

Week	Softball	Athletics – Jumps
1	<b>Throwing &amp; Catching.</b> 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.	<b>Long Jump.</b> Know to take off legally without losing lots of distance and how jumps are measured accurately. Know that speed and height are vital to jumping further and how using an arm swing and a lifting movement increases height and distance. Know to look forwards rather and maintaining an upright posture aids jumping further. Know to land correctly and to rotate body weight forward.
2	<b>Pitching.</b> 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 <sup>st</sup> base and that any “loaded” base walks to the next base.	<b>High Jump.</b> Know how to approach the bar with an efficient, angled run up. Know to take off with one foot and to jump upwards rather than forwards. Know to use arm swing/lift and a knee drive to achieve more height. Know how to use either a scissor kick jump and a flop jump to achieve your best height.
3	<b>Hitting.</b> 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.	<b>Triple Jump.</b> Know the 3 elements of the jump (a hop, a step and a jump) and the order in which they are used. Know how to execute each phase independently and how to achieve maximum distance. Know how to smoothly link the 3 elements together from a standing start.
4	<b>Running &amp; Tagging.</b> 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.	<b>Triple Jump.</b> Know how to smoothly link all 3 phases of the jump from a running start. After a rhythm is achieved, know how to add speed to the run up, to jump further. Know how to accurately measure a run up that reaches maximum speed at the take-off board. Know how to adjust the length of each element to achieve a longer jump overall.
<b>Outdoor Cricket</b>		<b>Various Games</b>
5	<b>Bowling.</b> 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.	<b>Ultimate Frisbee.</b> Know how to score points. Know that you can’t move when you’re in possession of the Frisbee, and that you can’t tackle or grab the frisbee, when defending. Know how to efficiently anticipate and incept passes. Know that dropped catches result in turn-overs and why it is better to use short quick passes, rather than difficult long passes.
6	<b>Batting.</b> 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.	<b>Crazy Ball.</b> Know how to score a point off of your opponents’ net. Know that when defending, you cannot tackle an attacker with the ball, but can anticipate and intercept passes. Know that dropped passes result in turn-overs and why it is better to use short quick passes, rather than difficult long passes. When attacking, know you that can’t move when you’re in possession of the ball and why supporting runs are so important in attacking phases of play.
7	<b>Running between the wickets.</b> 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.	<b>Danish Long-ball.</b> Know that there is a batting zone, a running zone and a safe zone. Know how the ball is pitched correctly. Know that the batter must hit the ball into the running zone, where all of the defending fielders are situated. Know why it is important to hit the ball low to the ground and that high shot which is caught means the whole team is out. Know when fielding that you cannot move when in possession of the ball, but how you can pass the ball effectively to get batters/runners out.
8	<b>Fielding, catching &amp; throwing.</b> 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.	<b>Kan Jam.</b> Know that this is a game between 2 team, with teammates operating in pairs – the thrower and the deflector, who stand at each end behind the “kans.” Know that if the thrower gets the disc through the slit of the kan, they win the game, but if the hit the kan they can earn 2 points. Know that the deflector can score 3 points by knocking the disc down into the kan and they can score 1 point by knocking the disc to hit the kan.

## Year 9 Kemnal Keys – Transition