** – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE
- 15. Sporting Values – Excellence** – Linked to Role Models and demonstrating excellence within a sport
- 16. Sporting Values - Tolerance and Respect**
- 17. Sporting Values – Fair play**
- 18. Sporting Values – Teamwork and Inclusion**
- 19. Sporting Values - Citizenship**
- 20. ME in PE – Couch to 5km and Meden Park Run Challenge** – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE
- 21. Performance Enhancing Drugs** – What are they and why are they taken?
- 22. Gamesmanship and Deviance**
- 23. Sportsmanship and Success of Teams**
- 24. Current Issues in Sport/ Sport in the News** – linked to examples of athletes demonstrating sportsmanship, gamesmanship or taking performance enhancing drugs
- 25. ME in PE – Couch to 5km and Meden Park Run Challenge** – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE
- 26. Money in Sport** – Wage disparity between certain sports and genders. Amateur vs professional sport

<p>Rounders</p> <ul style="list-style-type: none"> - One team bats and the other fields - A batter must run around an area once the ball has been hit - Fielders must try to get the batter out - Some may know a rounder is scored by running around the four bases without stopping - The team with the most rounders wins the game 	<ul style="list-style-type: none"> - The ball must not pass the batsman above waist height without bouncing otherwise it will be classed as a no-ball - The ball must not be too wide of the wickets, particularly down the batsman’s leg side, otherwise it’s classed as a wide - Where a wide or no-ball is bowled, then a run is awarded to the batting team and another ball must be bowled in that over - The bowler must also release the ball before their foot crosses the crease line, otherwise a no-ball is given <p>Positions:</p> <p>Bowler: The bowler is the player who bowls the ball to the batsman, either trying to hit the wickets or get them out</p> <p>Wicket keeper: Stands behind the wicket either to stop the ball if the batsman misses it, catch the ball if the batsman edges it, or stump the batsman if they leave their crease.</p> <p>Fielder: Fielders stand either in the slips or outfield and are there to stop the ball and stop the batsman scoring runs. They can get a batsman out by catching the ball or running the batsman out.</p> <p>Batsman: Aim is to score runs and not get out. They score runs by hitting the ball with their bats or gloves.</p> <p>Rounders</p> <ul style="list-style-type: none"> - Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time. - One team bats while the other team fields and bowls. - The bowler bowls the ball to the batter who hits the ball forward on the Rounders Pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for. 	<ul style="list-style-type: none"> 27. Technology in Sport – How has it advanced? Advantages and Disadvantages 28. Gender in Sport – challenging stereotypes in sports as the player, official or manager 29. Paralympics and Disabled Sport – examples of sports and accessibility 30. Race and Equality in Sport – examples of campaigns within sports – Kick it out campaign and RESPECT 31. LGBTQ - Pride Sport – their role in challenging LGBTQ phobia in sport 32. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE 33. Diet and Nutrition 34. Skeletal and Muscular System 35. Cardiovascular System 36. Respiratory System 37. Assessing Risk in Sport 38. Sporting Injuries 39. Current Issues in Sport/ Sporting News – linked to injuries, new science, diet, nutrition etc 40. ME in PE – Couch to 5km and Meden Park Run Challenge – Students are introduced to two free activities that they can get involved in. Designed to improve physical, social and mental health within PE
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- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores $\frac{1}{2}$ a Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder.
- The batter will have one good ball bowled to them.
- Batters can use 2 hands if they wish.
- Batters can take a no ball and score in the usual way, but once you reach 1st post you cannot return. You cannot be caught out or stumped out at 1st post on a no ball.

A No Ball will incur if:

- The ball is not thrown in a smooth underarm action.
 - The ball is above the batters head or below the batters knee.
 - The ball bounces on the way to the batter.
 - The ball is thrown wide or straight at the batters body.
 - The Bowler's foot is outside the square during the bowling action.
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- If a batter stops at a post, they must keep in contact with the post, with hand or bat. If they don't, the fielding side can stump the following post to put the batter out.
 - Batters can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped).
 - When the bowler has the ball in the bowling square a batter cannot move on, but if they are between posts they can carry on to the next.
 - There cannot be two batters at a post. The umpire will ask the first to run on when the second makes contact.
 - When at a post, the batter does not have to move on for every ball bowled.
 - Once in contact with the post, a batter may turn the corner over the 2 metre line.
 - Batters can move on as soon as the ball leaves the Bowler's hand, including no balls.
 - Batters must touch 4th post on getting home.

<p>Softball</p> <ul style="list-style-type: none"> - Softball will be a new sport to all students as it is not taught in primary school. 	<ul style="list-style-type: none"> - If the batter hits the ball and reaches and touches 4th post before the next ball is bowled, the batting team scores 1 Rounder. - If the batter hits a no ball and reaches and touches 4th post before the next ball is bowled, the batting team scores 1 Rounder (you cannot be caught out on a no ball). - A ½ Rounder is scored if the batter reaches 4th post without hitting the ball. - A ½ Rounder is scored if the batter hits the ball and 2nd or 3rd post is reached and touched before next ball is bowled. However, if you continue this run and are put out before reaching 4th post, the score will be forfeited. - A penalty ½ Rounder is scored for an obstruction by a fielder. - A penalty ½ Rounder is scored for 2 consecutive no balls to the same batter. - A penalty ½ Rounder is scored by the fielding team if waiting batters or batters out obstruct a fielder. - A batter can score in the normal way on a backward hit but must remain at 1st post while the ball is in the backward area. - The post a batter is running to is stumped. - The batter is caught out. - A batter overtakes another batter on the track. - A batter deliberately drops or throws their bat. - The batter misses or hits the ball and their foot is over the front or back line of the batting square. - A batter runs inside the posts (unless obstructed). - Side out. - If the batter is ordered to make and maintain contact with the post and refuse to do so. - The batter loses contact with the post; When the bowler has the ball and is in the square (except on an over run). During the bowlers action but before they release the ball. <p>Positions</p> <ul style="list-style-type: none"> - Batter, Bowler, Backstop, 1st Post, 2nd Post, 3rd Post, 4th Post, Deep Fielder, Short Fielder. 	
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<ul style="list-style-type: none"> - Students will be able to retrieve knowledge from Cricket and Rounders and apply it to Softball 	<p>Softball</p> <ul style="list-style-type: none"> - The aim is to hit the ball with a bat and then run around an infield of four bases without being caught, hit or run out. - The in-field should have four bases which form a diamond shape. - The batter stands at home base and the other three bases are first base, second base and third base. - Home plate is where the pitcher stands to throw the ball, and this is located in the center of the field. - There are 9 players on each team. - Typically, a game lasts for 7 innings which is split into two sections called the top and bottom of the innings with each team batting once per innings. - As a rule, the away team bats first at the top of the innings whilst the home team field then switching so that the home team bats at the bottom of the innings. - The batting order cannot be changed once it is set at the start of the game. - Each half of an inning (top and bottom) is played until the fielding team makes three outs. - <i>The fielding team consists of:</i> <ul style="list-style-type: none"> o A pitcher o A catcher o One player on first base o A player at second base o One at third base o Three deep fielders o One playing at short stop - When you are batting you must successfully strike the ball and run around as many bases as possible. - Making a run means you get all the way around and back to home plate without being given out. - Fielding teams will attempt to prevent the run by: <ul style="list-style-type: none"> o Making the batsman miss the ball 	
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- Catching the ball
- Tagging one of the bases before the runner reaches it
- Tagging the batsmen whilst they are running with the ball in hand
- Down the first and third base line is a foul area and the ball is 'dead' with a new pitch restart if it crosses this line before it bounces.
- A home run occurs by hitting the ball over the outfield and into a dead ball area allowing the batters to stroll around the bases to score.
- The pitcher must throw the ball underarm with at least one foot on the plate during the point of delivery.
- A batsman is ruled out if:
 - You are caught by a fielder without the ball bouncing.
 - You miss the ball three times (called strike).
 - You are tagged by a fielder holding the ball whilst running between bases.
- If the pitcher fails to get the ball within the strike zone 4 times without a stroke being made, the batsman can be walked to first base.
- The batsman must successfully first hit the ball and make it around all the bases (without being given out) to successfully score a run.
- One run is scored for every batsman that completes one round.
- A run may also be achieved if the batsmen who hit the ball does not make it round to home plate providing, he gets a player home from one of the bases.