

**Summerfield Education Centre – Covid 19 catch up from summer curriculum for September 2020**

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| *Subject area:* **PE** *Key fluency learning year group:* **Years 7-9 *(KS3)*** *Before moving onto:* **Hockey *(Autumn Term)*** |

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| **\*** | ***Cricket*** |
| 1. | Ball Familiarization e.g. individual, partner & team work and fun games involving the ball |
| 2. | Throwing and Catching e.g. underarm, overarm, throwing for distance & accuracy, games involving throwing & catching, work on accuracy and distance |
| 3. | Batting & Bowling e.g. grip, stance, swing, timing of the ball, introduce rounders balls, pendulum action, speed |
| 4. | Fielding and deep fielding e.g. stopping the ball, collecting, retrieving the ball, decision making, accuracy, power of the ball |
| 5. | Mini-Games e.g. sportsmanship, team work, match competition, mass participation, enjoyment |
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| **\*** | ***Athletics*** |
| 1. | Throwing e.g. throwing for distance, throwing with control,  |
| 2. | Sprint speed and relay take over e.g. running, sprinting, starting, racing |
| 3. | Hurdles e.g. running, sprinting, take off, flight, landing |
| 4. | Long jump e.g. jumping to your maximum, jumping for height, jumping for distance |
| 5.  | High jump e.g. jumping to your maximum, jumping for height, jumping for distance |