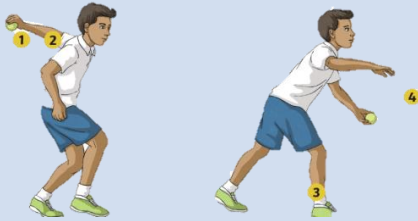


Throwing a ball underarm

Hold the ball in your dominant hand, gripping it with the fingers and thumb.

- Take your throwing arm behind your body and swing it forwards like a swinging pendulum (from behind the body to the front of the body).
- Step forwards, transferring your weight from the back foot to the front foot as you move.
- Release the ball at waist height.



KS2 Strike and Field



Catching a call

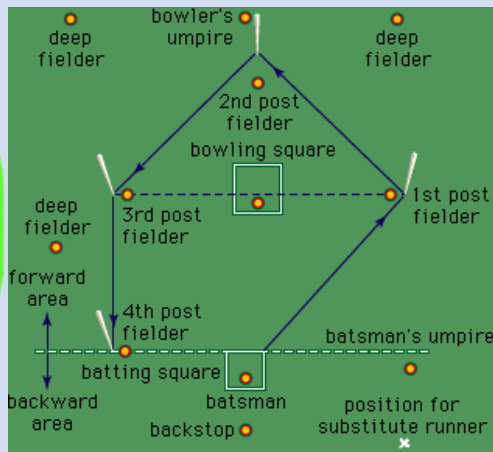
Catching a low ball

- Stand with feet about shoulder width apart.
- Hands together at waist height, little fingers together and fingers pointing down.
- Close fingers around the ball and bring hands (and ball) into stomach.

Catching a high ball

- Position your body so that you are underneath where the ball will land.
- Put hands together, level with your eyes and fingers pointing upwards.
- Close fingers around the ball and bring down into your chest.

Fielding positions



Striking a ball with a bat

- Hold the bat in one hand (rounders) or two hands (cricket).
- As the ball approaches, swing the bat backwards to create momentum when it comes forward.
- When the ball is just in front, begin to swing the bat forward, making sure to keep your eyes on the ball.
- Aim to strike the ball either level or just in front of your body.
- Make sure you remain balanced throughout to ensure you are stable and can maximise the chances of hitting the ball. You can also create more power this way.
- Transfer your weight forward, into your swing as you make contact with the ball.



Throwing a ball overarm

- Stand side on to the target, letting your back leg take the weight.
- Point your non-throwing arm at the target and make sure the same foot as the non-throwing arm is forwards.
- Grip the ball between your fingers and thumb, with your palm facing upwards, and bring your throwing arm up and backwards, with a bent elbow.
- Generate force by moving the legs first, then hips, shoulders and the arms fast and last.
- Transfer your weight from your back leg to your front leg as you release the ball.
- The throwing arm follows through, down and across the body (pretend to put your throwing hand into the opposite pocket, across the body, after the ball is released).

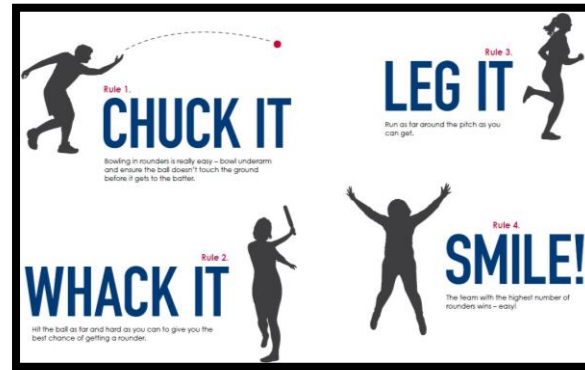


How to perform a long barrier

- Move towards the ball at a controlled speed.
- Get in line with the ball and get your whole body behind the ball.
- As quickly as possible bend both knees and twist sideways so that the knee of your strong leg touches the ground and touches the back of the heel of the other leg.
- Extend arms downwards, spread hands wide with little fingers touching each other.
- Pick up the ball and draw into the body, then stand up ready to make the best decision.



KS3 Strike and Field



Rounders Bowling Action

- Grip ball with index/middle finger and thumb.
- 2 steps in to bowl (opposite arm to leg).
- Hand pointing where you want the ball to go.
- Bent knees.
- If you feel confident try a faster/slower bowl, spin bowl or a donkey drop (Lifted high but drops into the box in correct position).



Strike and Field Sports

- A strike and field game involves a batting team who 'strike' the ball and a bowling side who 'field'.
- Other Strike and field games include Danish Longball, Softball and Baseball.

How to play Cricket

- There are two teams, one bats and the other bowls and fields.
- The batting team bat in pairs, if one is out then another takes their place.
- Batters score runs by travelling between the stumps or hitting the ball to the boundary.
- The bowling side must try to get the batters out.
- They can be caught, bowled, stumped, run out or LBW (leg before wicket).
- Bowlers bowl 6 balls at a time, this is known as an over.

How to play Rounders

- Always run with the bat.
- To score a point you must run around all the bases.
- Don't run on the inside of the bases.
- If you don't hit the ball you still have to run.
- If you hit the ball behind yourself then you can only run to first base until the ball is back in play.
- The bowler bowls the ball underarm.
- The batter tries to hit the ball into spaces around the field, away from the fielders.
- If the batter reaches the 2nd or 3rd base they receive ½ a point.

Cricket Bowling Action

