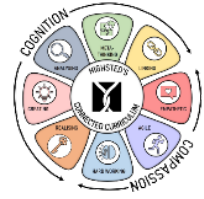







*The blue italic writing
is GCSE PE content*



Highsted Knowledge Organiser

Physical Education

Year 9 Striking Games

<p>What I need to know:</p> <p>Can perform a range of skills and tactics in attack and defence in isolation and within conditioned practices and competition.</p> <ul style="list-style-type: none"> Rounders and cricket <p>Warm up, stretching, drills and practices, conditioned games, competitive games, cool down and analysis</p>	<p>Key Vocabulary:</p> <p>Striking games Rounders Cricket Drills and practices Outwitting opponents Bowling Throwing and catching Stumping Base Batting, bowling and back stop</p> 
<p>Student reference point:</p>	
 <p>Watch the following clip explaining the rules of cricket. Can you now take on an official role as an umpire in a cricket game in your next lesson.</p> <p>https://www.youtube.com/watch?v=Vwll4y5vpy</p>	 <p>Attend extra-curricular clubs within School to develop skills and fitness further.</p> <p>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</p>
 <p>Watch a cricket match on TV to see how professional performers use these skills to outwit their opponents. Then compare yourself to an elite performer in a chosen skill.</p>	 <p>Highlights from the Women's Cricket World Cup 2022 Compare your technique to an elite performer.</p> <p>https://www.cricketworldcup.com/video/all-videos</p>
<p>Challenge question: Research who are the elite performers or role models for a striking game of your choice. (Cricket may be the easiest option)</p>	
<p>Suggested reading:</p>	
<p>https://www.realbuzz.com/articles-interests/sports-activities/article/beginners-guide-to-cricket-rules/ Beginners guide to Cricket rules Ultimate Cricket Superstars by Tanya Aldred and Matt Oldfield 101 Youth Cricket Drills by Luke Sellers</p>	