

Prior Knowledge & Skills— Early Learning Goals

Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.

ELG: Children show good control and co-ordination in large and small movements.

Key Knowledge & Skills

Year 1:

Use hitting skills in a game

Practice basic striking, sending and receiving

Year 2:

Strike or hit a ball with increasing control

Learn skills for playing striking and fielding games


Position the body to strike a ball

Key Vocabulary	
Word	Definition
Strike	The moment when the bat hits the ball
Body position / stance	Body needs to be side-ways onto the ball (where it is coming from)
Follow through	Keep the bat moving in the direction you want the ball to go
Bat	Object used to hit a ball with, for example a cricket bat or rounders bat.
Racket	A flat surfaced object used to hit a ball with, for example a tennis racket or badminton racket.

How to hold a badminton racket



How to hold a cricket bat



Future Learning—KS1 Strike and Field

Year 1:

- Is beginning to demonstrate eye/hand and eye/foot co-ordination.
- Roll or throw a ball accurately.
- Begin to catch larger balls with one or two hands.
- Begin to show control and accuracy with apparatus.
- Is aware of personal space and can identify personal space to move into.

Year 2:

- Demonstrates eye/hand and eye/foot coordination, and uses this to control a ball.
- Strike or hit a ball with increasing control, positioning the body appropriately.
- Throw a ball underarm
- Catch a large ball with one or two hands
- Be aware of the space around you and the space of others and begin to use this to choose suitable spaces.