

INTRO TO STRIKING & FIELDING

EDSTART
PE CURRICULUM

KEY RULES

Game Basics: This unit introduces children to simple striking and fielding games that build coordination, timing, and teamwork. Pupils learn how to strike a stationary or moving ball, work together in teams, and understand basic scoring and fielding rules.

Striking Skills: Children learn to hold a bat or racket safely, standing side-on with eyes focused on the ball. They practise hitting from self-feeds, cones, or gentle throws using smooth, controlled swings. Accuracy and control are more important than power. Activities include "Beat the Ball," "Target Hit," and "Fetch the Ball," which encourage timing and safe striking technique.

Fielding Skills: Children learn to watch the ball carefully, move behind it, and collect it safely using two hands. Fielders practise rolling, stopping, and underarm throwing to a partner or target. Games like "Skimming Stones" and "Incoming" build teamwork and reaction skills. Pupils begin to understand how fielders can work together to stop runs and return the ball quickly.

Team Play: Through simple team games such as *Danish Longball*, children practise hitting, running to safe zones, and returning to base before the fielders can stop them. Each team has chances to bat and field, learning how to take turns, follow rules, and support each other.

Fair Play and Safety: All players must hold bats carefully, keep eyes on the ball, and wait for turns. Teachers should ensure safe distances between groups and use soft equipment for confidence building. Emphasis is placed on effort, sharing, and having fun together.

NATIONAL GOVERNING BODY (NGB)

England and Wales Cricket Board (ECB): ecb.co.uk

Cricket Scotland: cricketscotland.com

Cricket Ireland: cricketireland.ie

Rounders England: roundersengland.co.uk

Rounders Scotland: roundersscotland.org

Rounders Wales: rounderswales.com

GAA Rounders (Ireland): gaarounders.ie