



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Overarm Throwing

How to perform the Perfect Overarm Throw:



Stand sideways, looking at the target, with your throwing arm behind your head.



Swing your throwing arm forward and release the ball with your chest facing forward.



Swing your throwing arm over your body, behind your opposite hip.

PE Summer: Year 4 Striking & Fielding

Key Skills

To develop throwing a ball underarm and overarm with different power and trajectory.

To strike a ball towards a target using Cricket and Rounders bats.

To develop control when striking a still or moving ball after one bounce.

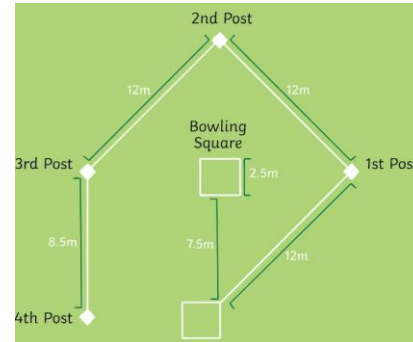
To identify how you can strike the ball further while batting.

To recognise the correct way to stop a moving ball.

To develop and choose simple tactics when playing a game.

Equipment

Wickets
Stumps and bails
Posts
Cricket balls
Rounders balls
Bats
Rebound net



Key Vocabulary for Rounders

First base	The first base that you run around.	✓
Second base	The second base that you run around. If the batter makes it to second base on there hit 1 point is awarded.	
Third base	The third base that you run around.	
Forth base	The forth base that you run around. If the batter makes it to forth base on there hit 3 points is awarded.	
Batter	The batter has one good ball to hit the ball and run around as many bases as possible	
Bowler	The bowler bowls an underarm ball to the batter. Without the ball bouncing the ball must pass the batter between waist and shoulder height.	
Back stop	Is the fielder who stands behind the batter. The back stop tries to catch the ball and throw the ball back to the base fielders to run them out.	

Ways of getting out in Cricket

Bowled



Caught



Hit wicket



Run out



Stumped

