

Autumn 1- PE Knowledge Organiser Rolling, stopping, catching (Cricket)

Ready position: Helps give you the best opportunity to catch and/or stop the ball.
On your toes with body weight slightly forward and hands ready.



Short / Long Barrier: A way of stopping the ball with one hand or two. You can also put your leg down to make a long barrier. This helps stop the ball from going through your legs!

Don't be a frog!



Releasing the ball: Throwing accurately by releasing the ball at the right time. This will help the ball travel high, low, to the side or at the target.

Hand Position: Used for catching and stopping. Two hands together with no big gaps so the ball cannot go through.



Cricket: A bat and ball game played on a wicket between two teams of 11. Played since Medieval times
Matches played in various forms
20twenty,
1- day and test



Vocabulary: Definition:

Catch	Stopping a moving object without it touching the ground and keeping hold of it.
Roll	Sending a ball towards the target across the floor.
Fielding	Moving yourself, stopping, catching and throwing the ball.
Short/long barrier	A way to stop and pick up the ball.
Overarm throw	Used when throwing a long distance.
Underarm throw	Used when throwing a short distance.
Ready position	A starting position to give you the best chance to get the ball.
Releasing the ball	The point when the ball leaves your hand.