

Week	Indoor Cricket	Athletics – Track
1	<p>Bowling. Know how to bowl using a legal action, with the arm high (brushing the ear), and the arm fully extend at release. Know to bowl being sideways on to the stumps, using a windmill, or figure of 6 action. Know how to correct delivery length or accuracy through adjusting the release angle of the ball. Know that all deliveries should pass the stumps within the crease, width markings.</p>	<p>Sprinting. Know how to start quickly from a squat or standing position, using fast reaction times and explosive movement. Know how to use pumping arms, high knees and long strides during the run to maintain speed. Know to run past (not to) the finish without slowing down.</p>
2	<p>Batting. Know how to grip the bat correctly, with your strongest hand lower on the grip, with the face of the bat at the front. Know how to stand correctly sideways on to the bowler, in a balanced position. Know how to play different shots, when the ball is on the off-side or leg side of the batter.</p>	<p>Relays. When carrying the baton, know 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 at what speed you should be moving in preparation to receive the baton, within the legal margins. Know how smooth changes of the baton can vastly improve relay times.</p>
3	<p>Fielding. Know how to field low balls using a long barrier as a second ball-stopping option. Know how to field balls near the wickets, using underarm gathering a quick underarm throwing actions.</p>	<p>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 training leg over the hurdle. Know how correct hurdling technique helps maintain speed during a hurdling race.</p>
4	<p>Catching. Know to use 2 hands to catch the ball and to watch the ball into the hands. Use “cupped” hands to catch high balls, when using the UK (fingers pointing down) or the Australian (fingers pointing up).</p>	<p>Long distance. Know how to pace yourself over long distances, by maintaining a steady speed throughout the run, without reverting to a sprint/walk technique. Know how accelerating during the final stages of a run can be used to achieve better times.</p>
	<h2>Indoor Hockey</h2>	<h2>Athletics – Throws</h2>
5	<p>Stick control & rules. Know that you play with 2 teams and you score points, by scoring into your opponents’ goal. Know that you cannot use your hands or feet to control or play the ball, unless you are the goalkeeper. Know that no contact is allowed and all infringements result in a free hit to the opposition. Know that persistent infringing of the rules can result with the player being sent to the sin bin.</p>	<p>Shot put. Know how safety is a priority when throwing the shot. Hold the shot in your strong hand, resting in the fingers and tucked under the side of your chin, while your elbow should be pointing backwards – not down. Know that you should be side on to the target area, with a wide stance. Your legs should be bent and your weight should be over your back leg, in a low position. Know that when executing the throw, you will use explosive powerful movements. You need to transfer your weight forwards, while straightening your legs and extending your arm forwards and upwards, pushing the shot at a 45 degree angle</p>
6	<p>Push & Flick pass. Know that the ball should be pushed or flicked rather than hit to assist control and accuracy. When hitting the ball, know that the stick cannot be raised above waist height. Know that defenders cannot obstruct or interfere with an opponent’s stick and both infringements result in a free hit to the opposition.</p>	<p>Javelin from a standing position. Know how safety is a priority when throwing the javelin. Know that you have to hold the javelin, using the grip in your strongest arm, with it extended straight behind you. Know to stand sideways to the target, with the javelin should be pointed slightly upwards, with the point being close to your ear. Know to pull the javelin through past your body with your hand moving from a low to high position, with a slight bowling action.</p>
7	<p>Field goals. Know that open play goals (called field goals) must be scored from inside the goal area. Shots from outside the area which are not touched or deflected inside the goal area do not count and result in a free hit to the goalkeeper.</p>	<p>Javelin with a run up. Know that the measurement is taken from where the tip of the javelin first touches the ground. Know that the javelin does not have to dig in to score, but a javelin landing tail first is illegal. Know how to add a 2 step movement prior to releasing the javelin, while maintain its position and your throwing action. Know how to use a full run up, including a cross-over step while maintain a correct throwing action and understanding how speed can be used to increase distance.</p>
8	<p>Penalty corners and penalty strokes. Know that any foul in the goal area results with a penalty corner where 3 attackers in the goal area compete against 5 defenders on the goal-line, with all of the other players outside the area. Know that a penalty stroke is awarded for any foul denying a goal scoring opportunity.</p>	<p>Discus. Know how safety is a priority when throwing the discus. Know to hold the discus in your strongest hand with it resting in your fingertips. Know to stand sideways on to target with a wide stance, legs bent and your weight over the back leg. Know to rotate your body and arm quickly during an upwards movement, to release the discus from the index finger, at a 45 degree angle. Know they the measurement is taken from where the discus lands.</p>

Year 7 Kemnal Keys – Term 5