

Robins

Physical Education

Summer 2

Net and Wall

Striking and Fielding

Key Vocabulary	Definition
Net and Wall	
defend	To protect one's goal or wicket rather than attempt to score against one's opponents
ready position	The ready position is standing with feet shoulder width apart and knees bent.
receive	The moment a player gets possession of the ball. Usually, this is a result of a deliberate pass by a teammate. But receiving happens through random events too.
return	To send the ball back to your partner after you have received it.
underarm throw	To throw the ball with the hands moving below the shoulder and past the hip. This type of throw is used for accuracy.
Striking and Fielding	
backstop	The person who stands behind the batter to receive the ball if the batter misses it.
batter/batting	The batter (noun) is the person who is batting (verb). To hit a ball, thrown by a bowler, with a bat in order to score points.
bowler/bowling	The bowler (noun) is the person who is bowling (verb) the ball towards the batter.
collect	To retrieve a ball and return it to the field of play.
fielder/fielding	The fielder (noun) is fielding (verb). The fielder returns the ball to the field of play and tries to get the batter out.
out	To no longer be able to bat because to you have been got out by the opposing team. This could be by being caught out, being stumped out or being run out.
stump	Each of the three upright pieces of wood which form a wicket.

Sending:

Face your body towards your target when sending to help you balance.

Look at your partner before sending the ball.

Point your hand or foot towards your target when sending the ball.

Receiving:

Watch the ball as it comes towards you

Track the ball as it comes towards you

Cushion the ball as you receive it.



Striking

The batter is the person who hits the ball and tries to score.

Striking the ball quickly will increase the power.

Fielding

There are different roles on a fielding team such as a fielder, a bowler and a backstop or wicket keeper. Move towards the ball to collect it to limit a batter's points.

Throwing

Stepping with your opposite foot to throwing arm will help you to balance.

Use wide fingers and pull the ball into your chest to help you to securely catch.