





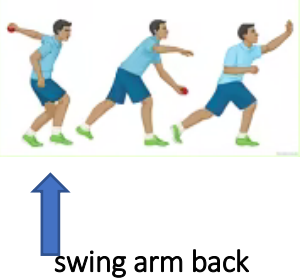
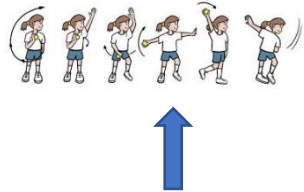
### Key Knowledge

- I know that **bowling** is used to deliver the ball to the batter.
- I know **hand-eye coordination** is important to direct the ball when striking.
- I know batters can play **attacking** and **defensive** shots.

### My Body

I know that a warm up is an important part of preparation for any physical exercise.

I know that a warm-up comprises of a pulse raising activity and stretches to increase the range of movement around joints.

Fielding			Bowling		
I know there are many different roles within <b>fielding</b> .			<b>grip</b>	<b>underarm bowling</b>	<b>overarm bowling</b>
					
catching a <b>high ball</b> bring thumbs together make a cup shape with hands bring ball in to chest	catching a <b>low ball</b> bring 'pinkies' together make a cup shape bring ball in towards body	<b>long barrier</b> drop to one knee side on to the ball make a barrier with foot and knee, hands in front	place 2 fingers either side of the seam thumb at the bottom	step with opposite foot swing arm forward release at waist height	step forward with opposite foot release with straight arm
I know that <b>bowling</b> is a <b>fielding</b> skill.					

