



# TOP Games

## Striking and fielding

### Sending and receiving

- 1 Catch
- 2 Catch them out
- 3 Target throw

### Running with a bat and fielding

- 4 Quick runs and safe catching
- 5 Get them out

### Bowling

- 6 Target bowling
- 7 There and back

### Small sided games

- 8 Chain gang
- 9 Strike
- 10 Run and return



## **S** Space

Where is the activity happening?	<b>Direction</b> <b>Pathways</b> <b>Area</b> <b>Distance</b>	Forwards, backwards, sideways. Straight, diagonal. More/less, free/defined, environment, surface, in/outdoor. Short/medium/long between points/people.
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## **T** Task

What is happening?	<b>Rules</b> <b>Roles</b> <b>Targets</b> <b>Actions</b>	More/fewer. Allocate specific roles or rotate. More/fewer, closer/further away, score points, larger/smaller. Underarm/overarm bowl/throw, specific/free-choice.
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## **E** Equipment

What is being used?	<b>By type</b>	<b>By varying</b>
	Balls Bats Cones Rubber lines Hoops	Size Shape Colour Texture Weight

## **P** People

Who is involved?	<b>People working:</b>	<b>People with:</b>	<b>People in:</b>
	independently in groups in pairs in teams with friends.	different/same roles different/same ability different/same size.	own space big spaces small spaces restricted space open space.

# Striking and fielding games...

## Catch

1



### How to play

- ▶ Two teams of three.
- ▶ Divide the area into three.
- ▶ Play a throw-catch game. The ball can only bounce once before the other team catches it.
- ▶ Throw underarm only and below head height.
- ▶ The ball must bounce above knee height and should not land in the middle area.
- ▶ One point for each time the ball bounces twice in the opponents' area.
- ▶ When playing with playground markings, if the ball lands in a numbered area the team scores that number of points.

### STEP

- S** Larger/smaller court.
- T** Two bounces/one bounce/no bounce.
- E** Lighter/softer ball/more than one ball.
- P** Even/uneven teams.

**Safety:** Give vulnerable players their own zone. Ensure different groups are playing in the same direction and leave enough space between them. Be careful when collecting loose balls.

**Equipment:** Balls. Safety markers. Appropriate playground markings.

## Skills

## Example

### Thinking Me

Plan	What is the best way to cover all the space? Why?
Predict	Where would be the best place to throw the ball? Why?
Explore	Which different throws can you use to outwit your opponent? Explain why they are successful.
Evaluate	How can a team defend effectively?

### Social Me

Communicate	What techniques can you use to ensure that only one of you tries to catch the ball?
Take turns	What can you do to ensure that everyone is equally included in the game? Why is this important?
Collaborate	How can you work together to try to outwit your opponents?
Praise	How does celebrating each other's achievements help the whole team?

### Healthy Me

Understand the effect of exercise on breathing	What happens to your breathing when exercising? Why?
Understand how to warm up	How could you use this game to gradually warm up?
Understand the importance of warming up	How should you feel after warming up?
Cope with success	Why might you want to be sensitive to the other team when you are celebrating your success?

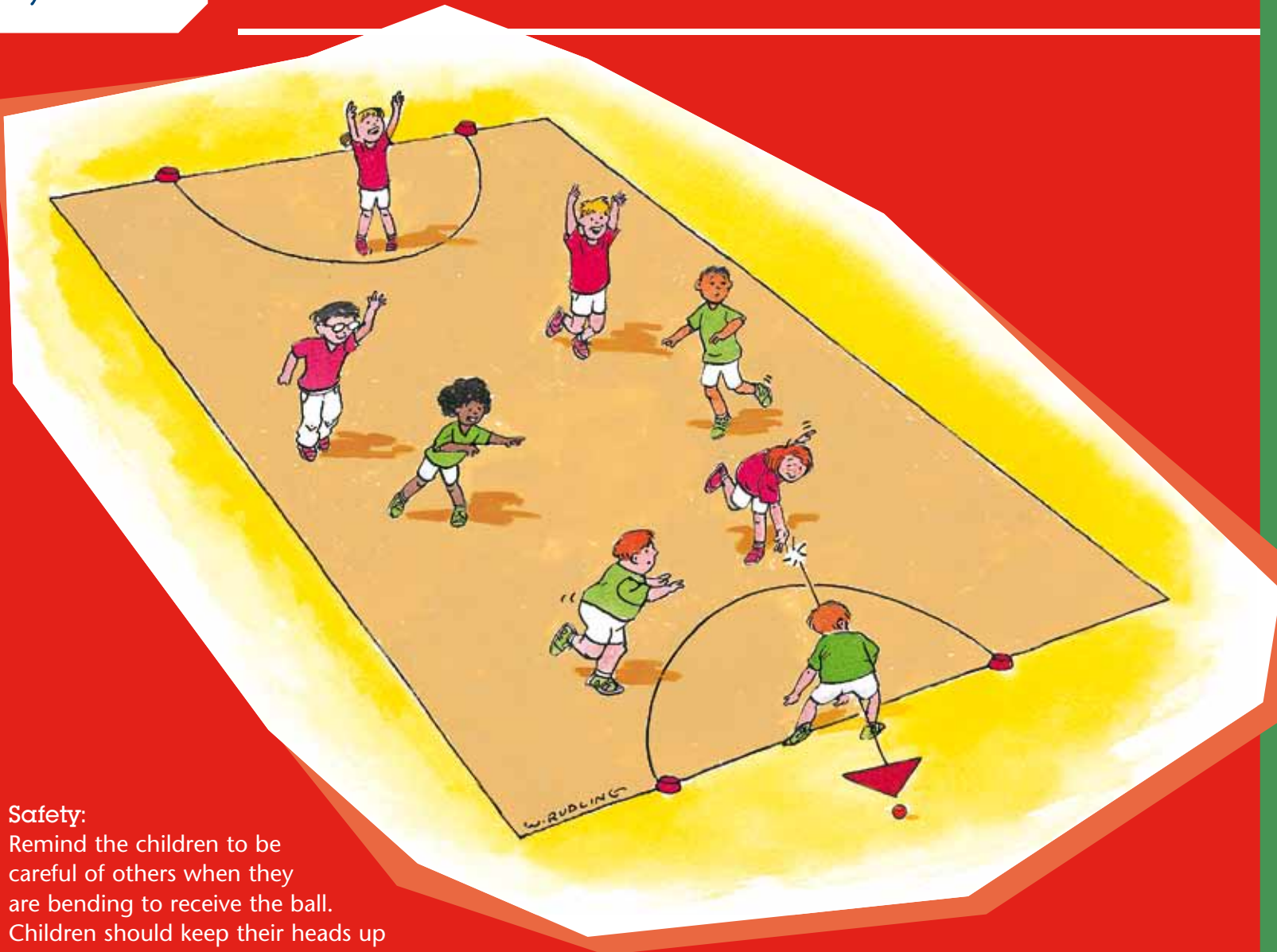
### Physical Me

Move with agility	How can you move to catch the ball before it bounces twice?
Maintain balance	What is the best position to take in order to make an explosive start?
Co-ordinate actions	How might you ensure that you successfully receive a ball?
Improve accuracy/fluency/control/consistency	How might you stop the ball with your hands?

# Striking and fielding games...

## Catch them out

2



**Safety:**  
Remind the children to be careful of others when they are bending to receive the ball. Children should keep their heads up as much as possible. Ensure that players are aware of each other's movement capabilities.

**Equipment:** Safety markers. Tennis, foam or airflow balls.

### How to play

- ▶ Two teams of four to five including a goalkeeper.
- ▶ Pitch with two wide goals.
- ▶ Players roll the ball to each other and try to score by rolling the ball through the opposition's goal.
- ▶ Players must not run when they have the ball, but may pivot.
- ▶ The ball can be intercepted but no contact is allowed.
- ▶ Players must not use their feet to stop the ball. Penalty for deliberate use of the feet.
- ▶ The goalkeeper is the only person allowed in the goal area and should stay in it.

### STEP

- S** Area smaller/larger.
- T** Roll/ bounce/throw/catch one handed.
- E** Slower/quicker ball.
- P** Even/uneven teams.

## Skills

## Example

### Thinking Me

Plan	What are the strengths of the other team?
Make reasoned decisions	What do you need to practise? Why
Explore	What is the most effective way to catch the ball? Why?
Create	What other rules could you apply to this game?

### Social Me

Involve everyone	What can you do to ensure that everyone is involved?
Praise	How can you congratulate your team-mates for making a good pass, a good suggestion, scoring a goal etc.?
Take turns	When is it fair to swap who takes on the role of goalkeeper? Why?
Support	What is the best way to respond if a team member misses the ball? Why?

### Healthy Me

Understand the importance of cooling down	How should you feel after cooling down?
Understand how to cool down	What should a cool down include?
Design a cool down	What activities could you do that gradually reduces heart and breathing rate?
Be positive	What did you do well and what were you good at?

### Physical Me

Move with agility	When taking on the role of goalkeeper how will you move to ensure you defend as much of the goal as possible?
Maintain balance	What is the best body position when you are taking a shot?
Co-ordinate actions	Which is the best way to receive the ball?
Improve accuracy/fluency/control/consistency	What will you need to consider when taking a shot at goal?

# Striking and fielding games...

## Target throw

3



**Safety:** Ensure beanbags are being thrown sensibly and limit the number of beanbags initially.

**Equipment:** Beanbags. Large target balls. Small balls. Playground markings.

### How to play

- ▶ Two small-sided teams.
- ▶ Throw balls or beanbags to hit large balls in the middle until they cross the end-line.
- ▶ One point for each direct hit of the target ball.
- ▶ One point each time the target ball gets half way across the opponents' area.
- ▶ Five points for crossing the other team's end line.

### If playing with wall or floor targets:

- ▶ Two teams of two take it in turns to see who can score the most points in 12 throws each.

### STEP

- S** Additional scoring line/end lines further away.
- T** Roll/underarm throw/overarm throw.
- E** Larger and/or more targets/smaller target.
- P** Team closer/further way from target.

## Skills

## Example

### Thinking Me

Analyse	Which is the best position to stand in when throwing and why?
Make a reasoned decision	Where would you place the members of your team? Why?
Review	How did your team perform and how could you all improve?
Evaluate	What technique did someone use that was effective? Why was it so effective?

### Social Me

Communicate	How will you communicate to your team members that you want to retrieve the ball? Why is this important?
Empathise	When should you offer advice to a team member. Why is it important to consider this?
Respect others	How can you acknowledge the efforts of the losing team? Why is this important?
Motivate	How did you motivate your team members? What effect did it have?

### Healthy Me

Understand intensity	Which game made you feel like you'd worked harder and why?
Identify what they enjoy about different activities	Which did you enjoy most, playing as part of a team or alone? Why?
Understand the importance of warming up	Identify the muscles you would have to warm-up before playing this game. Why did you choose these?
Resolve conflict	If there is disagreement about whether the ball crossed the line how might the teams resolve this?

### Physical Me

Move with agility	Describe the technique you use to retrieve the ball as quickly as possible. Why does this work?
Maintain balance	Explain how you maintain balance as you retrieve the ball. Why is this important?
Co-ordinate actions	Describe the sequence of your body parts as you throw the ball. Why do you move them in this order?
Improve accuracy/fluency/control/consistency	What is the best place to hit the ball into? Why?



# Striking and fielding games...

## Quick runs and safe catching

4



**Safety:** Ensure there is enough space between the groups and at each end of the running area.

**Equipment:** Safety markers, balls, wickets and/or posts.

### How to play

- ▶ Two teams of four.
- ▶ Set up the activity as shown using wickets for cricket or bases or posts for baseball, rounders and softball.
- ▶ Batters need at least two bats and one wicket or suitable target. Fielders need three cones and one ball.
- ▶ One umpire for each station. Batting umpire calls play.
- ▶ Three fielders throw a ball around a triangle to complete 20 catches.
- ▶ The fielder who makes the 20th catch throws the ball to bounce once in front of the wicket-keeper. Wicket-keeper catches the ball, touches the wicket and shouts 'stop'.
- ▶ Fielding umpire counts the number of catches and on the 20th shouts '20'.
- ▶ Batters run one at a time, there and back, to score two runs.
- ▶ Batting umpire counts the number of runs or rounders, discounting any if the bat does not slide over the crease or touch the final post.
- ▶ Each team has a go at fielding and batting.

### STEP

- S** Reduce/increase distances.
- T** Decrease/increase number of catchers.
- E** Softer, lighter ball/harder, faster ball.
- P** Even/uneven teams.

## Skills

## Example

### Thinking Me

Investigate

Which type of throw is the most accurate when thrown fast? Why?

Plan

How will you manage the change-over when batting?

Solve problems

How could you maintain your speed when running past a base?

Evaluate

What changes do you need to make to the batting order? Why?

### Social Me

Empathise

What do you need to consider when deciding how fast to throw the ball? Why?

Communicate

How can you communicate that you are ready to catch the ball?

Negotiate

What different ways are there of allocating roles?

Take turns

How you will ensure that everyone has a turn at batting and fielding? Why is this important?

### Healthy Me

Understand intensity

Why does your heart beat faster in some roles?

Identify how to be more physically active

When could you play this game outside of the PE lesson?

Understand the effects of exercise on temperature

Why does the skin sometimes get moist when playing?

Be resilient

If your team lost, how did you prepare for the next game?

### Physical Me

Move with agility

What do you use to help you run fast?

Maintain balance

Explain your body position when you are ready to receive the ball?

Co-ordinate actions

In what order do you move your hands and arms when catching the ball?

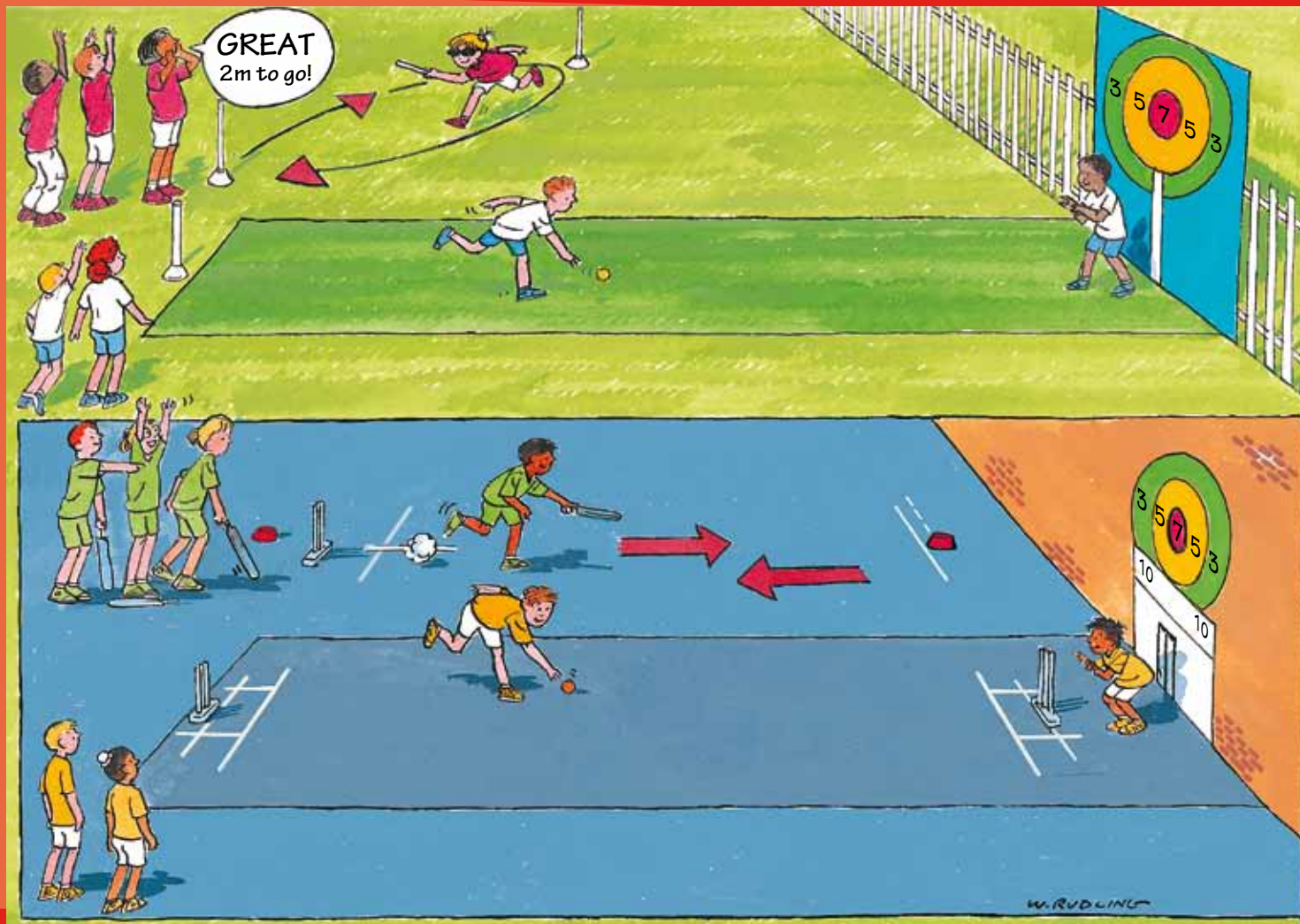
Improve accuracy/fluency/control/consistency

What can you do to improve the accuracy of your throw?

# Striking and fielding games...

## Get them out

5



**Safety:** Ensure all groups are working in the same direction side by side. Wicket-keeper should have gloves if using a kwik cricket ball.

**Equipment:** Wickets. Safety markers. Tennis, rounders or kwik cricket balls.

### How to play

- ▶ A running area with two creases and one set of wickets. Maximum 12m long.
  - ▶ A fielding area with one set of wickets. Maximum 16m long.
  - ▶ One team running between the wickets. One team fielding with a wicket-keeper.
  - ▶ Each batting team starts with 10 runs.
  - ▶ The wicket-keeper rolls the ball 6-12m into the fielding area. As soon as the ball is rolled the batter tries to reach the far crease and back.
  - ▶ The fielder runs to collect the ball and tries to hit the wickets or return the ball to the wicket-keeper before the run is complete.
  - ▶ Change the batter after each run and after each batter has had two or three goes, swap roles.
- For baseball, rounders and softball:**
- ▶ Field in the same way using a post and run between posts.

### STEP

- S** Shorten/lengthen area.
- T** Roll ball directly towards fielder/ run two or three runs consecutively.
- E** Larger/smaller target.
- P** Specific roles/fielders can only move once the ball has stopped.

## Skills

## Example

### Thinking Me

Suggest improvements	How can your partner improve their batting skills?
Plan	What skills practice could you use to help improve your accuracy of throwing at a target?
Problem solve	What is the most effective way of picking up a ball and throwing it? Why?
Make a reasoned decision	When it is safe to run? Why?

### Social Me

Support	If a team member misses the wickets how can you make them feel better? Why is this important?
Encourage	In what ways can you encourage your team-mates? What effect will this have on the team's performance? Why?
Listen to others' views	Work with your team to list the most effective placing for the fielders. Why is it important to listen to everyone's views?
Be patient	How did you react when your partner missed the ball? Did this help?

### Healthy Me

Understand intensity	Which role makes you feel like you've worked harder and why?
Understand the health benefits of playing games	How will this game help keep your body healthy?
Be committed	Devise a personal improvement plan. What will be the specific benefits of following your plan?
Take the initiative	Decide which order you are going to bat in. Why did you make this choice?

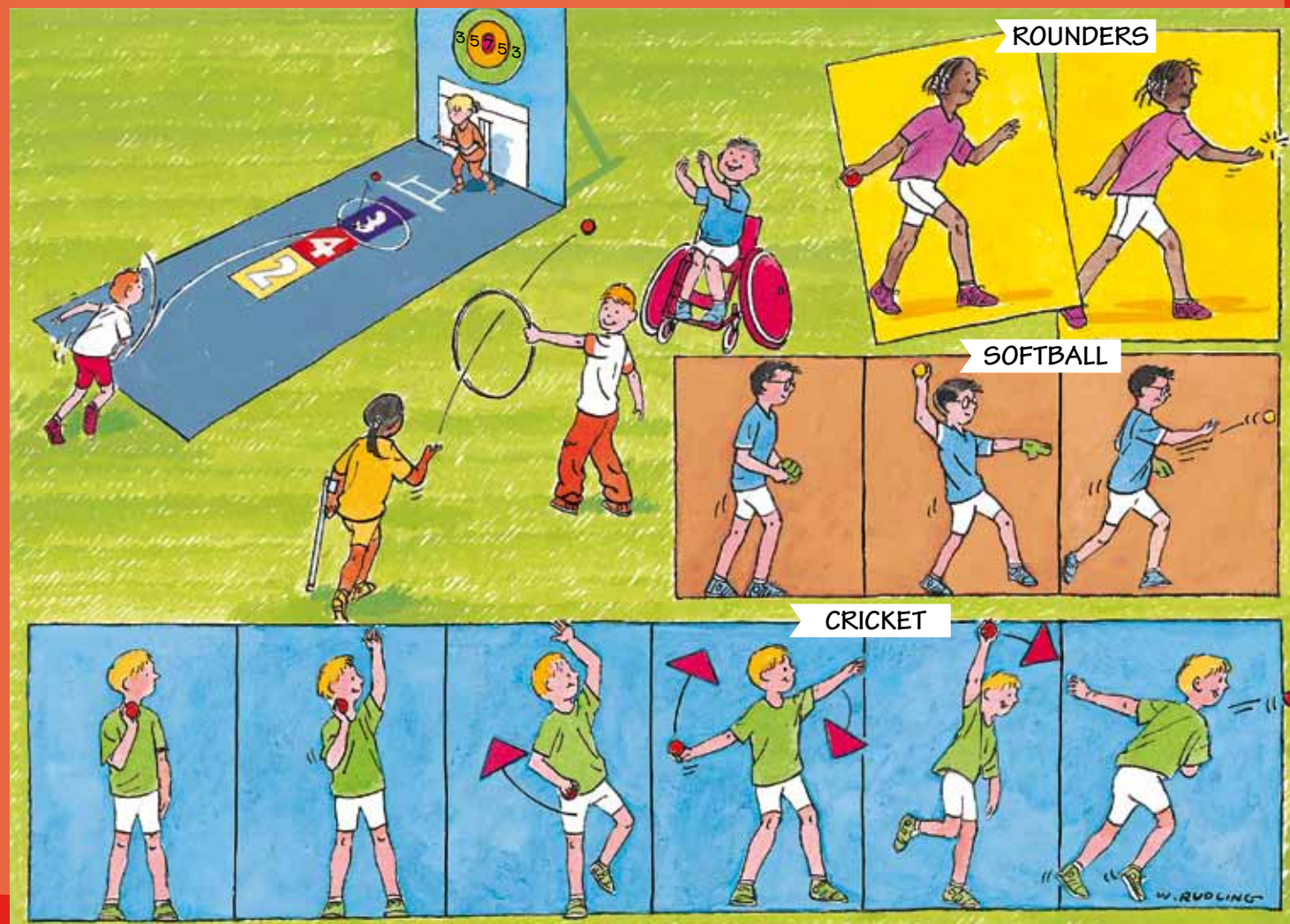
### Physical Me

Move with agility	What changes do you make to your body position and body parts as you slow down towards the crease? Why?
Maintain balance	When taking on the role of wicket-keeper, which is the best position to stand in? Why?
Co-ordinate actions	As you are throwing the ball what should you look at to help? Why?
Improve accuracy/fluency/control/consistency	Determine the best way to hold the bat. How does this affect your shot and why?

# Striking and fielding games...

## Target bowling

6



**Safety:** Ensure all children are bowling in the same direction or from the centre towards the outside.

**Equipment:** Soft cricket ball or tennis ball.

## How to play

### Game one:

- ▶ Practise one of the illustrated bowling techniques without releasing the ball.
- ▶ Set up one set of wickets and a pair of cones about 10m away for cricket.
- ▶ Bowl to bounce once, trying to hit the target and hit the wickets.
- ▶ One person bowls six bowls, the other acts as wicket-keeper, then change over.

### Game two:

- ▶ Ask one person to stand holding a hoop with a bowler about 5m away and a back stop behind the hoop for rounders and softball.
- ▶ Play the same game with the bowler trying to get the ball through the hoop. Remember the rounders no ball rule. The ball has to be delivered between the knee and top of the head. Ensure hoop is held in this area.
- ▶ All three change roles after six balls.

## STEP

- S** Reduce/increase the distance to the target.
- T** Underarm/overarm bowling.
- E** Larger/smaller target.
- P** Use wicket-keeper and collector/just wicket-keeper.

## Skills

## Example

### Thinking Me

Predict	Where would batters find it difficult to hit the ball? Why?
Research	How do the length and/or height of delivery affect the type of bowl?
Set targets	What is the highest score you think you can realistically achieve? Why?
Self-evaluate	What do you have to do next to improve your bowling? Why?

### Social Me

Take turns	How will you ensure that both of you have enough time to practise your bowling and wicket-keeping skills?
Support	How can you support your partner if they are finding this game difficult?
Give constructive advice	How will you benefit from constructive advice?
Respond appropriately	Why is it important to respond positively to advice?

### Healthy Me

Identify the function of joints	Which joints are used when you are bowling?
Understand how to warm up	How would you prepare the joints to be used when bowling?
Make positive self statements	Which of the bowling actions were you best at? Why?
Cope with failure	How can you use your lack of success to your advantage?

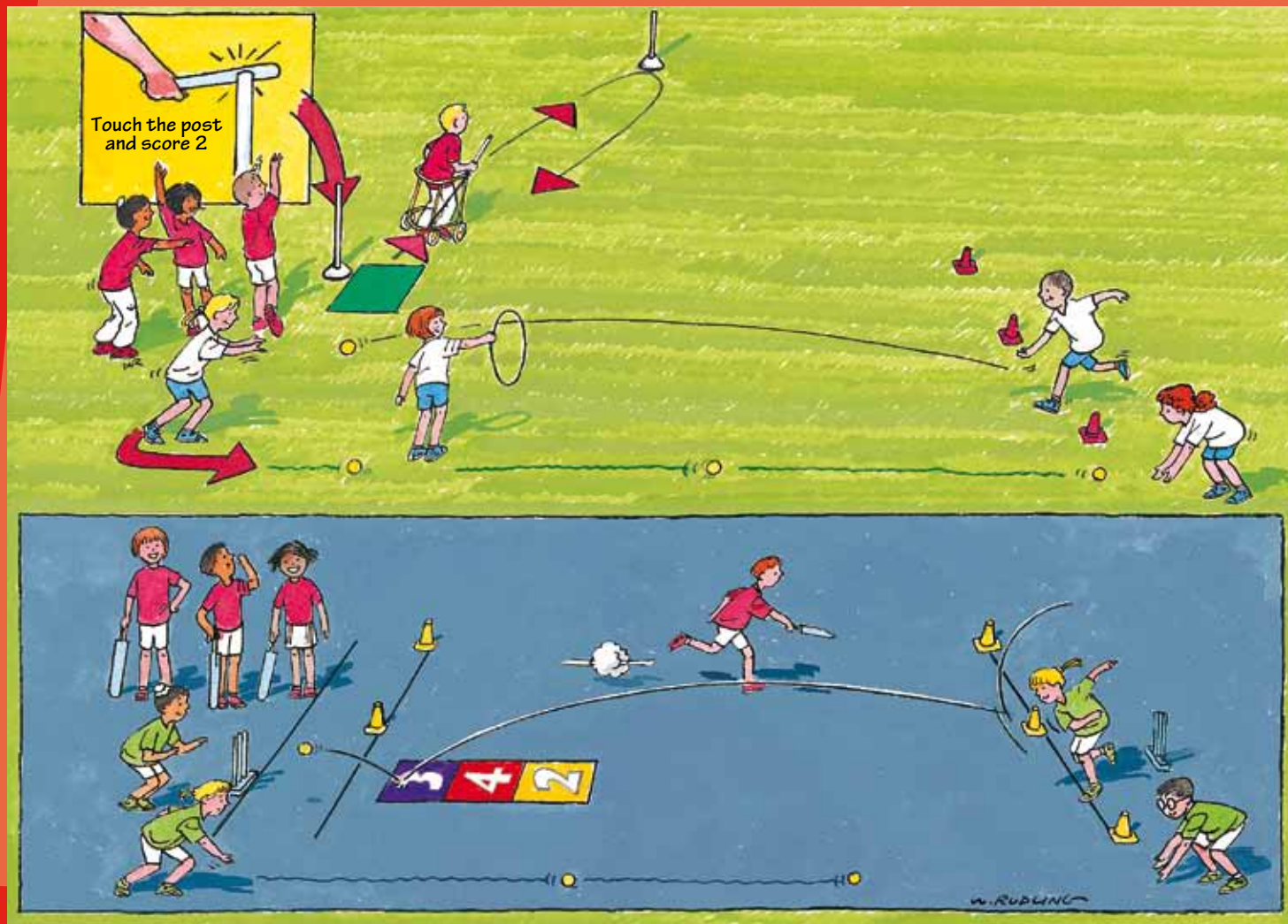
### Physical Me

Move with agility	How can you stop effectively once you have bowled the ball?
Maintain balance	How can you maintain balance as you are releasing the ball?
Co-ordinate actions	How can you use your body to generate greater force when bowling?
Improve accuracy/fluency/control/consistency	How can the speed of bowling affect the accuracy?

# Striking and fielding games...

## There and back

7



**Safety:** Ensure all children are bowling in the same direction or from the centre towards the outside.

**Equipment:** Soft cricket ball or tennis ball.

### How to play

- ▶ Two teams of four.  
Set out the activities as shown.
- Fielding team:**
  - ▶ At one end bowlers have a ball each and bowl six balls alternately.
  - ▶ At the other end, the wicket-keeper receives the ball and passes it to the retriever or the backstop receives the ball and they roll it back to the bowler.
  - ▶ At the end of two overs, change roles.
- Batting team:**
  - ▶ The batting team takes turns to run out and back to score two runs. Runs only count if the bat is grounded over the crease or the post is touched.
  - ▶ The next runner may not start until the second run is complete.
  - ▶ After four overs count the batters' total and deduct three runs for every time the wicket was hit or the ball went through the hoop.

### STEP

- S** Reduce/increase distance.
- T** Underarm/overarm bowling.
- E** Softer/harder ball.
- P** Use runner.

## Skills

## Example

### Thinking Me

Question	Why is the wicket-keeper a good person to discuss your performance with?
Explore	How can you return the ball to the bowler as quickly as possible?
Investigate	Who is fastest running between the wickets? Why?
Create	How can you change the game to incorporate non-runners?

### Social Me

Take turns	Why is it important to rotate roles?
Encourage	How can you encourage your team-mates? Why is this important?
Empathise	How can you ensure that the bowler is ready to receive the ball? Why is this important?
Play fairly	Why is it important to make sure that you bowl all six balls?

### Healthy Me

Ask for help	If you need help why is it important to ask someone to help you?
Stay safe	Why it is important not to run before your team member has completed their run?
Understand the health benefits of playing games	Which are the health benefits to the parts of the body that are being used in this game?
Understand how to warm up	How will you prepare your body to play this game?

### Physical Me

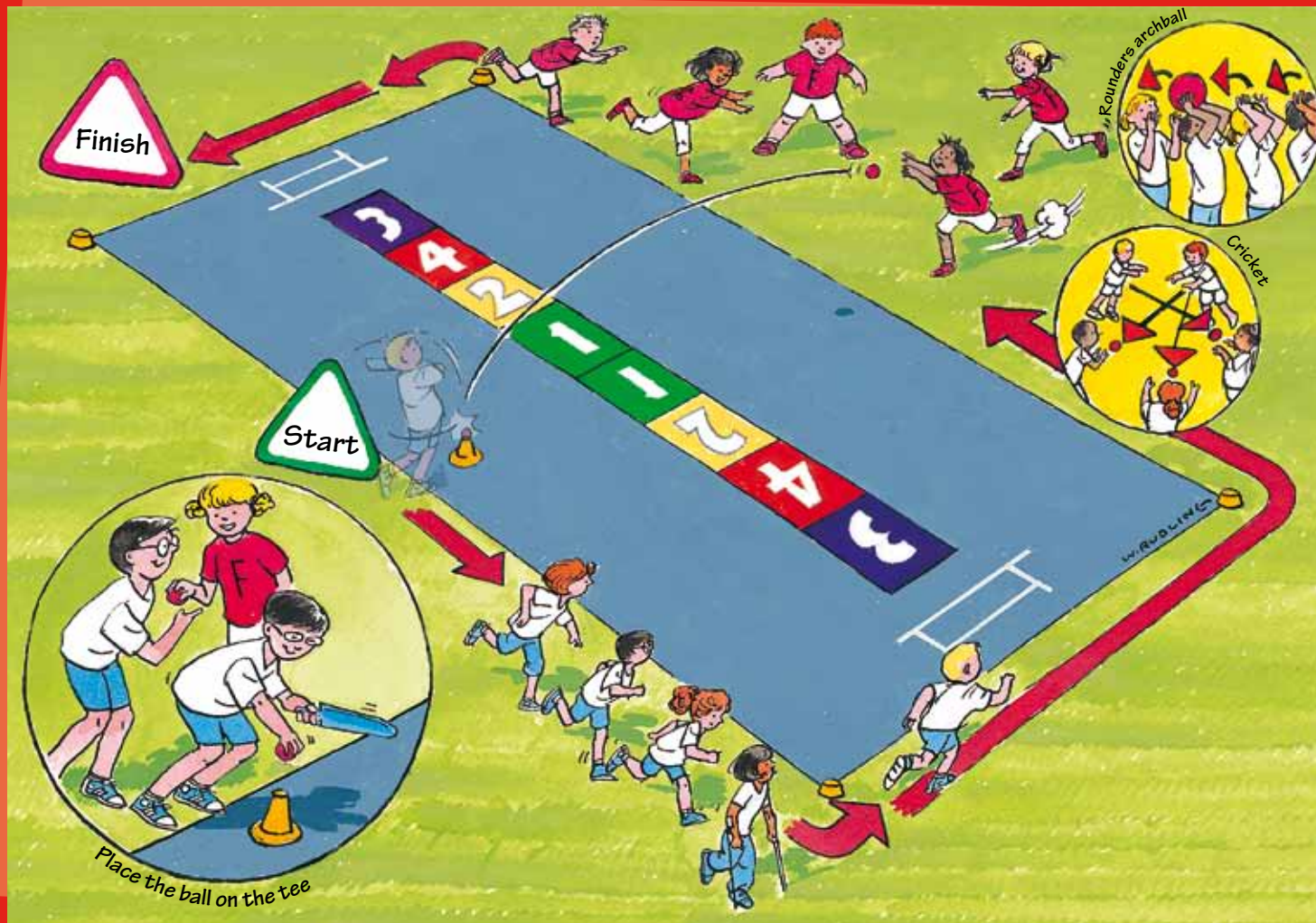
Move with agility	What is the most efficient way for you to change direction when you reach the base/wicket? Why?
Maintain balance	Which body position do you find most effective when taking on the role of wicket-keeper?
Co-ordinate actions	What is the most effective way for you to hold the bat when running? Why?
Improve accuracy/fluency/control/consistency	What will help you achieve accuracy when bowling? Why?



# Striking and fielding games...

## Chain gang

8



**Safety:** Feed from the striking side. Fielders at least 10m from the batter. Be aware of the batters running round.

**Equipment:** Cricket, rounders or softball bats. Safety markers. One tee.

### How to play

- ▶ Two teams of five, batters and fielders.
- ▶ Drop-feed the ball to the batter or use a tee, self-feed or throw the ball out.
- ▶ The batter hits the ball between the first and third bases and runs around the markers, followed by all the batting team.
- ▶ One point for each base passed by all the batting team.
- ▶ Fielders stop batters scoring by fielding the ball and throwing catches to each other until everyone has caught the ball.
- ▶ When all the batters have had one turn, change roles.

#### For rounders:

- ▶ Fielders stop batters from scoring by lining up behind initial fielder and passing the ball over their heads to the last fielder. Batter does not score if fourth post is not touched before the last fielder receives the ball.

#### STEP

- S** Move bases closer together/further away.
- T** Catch ball after one bounce/no bounce/one handed.
- E** Use tee/more bases.
- P** Specific fielding positions.

## Skills

## Example

### Thinking Me

Research	What different methods of striking the ball could you use and when might you use them?
Investigate	What techniques could you use when fielding to stop the batters more quickly?
Consider	How can you make it harder for the fielders when batting?
Make reasoned decisions	Which are the most effective places for the fielders to stand? Why?

### Social Me

Negotiate	How did you decide the order of batting?
Listen to others' views	Why is it important to include everyone in the discussion about where fielders should stand?
Empathise	How can you celebrate winning without causing disruption to the game?
Praise	How did you praise each other if you made a good hit? Why is this important?

### Healthy Me

Understand the effects of exercise on the heart	Did your heart rate differ when taking on the role of batter and fielder? Why?
Understand how to warm up	How can you prepare your heart for this game and why is this important?
Make positive self statements	What aspect(s) of this game were you good at?
Take responsibility	If you drop the ball, how do you react? Does this help?

### Physical Me

Move with agility	How can you move quickly off from a standing position?
Maintain balance	Which is the most effective body position to adopt when waiting to receive the ball? Why?
Co-ordinate actions	How can you ensure you do not bump into the runner in front of you?
Improve accuracy/fluency/control/consistency	What do you need to look for to make a consistent good shot?

# Striking and fielding games...

## Strike

9



### How to play

- ▶ Two teams of four, one batting, one fielding.
- ▶ In turns, batting team drop-feed the ball to each other.
- ▶ Hit the ball to score points as shown.
- ▶ Each batter has four hits.
- ▶ Points could be awarded for good fielding.

### If using playground markings:

- ▶ Points could be awarded if the batter hits a target.
- ▶ Fielders could try to hit a target after fielding the ball and then gain that number of points.

### STEP

- S** Smaller/larger area.
- T** Larger/smaller targets.
- E** Use softer, lighter ball/harder, quicker ball.
- P** Reduce/increase number of fielders.

**Safety:** Fielders at least 10m from the striker.  
Be careful when swinging the bat.

**Equipment:** Bats, airflow, tennis, soft or kwik cricket balls. Safety markers. Playground markings. Use a bell ball or rattle ball to include visually impaired batters. One tee.

## Skills

## Example

### Thinking Me

Self-evaluate	Which is your most effective scoring area? Why?
Create	How could you change the activity to resemble a cricket/rounders/baseball type game?
Plan	Where is the best place to hit the ball to avoid the fielders?
Compare	How does the way you hit alter when aiming for different target areas?

### Social Me

Collaborate	Which is the best place for all the fielders? Why?
Negotiate	Who will stand where when fielding? How did you reach an agreement?
Be patient	How did you act when a team member did not score any points? Why?
Co-operate	How can you work together to achieve success?

### Healthy Me

Understand the importance of warming up	What is the purpose of pulse-raising activities?
Understand how to warm up	Which part of this game could be adapted to be used as part of the warm up? How?
Identify what they enjoy about different activities	Which role did you prefer? Why?
Take risks	Why might it be beneficial to attempt to hit the furthest target?

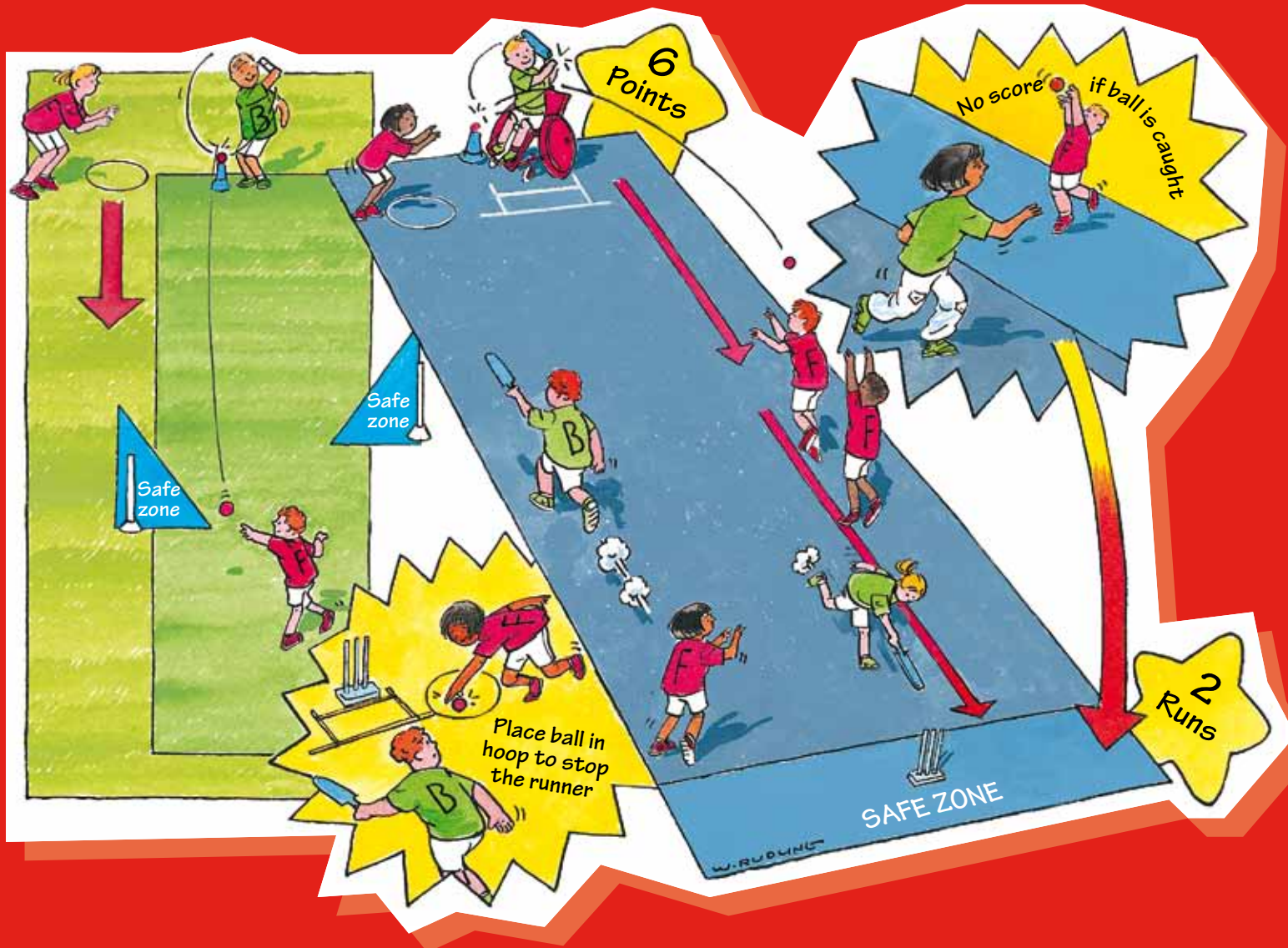
### Physical Me

Move with agility	Where should fielders move to quickly retrieve the ball?
Maintain balance	Where should you position your feet when getting ready to hit the ball? Why?
Co-ordinate actions	How can you use your arm and racket to generate greater force when hitting?
Improve accuracy/fluency/control/consistency	What can help improve the accuracy of your shot?

# Striking and fielding games...

## Run and return

10



**Safety:** Fielders at least 10m from the batter.  
When waiting to bat keep away from the batter.  
Be alert for balls and runners.

**Equipment:** Tennis, rounders or soft cricket ball.  
Safety markers. Bats. One tee.

### How to play

- ▶ Two teams of four, batters and fielders.
  - ▶ Batters hit the ball off a tee and run to the safety zone and back, or run to the safety zone and stay there until running back on next hit.
  - ▶ Six runs are scored if the batter gets to the safety zone and back.
  - ▶ If the ball is placed in the home area before the batter reaches a safety zone, no runs are scored.
  - ▶ Two runs are scored if the batter gets to the safety zone before the ball is placed in the home area.
  - ▶ If the ball is caught, no runs are scored.
  - ▶ Each batter has three hits, then teams change over.
- For baseball, rounders and softball:**
- ▶ Runners run round bases.
  - ▶ Two points scored for each safety zone reached.
  - ▶ Ten points if the batter runs all the way round before the ball is returned to the home area.

### STEP

- S** Safety zone closer/further away from batter.
- T** Roll/throw ball when fielding.
- E** Use of tee.
- P** Reduce/increase the number of players.

## Skills

## Example

### Thinking Me

Analyse	Which is the best position to stand in when batting? Why?
Make a reasoned decision	Where would you have placed the fielders? Why?
Review	What technique did an effective bowler use?
Evaluate	How did your team perform?

### Social Me

Communicate	How will you communicate to your team members that you want to field the ball?
Empathise	When should you offer advice to a team member? Why is it important to consider this?
Respect others	How can you acknowledge the efforts of the losing team? Why is this important?
Motivate	How did you motivate your team members? Why is this important?

### Healthy Me

Understand intensity	Which role makes you feel like you've worked harder and why?
Identify what they enjoy about different activities	Which did you enjoy most, batting or fielding? Why?
Understand the importance of warming up	Which muscles would you have to warm up before playing this game? Why?
Resolve conflict	If there is disagreement about whether someone reached the safety zone before the ball was placed in the home area how might the teams resolve this?

### Physical Me

Move with agility	Which technique would you use to get the quickest start as possible?
Maintain balance	How can you maintain balance as you field the ball?
Co-ordinate actions	What is the sequence of your body parts as you take a shot?
Improve accuracy/fluency/control/consistency	What is the best place to hit the ball into? Why?