

## Cricket Curriculum map

Year 7	Year 8	Year 9	KS4
<p>Ball familiarisation and perform the correct catching technique. Perform an underarm and overarm throw <b>(fielding)</b> in an isolated practice.</p> <p>(2) Select and apply the correct throw correctly (1,2,3) <b>A</b></p> <p><b>Health (3)</b> Nutrition-components of good nutrition</p> <p><b>Character</b> (4) Character: Determination Curiosity Kindness and positivity Inclusion</p>	<p>Perform the basic fielding techniques (underarm / overarm throw) in a game situation with some degree of accuracy. (1)</p> <p>Develop communication skills through game play. (2,) <b>A</b></p> <p><b>Health (3)</b> Know the different nutrients that make up a balanced diet</p> <p>Know the role of carbohydrates in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Outwitting opponents with the placement of the ball during a game e.g. which throw is the best option. (1,2) <b>A</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Develop creative thinking and leadership skills during game play, in order to aid the fielding quality of the team. (1,2,3) <b>Health (3)</b> (3) Know what carbo loading is</p> <p>Know what timing of protein intake is</p> <p>Know the correct nutrition intake to maintain a healthy weight</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>

<p>Perform the correct technique for a short and long <b>barrier</b> in an isolated practice. (1,2,3) <b>D</b></p> <p><b>Health (3)</b> Nutrition-components of good nutrition</p> <p><b>Character</b> (4) Character: Determination Curiosity Kindness and positivity Inclusion</p>	<p>Perform a short and long barrier effectively based on the situation e.g. which is the best barrier to use based on the speed of the ball. (1,2,3) <b>D</b></p> <p><b>Health (3)</b> Know the different nutrients that make up a balanced diet</p> <p>Know the role of carbohydrates in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Perform a short and long barrier in a pressurized, game situation with accuracy. (1,2,3) <b>D</b></p> <p>(3) Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Able to position your body in the most effective way to ensure the next action is performed accurately and with precision e.g. running onto the ball, performing a short barrier and an overarm throw to a base in one, smooth action. (1,2,3)</p> <p>(3) Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>
<p>Perform the correct <b>bowling</b> technique in an isolated practice. This can be from a standing position or run up.</p>	<p>Incorporate the correct bowling technique in a pressurised situation. Recognise the rules associated with bowling e.g.</p>	<p>Perform the correct bowling technique incorporating power and disguise into the action. (1,2,3) <b>B</b></p>	<p>Analyse and identify a legal bowling technique whilst umpiring e.g. is it above the knee and below the shoulder.</p>

<p>(1,2,3) <b>B</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>front foot and line, bowling arm must remain straight. (1,2,3) <b>B</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p><b>(3)Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Be able to attempt off and leg spin bowling. (1,2,3)</p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>
<p>Perform the correct <b>batting</b> technique for a shot to square leg in an isolated practice. (1,2,3) <b>C</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p>	<p>Perform the correct <b>batting</b> technique for a shot to square leg and cover drive in an isolated practice. (1,2,3) <b>C</b></p> <p><b>(3)Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination</p>	<p>Perform the correct <b>batting</b> technique for a shot to square leg, cover drive and offside in an isolated practice. (1,2,3) <b>C</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination</p>	<p>Perform the correct <b>batting</b> technique for a shot to square leg, cover drive, offside drive in competitive games. (1,2,3)</p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination</p>

<p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Curiosity Kindness and positivity Inclusion</p>	<p>Curiosity Kindness and positivity Inclusion</p>	<p>Curiosity Kindness and positivity Inclusion</p>
<p>Ability to <b>outwit</b> an opponent in a game situation using a range of batting, bowling and fielding techniques. (2) <b>E</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Recall the skills needed Use a variety of tactics based on the opposition to outwit an opponent. (2) <b>E</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Develop decision making and tactical thinking to outwit opponents during games based activities. (2) <b>E</b></p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>	<p>Ability to correctly umpire and score a game of cricket. (2)</p> <p><b>(3) Health</b> Know the role of carbohydrates, proteins and fats in sport</p> <p><b>(4) Character:</b> Determination Curiosity Kindness and positivity Inclusion</p>

**Key concepts: (referenced by a number above for lessons)**

These will be taught through cricket and have been referenced in the curriculum map. The knowledge in these 3 areas will develop over time.

1. PE-**Motor competence**- students will develop hand eye coordination to bat, field and bowl in cricket
2. Sport-**Rules, strategies & tactics**- students will develop an understanding of the rules of cricket when bowling, batting and fielding. Students will be taught different shots, types of bowls and fielding techniques in order to apply strategies to outwit an opponent.
3. Health -**Healthy participation**- students will develop their muscular endurance, speed, agility and upper body power. Lessons will increase HR in the ST and this will have a positive impact on health in the LT. For some student's participation in lessons will encourage students to attend the cricket extracurricular club and represent the school team. The following themes will be threaded through the summer terms block of work: Anaerobic and aerobic exercise, Nutrition, Energy Balance, Overcoming barriers to participation
- 4: Character-Determination, curiosity Kindness and positivity, inclusion will be interleaved into lessons during specific blocks of work