



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

Catching & Throwing

Good tips for Catching and Throwing

Squeeze the ball as you catch it to make sure you keep hold of it.



Throw to head height.

Look at the ball.

Bend your elbows and bring them in as you catch.

Spread your fingers wide. Keep your hands together and cupped.

Move to catch the ball.

Bend your knees.

Challenge yourself by:

- If you can catch the ball, try clapping before catching it or turning in a circle.
- Try catching the ball with your other hand!

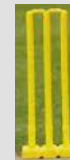
PE Summer: Year 1 Striking & Fielding

Key Skills

- I can roll a ball towards a target.
- I can stop and sometimes catch a medium sized ball.
- I can track a ball.
- I know how to score points.
- I can push a ball using my hand and an object.

Equipment

Cricket bat
Rounders bat
Stumps
Tennis balls
Cones
Rebound net



Key Vocabulary

Underarm throw	Throwing a ball in a forward motion keeping your arm below your waist.	✓
Overarm throw	Throwing a ball in a forward motion making sure your arm is above your head.	
Target	Something you are aiming at.	
Roll	Making a ball travel along the ground in a forward motion.	
Bowl-shaped hands	The position you should have your hands when about to catch a ball – like a bowl.	
Stumps	The three vertical posts that stand at either end of a pitch. The bowler is aiming to hit them with the ball.	



How to score points in Striking & Fielding Games:

When striking the ball, hit it into an open space.

Run as quickly as you can..

Continue running until you are required to stop..