

Lesson Objective

To reinforce the underarm throwing and catching techniques

Lesson 1/6

Equipment Needed

Cones, tennis balls, rounders ball, sponge balls, bean bags.

Success Criteria

Children can:

- Accurately throw the ball over a short distance using the correct technique
- Consistently catch the ball with two hands
- Judge the flight of the ball and be ready to catch the ball using the appropriate technique

Adapted Learning (Differentiation) (Challenge)

Group by ability, children to stand further or closer apart when throwing.
Change the size and weight of the ball.

Key Questions

When do we use the underarm throw?

Warm Up

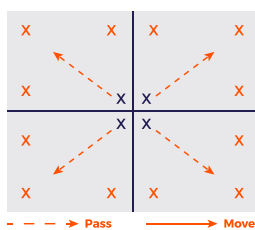
C.A.T.C.H:

Split the class into groups of six. One member of staff team stands in the middle of a circle. Throw the ball softly to a pupil, once caught they throw the ball back. Repeat with the other four children in the group. If the ball is dropped, start again. Each time all players have caught the ball, the circle gets bigger.

Main Activity

Skill Acquisition:

Children are in groups of two with ball. They take it in turns to practice throwing the ball. Encourage children to stand side-ways and throw with arm that is furthest back. Once ball is released follow arm through toward the target. Partners now get a hoop and place it a set distance away, in turns they try to throw the beanbag into the hoop. As each player gets better, encourage them to move further back. This will help them to judge how hard and far to throw the ball. Children vary how they throw the ball to their partner, so that when catching they have to judge the flight of the object.



Incoming:

This game is great fun and perfect for developing children's striking and fielding skills. Split your playing area into quarters, with four 'strikers' in the middle of the room - facing outwards. They then must hit a ball of a hitting stand into their quarter - where their team will be standing. If someone catches it first time (no bounce) 10 points, after one bounce - 5 points, 2 or more 1 point! Each striker gets three shots each, then rotate.

Danish Long Ball:

Children play in teams of six. Fielding team spread out across a large area. Bowler bowls the ball to the 'batter' who catches the ball and throws into the area underarm. Batter must run to opposite side of the area but the ball is returned to the bowler.

Batting Team:

- Ball must land within area
- No runs scored if ball is caught, or ball goes out of bounds

Bowler:

- Ball bowled between knee and shoulder
- Must receive the ball back in 'bowlers box'

Fielders:

- Return the ball to the bowler as quickly as possible

Cooldown

Recap and review Success Criteria.

Key Technical Points

Underarm Throwing:

- Stand with one foot in front of the other
- Keep the swinging arm straight throughout the action toward target
- Release point is at a point midway between the waist and shoulder

Lesson Objective

To reinforce the overarm throwing and catching techniques

Lesson 2/6

Equipment Needed

Cones, markers, rounders balls, tennis balls, sponge balls.

Success Criteria

Children can:

- Accurately throw the ball over a longer distance using the correct technique
- Consistently catch the ball with two hands
- Judge the flight of the ball and be ready to catch the ball using the appropriate technique

Adapted Learning (Differentiation) (Challenge)

Key Questions

Warm Up

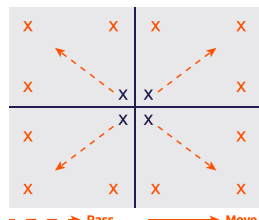
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Cooldown

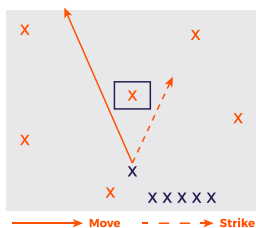
Recap and discuss Success Criteria.

Key Technical Points

Overarm Throw:

- Stand side-ways on
- Opposite leg forward to throwing arm with weight on the back leg
- The arm extends back and bends through to release above the head
- The body twists around with the throw, transferring the weight from the back to the front leg
- Follow through with the arm pointing in the same direction of the path of the ball


Lesson Objective	To develop batting skills	Lesson 3/6
Equipment Needed	Cones, markers, rounders balls, tennis balls, sponge balls.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know to stand sideways on, with the bat back ready to swing at the ball • Know to have their weight on their back foot, ready to transfer forward once ball is bowled • Show control of the ball and direct the ball away from fielders 	
Adapted Learning (Differentiation) (Challenge)	<p>Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.</p>	
Key Questions	How do we hold the bat?	
Warm Up	<p>Pairs:</p> <p>Children will now work in 2's. They must practice their throwing and catching. Starting one metre apart and each time they both catch the ball without dropping it they can take a step backwards. They continue to do this and see how far they can get. If they find this easy then challenge them. If they drop the ball at all any time, then they must start from the beginning.</p>	
Main Activity	<p>Skill Acquisition – Striking:</p> <p>Demonstrate a bowl and discuss no ball. Bowl with an under arm throw, stepping into it with opposite foot. No ball – if ball is too wide, high, low, short, body or wrong side. Pupils practice bowling to a partner. Using same distance between bowlers and batting box. In partners- one bowler bowls to their partner.</p> <p>Their partner catches it and rolls it along the floor (slowly). Their partner has to turn and run after the ball – collecting it using the side pick-up technique. They must then throw it back to their partner.</p> <p>Through the eye of a needle: Ensure the children are 8m apart (roughly rounders distance from bowler or hitter). One child will take the role of the bowler, the other will hold up a target for them to aim at!</p> <p>L/A aim to bowl through a large hoop, progress to a small hoop – for your M/A, try and hit a cone from 8m away!</p> <p>Danish Long Ball:</p> <p>Children play in teams of six. Fielding team spread out across a large area. Bowler bowls the ball to the 'batter' who catches the ball and throws into the area. Batter must run to opposite side of the area but the ball is returned to the bowler.</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Batting Team:</p> <ul style="list-style-type: none"> • Ball must land within area • No runs scored if ball is caught, or ball goes out of bounds </div> <div style="width: 45%;"> <p>Bowler:</p> <ul style="list-style-type: none"> • Ball bowled between knee and shoulder • Must receive the ball back in 'bowlers box' <p>Fielders:</p> <ul style="list-style-type: none"> • Return the ball to the bowler as quickly as possible </div> </div>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p>Technique:</p> <ul style="list-style-type: none"> • Grip ball with index/middle finger and thumb • Two steps in to bowl (opposite arm to leg) • Hand pointing where you want the ball to go • Bent knees 	



Year 5 - Rounders

Lesson Plan

Lesson Objective	To develop a range of fielding techniques		Lesson 4/6								
Equipment Needed	Cones, markers, rounders balls, tennis balls, sponge balls.										
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none">• Use the long barrier technique when the ball is travelling on the ground• Get to ball back to specific areas of the field depending on where the runners are• Judge whether they need to catch the ball overarm or underarm by watching the flight of the ball										
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.										
Key Questions	When do we use each fielding technique? Which throw should we use and where?										
Warm Up	<p>Bounce:</p> <p>This game combines catching skills and introduces elements of team work and tactics. Mark out grids of cones in pairs, joined to each other. Set clear rules for each grid. No-one is allowed to throw the ball over-arm and the ball is not allowed to bounce three times! The children cannot move when they are holding the ball, they must through the ball (under-arm) into the opposing teams grid trying to make the ball bounce three times. The other team has to stop this from happening by catching it!</p>										
Main Activity	<p>Skimming Stones:</p> <p>Organise your class into pairs, facing each other on a set line. Place a hoop in the middle of each pair to give them a target to bounce the ball into – the kids then have to try and catch the ball as it bounces towards them! Ask the children to roll the ball through the gate to each other staying in that same place. Demonstrate to the children the correct teaching points for throwing & catching (see overleaf). Organise your class into pairs, facing each other on a set line. Ask the children to roll the ball to each other staying in that same place.</p> <p>Long Barrier Fielding:</p> <p>Demonstrate to the children the techniques of the long barrier. In pairs the children are to experiment with the technique. PROGRESSION – Set a time limit, how many times can you roll the ball to each other in 1 minute?! Go!</p> <p>Danish Long Ball:</p> <p>Children play in teams of six. Fielding team spread out across a large area. Bowler bowls the ball to the 'batter' who catches the ball and throws into the area. Batter must run to opposite side of the area but the ball is returned to the bowler.</p> <table><tr><td>Batting Team:</td><td>Bowler:</td></tr><tr><td><ul style="list-style-type: none">• Ball must land within area• No runs scored if ball is caught, or ball goes out of bounds</td><td><ul style="list-style-type: none">• Ball bowled between knee and shoulder• Must receive the ball back in 'bowlers box'</td></tr><tr><td></td><td>Fielders:</td></tr><tr><td></td><td><ul style="list-style-type: none">• Return the ball to the bowler as quickly as possible</td></tr></table>			Batting Team:	Bowler:	<ul style="list-style-type: none">• Ball must land within area• No runs scored if ball is caught, or ball goes out of bounds	<ul style="list-style-type: none">• Ball bowled between knee and shoulder• Must receive the ball back in 'bowlers box'		Fielders:		<ul style="list-style-type: none">• Return the ball to the bowler as quickly as possible
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Cooldown	Recap and discuss Success Criteria.										
Key Technical Points	When stopping/catching it is Important that the children place their hands close together. Fingers apart and outstretched, soft hands.	Long Barrier:	Track ball as it moves towards you, Lower left leg parallel and close to floor, Right foot touching left knee so there is no gap, Hands out in front to stop ball								

Lesson Objective	To develop batting skills	Lesson 5/6
Equipment Needed	Cones, markers, rounders balls, tennis balls, sponge balls.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Know to stand sideways on, with the bat back ready to swing at the ball • Know to have their weight on their back foot, ready to transfer forward once ball is bowled • Show control of the ball and direct the ball away from fielders 	
Adapted Learning (Differentiation) (Challenge)	<p>Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.</p>	
Key Questions	How do we hold the bat?	
Warm Up	<p>Pairs:</p> <p>Children will now work in 2's. They must practice their throwing and catching. Starting one metre apart and each time they both catch the ball without dropping it they can take a step backwards. They continue to do this and see how far they can get. If they find this easy then challenge them. If they drop the ball at all any time, then they must start from the beginning.</p>	
Main Activity	<p>Skill Acquisition – Shooting:</p> <p>Demonstrate to the children effective striking technique (see overleaf). In pairs one acts as a server and one hits the ball. Give pupils a bat/racquet that suits their ability. Each batsmen faces four balls then swaps roles. Children stand side-on and swing bat/ in a motion that is parallel to the floor.</p> <p>Fetch – 'Hitting':</p> <p>Organise your class into 3's – a hitter and two fielders. If you have hitting stands start by allowing the hitter hits five shots, without pause, then the children collect the balls and switch roles.</p> <p>Beat The Ball:</p> <p>In teams of six, children get to pick a bat when it is their turn to strike. Set up three zones. There must be a fielder in each of these. Batters must run through these zones and return to base before the fielding team can throw the ball through each of these three zones.</p>	
		
Cooldown	Review lesson and Success Criteria.	
Key Technical Point	<ul style="list-style-type: none"> • Stand side-on • Swing bat/racquet in a motion that is parallel to the floor • Keep eyes on the ball 	

Lesson Objective	To play small games and adhere to the rules of the game	Lesson 6/6
Equipment Needed	Cones, markers, rounders balls, tennis balls, sponge balls.	
Success Criteria	Children can: <ul style="list-style-type: none">• Understand the rules of the game and can play small games• Judge how far they can run to score points• Know how to get players 'out' when fielding. By throwing to bases and touching the posts	
Adapted Learning (Differentiation) (Challenge)	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
Key Questions	How can we work as a team to field the ball? What happens if the ball is hit backward?	
Warm Up	Catching Recap: Children are in groups of six. They are placed in a hexagon shape made up of cones. They must pass the ball round the group and see how many underarm passes they can make without dropping the ball. Coach to shout out the highest scores to beat.	
Main Activity	Rules: The basic rules will be explained to the class. The children will use a rounders bat or a tennis racket and they must try and hit the ball when it is bowled at them. They must run to first base etc. The fielders need to work as a team to get the ball back to the bowler or to stump a base. Ask the children about good fielding positions – why have they said that etc.? Children are split into teams of eight (have two games running at once, to keep children engaged). One batting team and one fielding team. Each batter has three bats each before they swap over. Even if a child is out they can still have all three bats. Introduce a few more rules to the game of rounders. The basic rules are: Teams can be a minimum of six players. One team bats while the other team fields and bowls. The bowler bowls the ball to the batter, who hits the ball anywhere on the rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<ul style="list-style-type: none">• The bowler bowls the ball to the batter who hits the ball forward on the rounders pitch• If the ball is hit backwards behind the batters box, the batter must stop at first base until the ball is returned into play• The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for• If the ball reached the 'backstop' direct from the bowler, they throw the ball to 2nd base to stop the batting team scoring	