

Physical Education: Core Questions & Vocabulary

Year Group: 7

Composite: strike and field

Composite number: 5 of 6

Core Questions	
1	What is the correct technique for an underarm throw?
2	What is the correct technique for an overarm throw?
3	What is the ready position for catching the ball?
4	What are the key tips for consistently catching the ball?
5	When would you use an underarm throw in a game?
6	When would you use an overarm throw in a game?
7	Why do we need to consider the distance we are throwing over?
8	Why do we need to consider our ready position when catching at different heights?
9	How do we throw a ball accurately?
10	How do we generate power on a throw?
11	What are the correct batting techniques?
12	How can we generate power when batting?
13	How can we place our batting shot?
14	What are the different types of bowling actions?
15	Why is it important to use different bowling techniques in a game?
16	Why are fielding skills so important in the game?
17	What are the different fielding techniques?
18	Why are tactics important in striking and fielding games?
Core Vocabulary	
1	Underarm throw
2	Overarm throw
3	Batting
4	Communicate
5	Speed
6	Power
7	Accuracy
8	Fielding skills
9	Tactics
10	Cardiovascular endurance
11	Bowling
12	Agility

