

Week	Outdoor Cricket	Athletics – Track
1	Bowling. Know how to add more pace to their deliveries while maintaining control of line and length. Know how varying the length of the delivery can be used to disrupt the batter’s performance. Know how to use spin to use an advantage against batters.	Sprinting. Know how to start quickly from different positions, using fast reaction times and explosive movement. Know how to use your arms, knees and strides to accelerate and maintain speed. Know to run past the finishing line without slowing down.
2	Batting. Know how to move your body to play front and back foot shots and how to use your footwork to play pull and cut shots. Know how to hit low shots past the in-field players and how to hit high shots over the infield.	Relays. Know how to hold the baton and how to pass it in a downward action from your right hand into the receiver’s left hand. When receiving the baton, know how to present your left hand as a clear target to receive the baton. After receiving the baton, know to switch it safely into your right hand. Know when and how you should move prior to receiving the baton. Know how smooth changes of the baton can vastly improve team relay times.
3	Running between the wickets. Know how to communicate clearly and decisively when batting, to ensure that run-outs do not occur. Know how to back up as a batter and to always run the first run fast. Know how to slide your bat to avoid being run out. Know to watch the fielders when running when it is safe to steal another run.	Hurdling. Know how to start quickly and to get into an upright position prior to the first hurdle. Know how to use your extended leading leg to clear the hurdle. Know how to rotate your bent trailing leg over the hurdle. Know how correct hurdling technique helps maintain speed during a hurdling race.
4	Fielding, catching & throwing. Know to get to the ball as quickly as possible and how to throw accurately to the correct end. Know when and how to throw above the stumps or for a direct hit. Know how to communicate with teammates in the field to become more efficient.	Long distance. Know how to pace yourself over long distances, by maintaining a steady speed throughout the run. Know how accelerating during the final stages of a run can be used to achieve better times. Know how varying the pace at different times of the race can be used to gain an advantage over opponents.
	Short Tennis	Softball
5	Serving. Know that the server has to be behind the baseline and that he has to serve legally into his opponent’s service box and that he has 2 attempts to serve correctly. Know how to play topspin, slice and side spins serves consistently and accurately. Know how to vary the delivery of different serves to gain a tactical advantage over your opponent.	Throwing & Catching. Know how to wear the glove correctly and how to throw accurately. Know to watch the ball when catching, using only the gloved hand. Know to use underarm throws for short, in-field plays and overarm for longer outfield throws.
6	Slice. Know to execute a slice shot, which is used to gain a tactical advantage during a rally. Know how to observe your opponent’s performance and recognise any weaknesses that can be exploited during a rally.	Pitching. Know to pitch underarm, at a slow pace with the ball consistently reaching the batter between knee and shoulder height (in the strike zone). Know that a pitch not at the required height is called a “ball” and that 4 balls results with the batter walking to 1 st base and that any “loaded” base walks to the next base.
7	Topspin. Know that this is an attacking shot is used to pressure an opponent into making a mistake or to win points cleanly. Know how to move your opponent into positions which create space for you to hit winning topspin shots.	Hitting. Know how to hold and swing the bat correctly with two hands. Know to hit the ball between base 1 and base 3 to avoid a foul-ball. Know that batters can be “struck out” if they miss 3 pitches in the target zone.
8	Volleying and approaching shots. Know that volleys are played when close to the net and they should be winning shots or shots that put your opponent under pressure. Know how to move your opponent into positions which forces them to hit weak shots that can be taken advantage off at the net. Know to move quickly around the court particularly when following in a strong ground shot.	Running & Tagging. Know that the batters know when and where to run during a play. Know to touch each base when running. Fielders know how to tag runners with the ball when they are between bases to get them out. Know that batters can be run out, when the baseman receives the ball before the arrival of the running batter.

Year 10 Kemnal Keys – Term 5 & 6 Options

