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!





Vocabulary:



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.

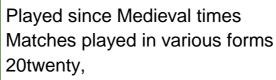
Hand Position:

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



A bat and ball game played on a wicket between two teams of 11.

Don't be a frog!



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.

Dofinition: