

*The blue italic writing  
is GCSE PE content*



## Highsted Knowledge Organiser

### Physical Education

#### Year 7 Striking Games

#### What I need to know:

Can perform a range of skills and tactics in attack and defence in isolation and within conditioned practices and competition.

- Rounders and cricket

Warm up, stretching, drills and practices, conditioned games, competitive games, cool down and analysis

#### Key Vocabulary:

Striking games

Rounders

Cricket

Drills and practices

Outwitting opponents

Bowling

Throw and catch

Stumping

Base

Batting, bowing and back stop



#### Student reference point:



*Watch the following clips rounders skills practices to learn how to refine your skills.*

<https://www.youtube.com/watch?v=smTBrE52Fag>  
Rounders batting skills practice

<https://www.youtube.com/watch?v=veMacwRU9ms>  
Highlights from England V Wales Rounders match

*Watch a cricket match on TV or a rounders match on YouTube to see how professional performers use these skills to outwit their opponents.*



Attend extra-curricular clubs within School to develop skills and fitness further.

Speak to your PE teacher about clubs and gyms in the wider community, we have links to athletics, hockey, cricket, netball, swimming, football and volleyball clubs.

Attend live matches/games if you can as this is a great way to develop knowledge of skills, tactics and strategies



*Can you practice the skills from the videos you have watched from the task above in your lessons or matches to refine your own performance?*



Can you create your own skills drill for either throwing and catching or a batting practice for either rounders or cricket.

**Challenge question:** *In International Cricket what are 'The Ashes'?*

#### Suggested reading:



Rounders by the National Rounders Association  
Rounders: The skills of the game by Alison Lesley