



Year 1 Hit Catch Run Unit 1

Key Vocabulary

Batter	The person whose turn it is, to bat the ball.
Bowl	The person who throws the ball towards the batter.
Catch	The person who attempts to catch the ball
Collect	the person who picks up the ball
Field	To field a ball is to attempt to stop or catch and return the ball
Underarm Throw	The action of throwing the ball after swinging the arm low and backwards behind the body, and then release the ball at about waist height.

Unit focus:

Able to hit objects with hand or bat.

Track and retrieve a rolling ball.

Throw and catch a variety of balls and objects.



6 hours

Lesson 1

Use a range of throwing and rolling skills to put the ball in space.

To be able to move quickly with agility to score points.

To be able to keep count of score.

Lesson 2

Able to collect a moving ball from along the ground.

Return the ball back to base/zone using rolls and throws.

Lesson 3

Catch over a short distance to stop players scoring points

Work with other fielders to stop players scoring

Lesson 4

Attempt to hit an object with the hand.

Self-feed ball to hit.

Describe the movements needed to hit successfully.

Lesson 5

Running between bases to score points.

Work with others to retrieve balls.

Make decisions to make it difficult for hitters.

Lesson 6

Show collaborative work as a team to score points.

Show awareness of teammates when fielding.
Throw and retrieve the ball.

Links