

Progression of Vocabulary

<p>Year 3</p>	<p>Football Accuracy: How close to the target you are able to kick the ball. Control: Being able to make the ball and your body move how you want them to. Dribble: To run with the ball close to your feet, whilst changing direction. Goalkeeper: A player who may use any part of the body to stop the ball going into the goal. Inside (of the foot): That part of your foot that faces your other foot. Move: To run with or without the ball. Outside (of the foot): The part of your foot that faces away from your other foot. Pass: To kick the ball to another player on your team. Run: To move quickly. Running with the ball close to you is dribbling. Shoot: To kick the ball powerfully with the aim of scoring a goal. Turn: To change direction quickly with the ball, aiming to get away from an opposing player or to put them off balance.</p>	<p>Netball W' shape: Spreading your hands out to form a W shape when holding the ball. Bounce: When you throw the ball with a deliberate bounce on the ground. Catch: Grasping the ball which is moving through the air into your hands. Centre: A position which can play anywhere except the goal circles. Chest pass: A pass which starts with the ball at your chest. Dodge: To move away from an opposing player. Footwork: Rules about how you can move your feet when you have the ball. Grounded: When a player's foot is touching the ground. Intercept: To catch the ball when it is being passed between two opposing players. Mark: To stay close to an opposing player, making it difficult for them to pass or receive a pass. One-step: A rule stating that a player may take no more than one step before passing the ball. Overhead: Movement which happens above head height. Pass: To deliberately throw the ball to another player on your team. Pivot: To twist or spin around whilst keeping one foot stationary Power: How much energy you put into a movement. Receive: To catch the ball successfully when someone has passed it to you.</p>	<p>Hockey Accurate: Being able to make passes and shots making sure they get to the location the player is aiming for. Aim: Preparing to pass or hit the ball towards a given target. Awareness: Being able to see what is going on around you and being aware of other players. Not only focusing on the ball when playing. Balanced: To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills. Control: To perform movements and skills without losing your balance, change the speed and direction you move. Dribble: Pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick. Intercept: Blocking the ball from passing between two other players. Pass: Pushing the ball to another play using the hockey stick. Receive: When the ball is passed to you by another player and you are able to stop it and move on with it. Score: A team gets 1 point each time they deliver the puck into the opponent's goal net. Shoot: To try to score points for your team by hitting the ball towards the goal or net. Stance: The position you stand in when you are holding the hockey stick. Tackle: To obstruct a player with the ball to cause them to lose of possession of the ball.</p>	<p>Tag Rugby Backwards: Passing the ball behind you to a player in your team. Ball and collision: When you are carrying the ball and collide with another player. Collision: When one player runs into another player at speed, something to try and avoid by keeping your head up. Evade: To avoid being tagged by getting away from another player. Forwards: A very important rule in Rugby is that you cannot pass the ball forward. Passing: Sending the ball backwards to another player on your team. Passer: The person who sends the ball backwards to another player on their team. Receiver: The person who receives the ball passed to them from another player on their team. Rugby: A team game played with an oval ball that may be kicked, carried, and passed from hand to hand. Points are scored by grounding the ball behind the opponents' goal line (thereby scoring a try) or by kicking it between the two posts and over the crossbar of the opponents' goal. Sidestep: A movement to evade another player that involves stepping quickly to the side to avoid being tagged. Sideways: When passing the ball to another player in your team you can pass behind you in a sideways direction.</p>	<p>Cricket Bat: The wooden implement which the batsperson uses to hit the ball. Bowl: When the bowler throws the ball overarm to the batter. Catch: To grab or capture the ball in your hand. Cricket: Cricket is a sport played with cricket bats and balls, wickets, batters and fielders. It is played between two teams of eleven players. Defensive: Movements made to protect the wickets, preventing the opposition from bowling the batsperson out. Drive: A powerful shot generally hit along the ground or sometimes in the air. Field: Collecting the ball after it is struck by the batsperson. The fielding team tries to limit the number of runs that the batsman scores and/or to get the batsman out. Long barrier: This is a fielding skill used to stop the ball in the field by blocking it with the knee and body. Overarm: A throw or bowl with the hand or arm passing above the level of the shoulder. Shot: To strike the ball with the bat. Stance: The position you stand in when you are fielding or batting. Throw: Pass the ball to another player either underarm or overarm. Two handed: Catching the ball with two hands forming a bowl. Gripping the bat with two hands on the handle. Underarm: A throw with the arm or hand below shoulder level. Wickets: A set of three stumps with two bails balanced on top. This is protected by the wicket keeper and the fielding team.</p>	<p>Athletics Drive: Powerfully push with your body. Heave: A throw which uses the legs and arms together. Hurdle: A small frame that you jump over whilst running. Jump: To push your body into the air using powerful pushes from your legs. Lead leg: The leg that goes in front. Leap: Using a lot of energy and power, a leap is a very long or high jump. Pull: A throwing movement that starts behind the body. Push: A throwing movement that starts in front of the body. Rhythm: Performing with a steady beat to your actions. Run: Moving faster than a walk and having both feet off the ground at times. Sling weight transfer: Throwing with a long, relaxed arm action and possibly a foot pivot as well. Standing long jump: A hop, then a step, then a jump. Standing start: Standing upright and still to begin a race.</p>
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Year 4	<p>Basketball</p> <p>Accuracy: Being able to make passes and shots making sure they get to the location the player is aiming for.</p> <p>Baseline: A line that runs from sideline to sideline 4 ft behind the backboard at the ends of the court.</p> <p>Bounce: When a ball hits the floor and returns to the air.</p> <p>Bounce pass: A player passing the ball to a teammate by bouncing the ball off the floor.</p> <p>Catch: To grab or capture the ball in your hand.</p> <p>Chest pass: The player in possession of the ball throws a two-handed pass from their chest, in a straight line, to the chest of the player receiving the ball.</p> <p>Dribble: The act of bouncing the ball continually.</p> <p>Double dribble: When a player uses both hands simultaneously when dribbling or when a player interrupts a dribble by holding the ball momentarily in one or both hands.</p> <p>Head: Top of the body – the importance of keeping head up when travelling and shooting.</p> <p>Opponent: A player on the opposite team.</p> <p>Pass: Sending the ball to another player.</p> <p>Pivot: When a player turns/rotates on the spot, keeping one foot on the floor.</p>	<p>Netball</p> <p>Aim: Preparing to throw or hit the ball towards a given target or in a specific direction.</p> <p>Bounce pass: Passing the ball to bounce on the floor in front of person you are passing to.</p> <p>Bounce: When a ball hits the floor and returns to the air.</p> <p>Catch: The ball is caught with two hands forming a bowl. Take hold of the ball after a pass from another player.</p> <p>Dribble: Moving the ball forwards past opponents with slight touches of the hand and continuous bouncing.</p> <p>Overhead pass: Hold the ball higher than the head to shoot over the defender. The ball will rest in the hand with the fingers gripping where possible.</p> <p>Pass: Sending the ball to another member of your team.</p> <p>Shoot: To try to score points for your team by hitting the ball towards the goal or net.</p> <p>Space: The area to move around and play the game in.</p> <p>Target: A mark which is aimed at when throwing or passing the ball accurately.</p>	<p>Tennis</p> <p>Backhand: When the player strikes the ball with the back of the racket from across the opposite side of the body to the racket hand.</p> <p>Catch: To grab or capture the ball in your hand.</p> <p>Forehand: When the player strikes the ball forward using the front of the racket.</p> <p>Hit: To strike the ball with the racket.</p> <p>Move: To go in a specified direction or manner across the playing field and to change position.</p> <p>Position: Where you are in the playing field.</p> <p>Ready position: The stance and position that you want to be in before your opponent hits the ball. It helps you get ready for the next shot.</p> <p>Return: To hit a shot back to the opponent</p> <p>Serve: The shot that begins each point - the server hits the ball after tossing it into the air.</p> <p>Smash: When the player strikes the ball downwards with the racket in a hard overarm shot.</p> <p>Throw: To move the ball through the air by a movement of the arm and hand</p>	<p>Athletics</p> <p>Assessment: Judging or deciding the amount, value, quality, or importance of something</p> <p>Changeover: In a relay race, where the baton is passed from one runner to the next.</p> <p>Communication: Speaking and listening to share ideas with your team-mates.</p> <p>Discus: A heavy thick-centred disc thrown by an athlete.</p> <p>Fling: To throw forcefully.</p> <p>Hammer: A weighted ball attached to a wire for throwing in an athletic contest.</p> <p>Heats: Races which are part of a competition. The winners of the heats compete in the next round of events.</p> <p>Javelin: A light foam spear-shape thrown over a distance.</p> <p>Maintaining pace: Keeping a steady speed. Neither speeding up nor slowing down.</p> <p>Relays: When runners take turns and pass something to each other on the way to the finish.</p> <p>Scissor jump: A jump in which the legs move in a scissor-like way to the front and behind rather than side-to-side.</p>	<p>Rounders</p> <p>Backstop: The person who stands behind the batter. Their role is to receive the ball if that batter hits it backwards. The backstop should then throw the ball to the appropriate post to help the team get the batter out of play.</p> <p>Bat: The wooden, metal, or plastic implement which the batsperson uses to hit the ball.</p> <p>Batting: Hitting the ball that the bowler throws to you.</p> <p>Bowl/Bowling: Throwing the ball underarm at waist height towards the batter.</p> <p>Game: Playing a full round of rounders with two teams, one batting and the other fielding. Members of both teams get a chance to bat once in a game.</p> <p>Hands: When catching, hands should be cupped together with fingers pointing down towards the ground.</p> <p>Hit: To strike the ball with the bat.</p> <p>Overarm: A throw with the hand or arm passing above the level of the shoulder.</p> <p>Rounders: Rounders is a bat-and-ball game played between two teams that involves hitting a small ball with a bat. The players score by running around the four bases on the field.</p> <p>Strike: Hitting the ball with the bat.</p>	<p>Athletics</p> <p>Assessment: Judging or deciding the amount, value, quality, or importance of something</p> <p>Changeover: In a relay race, where the baton is passed from one runner to the next.</p> <p>Communication: Speaking and listening to share ideas with your team-mates.</p> <p>Discus: A heavy thick-centred disc thrown by an athlete.</p> <p>Fling: To throw forcefully.</p> <p>Hammer: A weighted ball attached to a wire for throwing in an athletic contest.</p> <p>Heats: Races which are part of a competition. The winners of the heats compete in the next round of events.</p> <p>Javelin: A light foam spear-shape thrown over a distance.</p> <p>Maintaining pace: Keeping a steady speed. Neither speeding up nor slowing down.</p> <p>Relays: When runners take turns and pass something to each other on the way to the finish.</p> <p>Scissor jump: A jump in which the legs move in a scissor-like way to the</p>

	<p>Protect: To stop the ball being taken by an opponent.</p> <p>Receive: When the ball is passed to you by another player and you are able to catch it.</p> <p>Sideline: The two boundaries lines running the length of the court.</p> <p>Sprint: A full speed run over a short distance</p> <p>Target: A mark which you try to hit when throwing.</p>	<p>Throw: Pass the ball to another player.</p>		<p>Shot put: A heavy ball which is thrown as far as possible.</p> <p>Speed bounce: A two-footed tuck jump over a hurdle.</p> <p>Sprint finish: To speed up towards the finish line and finish at the highest speed possible.</p> <p>Sprinting: Running at full speed over a short distance.</p> <p>Teamwork: Working together and supporting other members of your team in a game.</p> <p>Technique: A skilful way that you can learn to do something.</p> <p>Vertical jump: A jump in which you jump up and reach to touch a wall as high as you can</p>	<p>Target: A mark that is aimed at when hitting or throwing the ball accurately.</p> <p>Throw/Throwing: Pass the ball to another player either underarm or overarm.</p> <p>Underarm: A throw with the arm or hand below shoulder level.</p> <p>Waist height: A ball should be thrown to a teammate and the bowler should bowl to the batter at waist height so that it reaches the area between the batter's shoulders and knees.</p>	<p>front and behind rather than side-to-side.</p> <p>Shot put: A heavy ball which is thrown as far as possible.</p> <p>Speed bounce: A two-footed tuck jump over a hurdle.</p> <p>Sprint finish: To speed up towards the finish line and finish at the highest speed possible.</p> <p>Sprinting: Running at full speed over a short distance.</p> <p>Teamwork: Working together and supporting other members of your team in a game.</p> <p>Technique: A skilful way that you can learn to do something.</p> <p>Vertical jump: A jump in which you jump up and reach to touch a wall as high as you can</p>
Year 5	<p>Football</p> <p>Control: Being able to make the ball and your body move how you want them to.</p> <p>Defend: Trying to stop the other team from moving towards your goal.</p> <p>Mark: Staying close to an opposing player so that it is difficult for them to make or receive a pass.</p> <p>Receive (pass): To successfully take possession of the ball when someone has passed it to you.</p> <p>Shoot: To kick the ball powerfully with the aim of scoring a goal.</p> <p>Speed: How quickly something is moving.</p> <p>Tackle: To take possession of the ball from a member of the opposition.</p> <p>Turn: To change direction quickly with the ball, aiming to get away from an opposing player or to put them off balance.</p>	<p>Netball</p> <p>Accuracy: How close to the target you are able to shoot the ball.</p> <p>Bean bag: A piece of PE equipment.</p> <p>Bounce: When you throw the ball with a deliberate bounce on the ground</p> <p>Catch: Grasping a ball which is moving through the air into your hands</p> <p>Chest: A front upper area of the body.</p> <p>Control: Being able to deliberately move yourself or the ball where you want at all times.</p> <p>Hoops: In netball, these are often metal rings on a pole – a team scores when a Goal Shooter or Attacker throws the ball so it falls through a hoop.</p> <p>Overhead: Movement which happens above head height.</p>	<p>Hockey</p> <p>Accuracy: Being able to make passes and shots making sure they get to where the player is aiming for.</p> <p>Aim: Preparing to pass or hit the ball towards a given target.</p> <p>Awareness: Being able to see what is going on around you and being aware of other players. Not only focusing on the ball when playing.</p> <p>Control: To perform movements and skills without losing your balance, change the speed and direction you move.</p> <p>Dribble: Pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.</p> <p>Head: Keep your head up to be aware of what is going on around you not just looking at the ball.</p> <p>Intercept: Blocking the ball from passing between two other players.</p> <p>Mark: To cover, track and follow a member of the opposite team and try to stop them receiving the ball by intercepting any passes.</p> <p>Move: To go in a specified direction or manner across the playing field and to change direction.</p> <p>Pass: Pushing the ball to another play using the hockey stick.</p> <p>Possession: Having physical control of the ball or puck by one team.</p>	<p>Tag Rugby</p> <p>Attack: Movement made towards the oppositions scoring area within a game to score a try.</p> <p>Attacker: A player whose role is to move towards the oppositions scoring area within a game to score a try.</p> <p>Backwards: Passing the ball behind you to a player in your team.</p> <p>Catch: To grab or capture the ball in your hand.</p> <p>Defend: Movements made to protect your teams scoring area, preventing the opposition from scoring.</p> <p>Defender: A player whose role is to protect their teams scoring area and prevent the opposition from scoring.</p> <p>Direction: A course along which someone or something moves.</p> <p>Evade: To avoid being tagged by getting away from another player.</p>	<p>Cricket</p> <p>Accuracy: Being able to throw and hit the ball making sure it gets to the location the player is aiming for.</p> <p>Aiming: Preparing to throw or hit the ball towards a given target or in a specific direction.</p> <p>Batting technique: The batting player's stance before the ball is bowled as well as the movement of the hands, feet, head, and body when hitting the ball.</p> <p>Crease: A line on the pitch near the wickets over which a batsman must pass to score a run</p> <p>Cricket stance: The position you stand in when you are fielding or batting.</p> <p>Fielding: Collecting the ball after it is struck by the batsman. The fielding team tries to limit the number of runs that the batsman scores and/or to get the batsman out.</p> <p>Figure of six: When bowling overarm, you make an arc with</p>	<p>Athletics</p> <p>Baton: A short stick passed from runner to runner in a relay race.</p> <p>Change: In a relay race, where the baton is passed from one runner to the next.</p> <p>Chest pass: To throw by pushing the ball from chest height.</p> <p>Drive: Push powerfully towards something.</p> <p>Lead: When you jump over a hurdle, your leading leg goes first.</p> <p>Pull pass: When you throw the ball starting with your arm straight behind you.</p> <p>Shoulder pass: A pass made by throwing something from shoulder height.</p> <p>Skip: To move lightly by bouncily hopping and stepping from one foot to the other. Hop left -</p>

		<p>Pass: To deliberately throw the ball to another player on your team.</p> <p>Pivot: To twist or spin around whilst keeping one foot stationary.</p> <p>Rope ladders: A piece of training equipment.</p> <p>Strategy: An overarching plan, the 'big picture'.</p> <p>Tactics: Specific actions that are part of your strategy.</p>	<p>Power: Shooting the ball with strength and speed. Power is needed when a shot is made towards a goal or to get the ball past the goalkeeper.</p> <p>Receive: When the ball is passed to you by another player and can stop it and move on with it.</p> <p>Shoot: To try to score points for your team by hitting the ball towards the goal or net.</p> <p>Space: To be able to get away from the person marking you and to find a space to receive the ball from your team.</p> <p>Tackle: To obstruct a player with the ball to cause them to lose possession of the ball.</p> <p>Target: A mark that is aimed at when hitting, shooting, or passing accurately.</p>	<p>Forward: A very important rule in Rugby is that you cannot pass the ball forward.</p> <p>Jog: Running at a steady, gentle pace.</p> <p>Movement: To go in a specified direction or manner across the playing field and to change position.</p> <p>Pass: Sending the ball backwards to another player on your team.</p> <p>Receive: When the ball is passed to another player and they are able to catch it.</p> <p>Sidestep: A movement to evade another player that involves stepping quickly to the side to avoid being tagged.</p> <p>Space: The area to move around and perform your skills in.</p> <p>Sprint: Running at full speed over a short distance.</p> <p>Tag: When a player removes a tag from another player's belt. The tagged player must replace their tag.</p>	<p>your arms like the shape of the number '6'.</p> <p>Grip & stance: The position of the hands and body when batting - feet parallel, shoulder-width apart, knees slightly bent, head still, two hands on the bat handle – the weaker hand at the top.</p> <p>High throw/low throw: Throwing the ball to another player either up high or lower down.</p> <p>Lofted drive: Hitting the ball with the bat in a way that sends the ball flying through the air, instead of along the ground.</p> <p>Near/Middle/Far: Positions in the field in relation to the wicket. Near is closest to the wicket.</p> <p>Overarm: A throw or bowl with the hand or arm passing above the level of the shoulder.</p> <p>Underarm: A throw with the arm or hand below shoulder level.</p> <p>Wicket keeper: The player on the fielding side who stands behind the wicket ready to catch the ball or run the batter out.</p>	<p>>step->hop right ->step -> hop left...</p> <p>Trail: When you are hurdling, the trailing leg is following the front leg over the hurdle.</p>
Year 6	<p>Basketball</p> <p>Aim: Preparing to pass or throw the ball towards a given target.</p> <p>Accuracy: Being able to make passes and shots making sure they get to the location the player is aiming for.</p> <p>Arc: The angle that the ball enters the hoop – aim up in an arc rather than straight at the hoop to get it in the basket.</p> <p>Balance: To stay still and steady in a position or shape. To keep steady on your feet while moving and performing skills.</p> <p>Bounce pass: A player passing the ball to a teammate by bouncing the ball off the floor.</p> <p>Chest pass: The player in possession of the ball throws a two-handed pass from their chest, in a straight line, to the chest of the player receiving the ball.</p>	<p>Handball</p> <p>Block: When your opponent is shooting and you try to place one or both hands in front of the ball, grasping the ball before a shot is made or pulling the opponent's shooting arm down.</p> <p>Dribble: Moving the ball forwards past opponents with slight touches of the hand and continuous bouncing.</p> <p>Intercept: Blocking the ball from passing between two other players</p> <p>Pass: Moving the ball to another player by either using a bounce pass or an overhead pass.</p> <p>Score: A goal is scored when the whole of the ball passes between the goalposts and</p>	<p>Tennis</p> <p>Backhand: When the player strikes the ball with the back of the racquet from across the opposite side of the body to the racket hand.</p> <p>Catch: To grab or capture the ball in your hand.</p> <p>Diagonal: When you serve or hit the ball across the court diagonally over the net into the service box on the other side.</p> <p>Forehand: When the player strikes the ball forward using the front of the racket.</p> <p>Overarm: a throw or a stroke with a racket made with the hand or arm passing above the level of the shoulder.</p> <p>Points: How a winning shot is scored. A point is the smallest unit of scoring in tennis.</p> <p>Rally: When the players play a long series of shots back and forth over the net.</p> <p>Ready Position: The stance and position that you want to be in before your opponent hits the ball. It helps you get ready for the next shot.</p> <p>Return: To hit a shot back to the opponent</p> <p>Serve: The shot that begins each point - the server hits the ball after tossing it into the air.</p>	<p>Athletics</p> <p>Cricket throw: A technique to throw a cricket ball - a side-on, upwards throw whilst driving off the back leg.</p> <p>Endurance: Being able to keep doing something for a long time without stopping.</p> <p>High jump: In athletics, attempting to clearly jump over a bar held above the ground.</p> <p>Long distance: A running race held over a distance which requires endurance and maintaining pace, saving a sprint until the very end of the race.</p> <p>Scissor kick: A technique for high jumping.</p> <p>Strides: A longer step than usual, often when running or bounding.</p>	<p>1st base only: If the ball is hit behind the batting box or not hit at all, the batter may only run to first base.</p> <p>Attack: Movements made to get the batter out.</p> <p>Backstop: The person who stands behind the batter. Their role is to receive the ball if that batter hits it backwards and throw the ball to the appropriate base to help get the batter out of play.</p> <p>Bases: Markers placed in the field that players run around to score a rounder.</p> <p>Batting box: The area the batter stands within ready to hit the ball.</p> <p>Cupped hands, fingers pointing down, and soft hands: The best way to catch a ball with two hands placed together fingers</p>	<p>Athletics</p> <p>Cricket throw: A technique to throw a cricket ball - a side-on, upwards throw whilst driving off the back leg.</p> <p>Endurance: Being able to keep doing something for a long time without stopping.</p> <p>High jump: In athletics, attempting to clearly jump over a bar held above the ground.</p> <p>Long distance: A running race held over a distance which requires endurance and maintaining pace, saving a sprint until the very end of the race.</p> <p>Scissor kick: A technique for high jumping.</p>

<p>Defend: Preventing the opposition scoring a point.</p> <p>Dribble: The act of bouncing the ball continually.</p> <p>Intercept: Blocking the ball from passing between two other players.</p> <p>Mark: Covering, tracking and following a member of the opposite team and try to stop them receiving the ball by intercepting any passes.</p> <p>Opponent: A player on the opposite team.</p> <p>Pass: Sending the ball to another player.</p> <p>Push: Dribbling the ball up the court quickly.</p> <p>Space: The area to move around and perform your skills in.</p> <p>Shoot: Attempt to score points by throwing the ball at the backboard/basket.</p> <p>Strong: Having power and able to withstand force.</p> <p>Target: A mark which is aimed at when throwing accurately.</p> <p>Wide: Apart from something – opposite of narrow.</p>	<p>travels fully over the goal line.</p> <p>Shoot: To try to score points for your team by hitting the ball towards the goal or net.</p>	<p>Smash: When the player strikes the ball downwards with the racket with a hard overarm volley.</p> <p>Underarm: A throw or stroke with a racket with the arm or hand below shoulder level.</p>	<p>Sustaining: Keeping something going for a long period of time.</p> <p>Track & Field: Usually running and hurdling events take place on a track whereas jumping and throwing events take place in the open space of a field area.</p> <p>Vertical jump: A jump in which you jump up and reach to touch a wall as high as you can.</p>	<p>pointing down, curved into the shape of a cup.</p> <p>Deep Fielding: Fielders who stand in the field not on a base. Their role is to catch or gather the ball and throw it to the nearest base player.</p> <p>Half Rounder: A Half Rounder is scored if the batter reaches 4th post without hitting the ball, or if the batter hits the ball and 2nd or 3rd post is reached and touched before next ball is bowled.</p> <p>High-to-high: Batting technique where the bat is held up and swung high to hit the bowled ball.</p> <p>Long barrier: A fielding skill used to stop the ball in the field by blocking it with the knee and body. The body is turned sideways to the ball with one knee on the ground while the ball is scooped up into the hands.</p> <p>No ball: When the ball is bowled too high (above the batter's head) or too low (below the batter's knees)</p> <p>Out at 1st base: If the fielder standing at first base touches the base with the ball before the batter manages to run to first base.</p> <p>Out at base: A batter is called out if the base (post) to which s/he is running is touched with the ball.</p> <p>Overarm: A throw or bowl with the hand or arm passing above the level of the shoulder.</p> <p>Rounder scored: If the batter hits the ball and reaches and touches 4th base before the next ball is bowled.</p> <p>Underarm: The bowler must bowl the ball to the batter using an underarm throw.</p> <p>Wide ball: A ball that is bowled wide of the batting box that is too far from the batter to hit.</p>	<p>Strides: A longer step than usual, often when running or bounding.</p> <p>Sustaining: Keeping something going for a long period of time.</p> <p>Track & Field: Usually running and hurdling events take place on a track whereas jumping and throwing events take place in the open space of a field area.</p> <p>Vertical jump: A jump in which you jump up and reach to touch a wall as high as you can.</p>
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