

The blue italic writing is GCSE PE content



Highsted Knowledge Organiser

Physical Education

Year 8 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 & analysis

Key Vocabulary:



Striking games
Rounders
Cricket
Drills and practices
Outwitting opponents
Bowling
Throw and catch
Stumping
Base
Batting, bowling and back stop

Student reference point:



Watch the following clips of elite women cricketers to learn how to refine your skills.

<https://www.youtube.com/watch?v=fbP45L6uWNE>
Top 10 moments from the ICC Women's T20 World Cup 2020

<https://www.cricketworldcup.com/video/all-videos>
Highlights from the Women's Cricket World Cup 2022

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

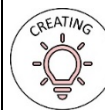


Attend extra-curricular clubs within School to develop skills and fitness further.

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 striking game? What would the pitch look like? Bases? What implements would you use?

How would the scoring work?

Challenge question: *Research who are the elite performers or role models for a striking game of your choice. (Cricket may be the easiest option)*

Suggested reading:

Ultimate Cricket Superstars by Tanya Aldred and Matt Oldfield
101 Youth Cricket Drills by Luke Sellers

