

Rounders

3

Y A N

- Ask how you can improve throwing skills.
- Attempt to throw a larger ball towards a person with teacher assistance.
- Can throw one handed in an underarm motion sometimes towards a person.
- Co-ordinate body part(s) in an attempt to throw a ball.
- Show enthusiasm to throw.
- Sometimes have the ability to throw.
- Throw the ball in the general direction of the person that you want it to go to, sometimes in an over arm motion.
- Throw two handed in an underarm motion sometimes towards a person.
- Use limited throwing skills and basic tactics to achieve a 50% success rate which lacks power and precision.

4

Y A N

- In games you show an awareness of basic throwing tactics and helps others with less ability and knowledge.
- Recognise and state your own and others strengths and weaknesses when throwing during conditioned games.
- Show an awareness in games of basic throwing tactics and help others with less ability and knowledge.
- Suggest more than one way on how to improve own performance when throwing during game situations.
- Think of more than one way on how to improve my throwing performance when competing.
- Throw a ball one handed over arm with pace and some accuracy to a base or team mate from a short distance when fielding.

5

Y A N

- Change throwing actions in response to changes in your environment.
- Consistently demonstrate throwing skills with fluency and control, showing more precision when time and space allow.
- Demonstrate short and long throwing when fielding.
- Identify the need to improve throwing skills and implement improvements during play.
- Identify what you need to do to improve throwing skills and implement these improvements during games and throwing practices.
- Lead throwing specific practices safely with small groups.
- Lead throwing specific practices safely.
- Short and long throwing when fielding.
- Successfully demonstrate various throwing techniques when performing.
- Throw a ball accurately and with speed to a base or team mate from various distances.
- Use a range of throwing skills and techniques showing fluency and control to outwit opponents.

6

Y A N

- Describe ways how someone can improve throwing skills or a team play when performing.
- Lead throwing specific practices, applying rules consistently.
- Make few unforced errors when throwing.

Throwing

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Rounders

7

Y A N

- Adapt and combine advanced throwing skills to suit complex situations when outwitting opponent(s) ○○○
- Evaluate the quality of your own and others throwing performance individually or part of a team and make decisions on how these can be improved. ○○○
- Investigate the physical fitness components required for your own individual needs and throwing. ○○○
- Make few throwing errors. ○○○
- Show a mental ability to solve immediate problems when throwing in order to achieve success for oneself and others. ○○○
- Take into consideration own strengths, weaknesses when throwing and set targets to improve. ○○○

9

Y A N

- Be thoroughly critical of how your own and others throwing skills/techniques can be improved by consistently analysing my own and others performances and give detailed feedback using technical words as to how changes of strategies, skills, tactics, techniques and fitness can affect/improve performance. ○○○
- Consistently adapt throwing skills to changing situations within game play to gain ascendancy over teams or opponents. ○○○
- Consistently use and apply advanced throwing skills, techniques and ideas when outwitting opponents, always showing high standards of precision, control, fluency and originality. ○○○
- Plan a detailed training programme for a performer that relates to their throwing 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 feedback. ○○○
- Reach judgements independently about how your own and others throwing performance can be improved, prioritising aspects for further development when attacking, defending and outwitting opponents. ○○○

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Throwing

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