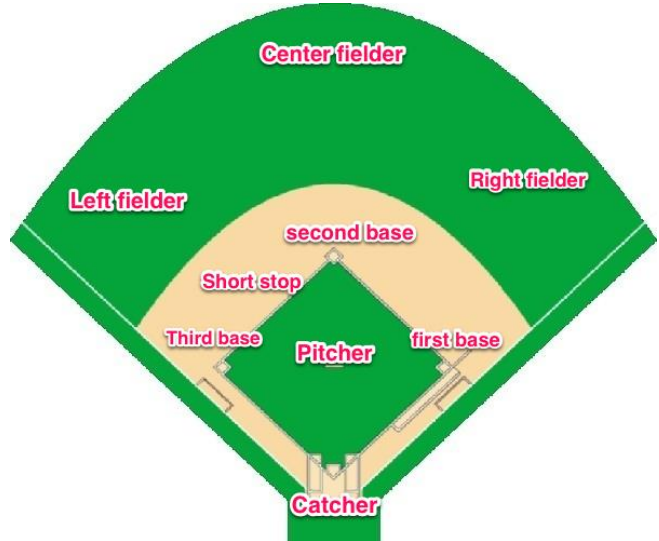


KS3 PE KNOWLEDGE ORGANISER – SOFTBALL

Batting	Pitching	Fielding
- Correct Batting stance - Forehand hitting - Hitting to different parts of the field Softball Batting Technique: - Hold the bat high in two hands - Have a strong grip on the handle - Make sure your wrist is strong and the bat points vertically upwards - Your feet position (open/square/closed) will dictate the direction in which you will hit the ball - Keep your eye on the ball - Stand side-on to the pitcher - Swing through the ball - To gain power, transfer your bodyweight from the back to the front foot as you move 	- Basic action - Grip - Stepping action - Variation of speed and height - Variation of angle and spin Pitching Technique: - Hold the ball in your dominant hand, gripped in the fingers and held by the thumb. - Step forwards into the move to gain power (transfer your weight from the back foot to the front foot as you move). - Hold your bowling or throwing arm straight, like a swinging pendulum (swinging from behind the body to the front of the body). - Release the ball at waist height. - Aim for the backstop's hands. - Try to vary your speed with each bowl. - Flick your wrist to create spin. 	- Stopping the ball with hands - Pick up and throw - Underarm (short) - Catching - basket catch (low) - Butterfly catch (high) - Chasing and returning the ball - Backing up on post play - Pick up and throw on the run - Long barrier - Overarm throw from the outfield 
Decision making and tactical awareness, to include:		
- Selection of appropriate shot - Where to bowl the ball - When to, and when not to run - Be aware of the different positions on the field and be able to play in a number of them successfully - Awareness of the rules and regulations of the sport and their application		