

National Curriculum – Physical Education

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic
- Principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Skills

What are some skills highlighted within Cricket?

Batting skills:

- Holding the bat correctly (basic grip).
- Stance and balance at the crease.
- Watching the ball closely.
- Simple front-foot shots (like a forward defensive or gentle push).
- Running between the wickets safely (calling “yes”, “no”, “wait”).

Bowling skills

- Basic overarm bowling action.
- Learning to release the ball straight (aiming for underarm throws first, then overarm).
- Understanding where to stand when bowling (run-up basics).

Fielding skills

- Catching with two hands (soft hands, watching the ball).
- Underarm throws for short distances.
- Overarm throws for longer distances.
- Stopping the ball with hands and body (long barrier).
- Working as a team in the field.

General / Game skills

- Awareness of the basic rules (boundaries, runs, wickets).
- Teamwork and communication (calling when batting, backing up throws).
- Spatial awareness (knowing positions in the field).
- Respect, sportsmanship, and playing safely.

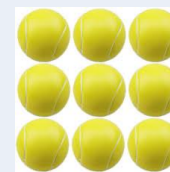
Equipment used:



Cricket bat, balls and stumps



Cones



Soft Balls

Vocabulary

- Bat** – the stick used to hit the ball.
- Run** – when batters run to score points.
- Wicket** – the stumps and bails the bowler aims at.
- Crease** – the line batters stand behind.
- Ball** – what the bowler bowls.
- Overarm** – throwing the ball over the shoulder.
- Bowler** – the player who delivers the ball.
- Catch** – stopping the ball in the air.
- Throw** – sending the ball to a teammate or stumps.
- Fielder** – the player in the field trying to stop runs.
- Teamwork** – working with teammates.
- Boundary** – the edge of the field; hitting here scores more runs.
- Out** – when a batter is dismissed.
- Safe** – when a batter reaches a crease without getting out.

Striking, Fielding and Net Games | Cricket | PE | Years 3 & 4 | Autumn Term 1 2025-26

Key Learning: To understand and develop skills in catching, throwing, bowling, batting, fielding, attacking, and playing the game.

1	Batting the ball stationary We are learning how to hit a stationary ball into space using the straight drive, practice retrieving and throwing the ball accurately as a fielder and understand how fielders work together as a team to stop batters from scoring runs.
2	Bowling We are learning to bowl an underarm ball accurately at a target, develop consistency when bowling during a game, and work together as a team to return the ball to the bowler
3	Applying Simple Tactics We are learning to use correct footwork to strike a bowled ball, apply simple tactics to choose where to hit, and score runs. We are also learning to stop a moving ball consistently using the long barrier technique, collect and return the ball accurately, and work as a team to stop and pass the ball in the field.
4	Throwing over long distances We are learning to throw the ball over longer distances using an overarm throw, understand when it is appropriate to throw over longer distances, and follow the rules of the modified game fairly
5	Using fielding accurately We are learning to perform as a wicketkeeper by using accurate throws to return the ball from the field, striking a bowled ball to score runs for the team, and suggesting ways to improve our own and others' play.
6	Tactical Understanding We are learning to anticipate when to run to score singles by watching the ball carefully, communicating and working closely with a partner, running at speed when it is safe, and making smart decisions to avoid being run out, helping our team score more runs.
7	Fielding (use of interceptions) We are learning to intercept a moving ball with one hand by tracking the ball over varying distances, stopping runs during game situations, and working with our teammates to return the ball accurately in the field.