Cricket:

3

	Y	A	N
• Know what a catch is but can only move my hands in the general direction of the ball without making contact.	○	○	○
• Attempt to catch a ball by moving both hands together.	○	○	○
• Successfully catch a larger ball at a slow pace after bouncing.	○	○	○
• Apply the basic technique for catching a ball.	○	○	○
• Co-ordinate your body in an attempt to catch a ball.	○	○	○
• Only demonstrate weak catching skills.	○	○	○
• Only display poor footwork when catching.	○	○	○
• Place my hands together to catch and can sometimes catch a slower ball which bounces or a larger ball without a bounce.	○	○	○

4

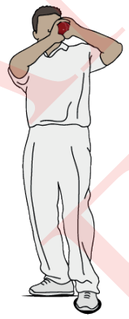
	Y	A	N
• Comment on your own catching skills and how these can improve your overall performance (e.g. dropped catches, mis-fields and slow reactions).	○	○	○
• Recognise your own and others strengths and weaknesses when catching during conditioned and/or games.	○	○	○
• Regularly catch with two hands from an easy throw.	○	○	○
• Show some accuracy when catching.	○	○	○
• Suggest more than one way on how to improve my own catching performance when performing.	○	○	○
• Think of more than one way on how to improve your catching performance when in a game/game senario.	○	○	○
• Can sometimes catch a ball when hit from the bat and attempts one handed catches with limited success.	○	○	○
• Recognise and state your own and others catching strengths and weaknesses during game play.	○	○	○

5

	Y	A	N
• Adapt and respond to the height, speed and direction of the ball when catching to outwit your opponents	○	○	○
• Adapt and respond to the height, speed and direction of the ball when catching.	○	○	○
• Analyse how catching skills/techniques have been used to enhance performance.	○	○	○
• Catch consistently.	○	○	○
• Consistently demonstrate use of catching skills with fluency and control.	○	○	○
• Demonstrate technically correct one and two handed catches.	○	○	○
• Lead catching specific practices safely and explain how the body reacts during activity.	○	○	○
• Lead catching specific practices safely with small groups	○	○	○
• Show more precision and accuracy with successful catching and backing up.	○	○	○
• State what you need to do to improve your catching.	○	○	○

6

	Y	A	N
• Consistently use catching skills with fluency and control to outwit your opponents.	○	○	○
• Consistently use catching skills with fluency and control, showing more precision when time and space allow when performing.	○	○	○
• Describe how the different components of fitness affect your performance whilst catching.	○	○	○
• Suggest ways how you can improve catching skills.	○	○	○



Catching

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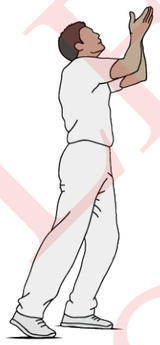
Cricket

Catching

7	Y	A	N
• Demonstrate few catching errors during game play.			
• Develop your own speed, power, reactions, agility, flexibility, timing, co-ordination to enhance catching ability.			
• Evaluate the quality of your own and others catching performance individually or part of a team and make decisions on how these can be improved (e.g. hand position when catching).			
• Identify and explain the principles of batting within game play and training and apply them effectively.			
• Lead a catching specific warm up to a larger group with more technical aspects.			
• Select and use advanced catching skills and techniques to outwit your opponents.			
• Show advanced catxhing skills by reading the game and making rapid changes of body position in anticipation of speed, height and direction of ball.			
• Take into consideration you own strengths, weaknesses when catching and set targets to improve.			

8	Y	A	N
• Consistently solve the problem of distinguishing between advanced catching skills, techniques and ideas and then demonstrate them (e.g. cleanly taken one and two handed catches at various heights and speeds).			
• Critically evaluate your own and others catching suggesting ways how the tactics, strategies, skills and fitness can affect the performance in a game of cricket.			
• Improve your own or others catching performance by critically evaluating the quality of the catching performance, showing that you understand the impact of skills, strategy and tactics on the quality of the cricketing performance.			
• Plan a detailed training programme for a performer that relates the their needs and catching, taking into consideration their strengths, weaknesses and show a technical understanding of how to overcome problems faced when catching.			



9	Y	A	N
• Critically analyse and judge my own and others catching performance, showing that I understand how skills, strategy and tactics and fitness relate to and affect the quality and originality of performance.			
• Give detailed feedback using technical ideas and concepts as to how changes of catching strategies, skills, tactics and techniques as well as fitness can affect the quality and outcome of the performance in cricket.			
• Plan a detailed training programme for a performer that relates to their catching needs, taking into consideration their strengths, weaknesses, show a technical understanding of the activity, building up in preparation for a competitive match followed by comprehensive recovery.			
• Reach judgements independently about how your own and others catching performance could be improved, prioritising aspects for further development when attacking, defending and outwitting opponents.			

Notes:

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