

Year 4 - Development of Striking & Fielding **PLAYING**

Rounders & Cricket - Lesson Plan **EDSTART**

Lesson Objective To develop the overarm throwing and catching technique in rounders **Lesson 1/6**

Equipment Needed Cones, tennis balls, rounders balls, sponge balls, bean bags.

Success Criteria Children can:

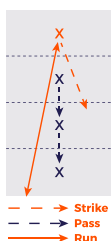
- Accurately throw the ball over a variety of distances using overarm technique
- Judge the flight of the ball and be ready to catch the ball using the appropriate technique

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 Port & Starboard:
One side of the rectangular area is PORT, STARBOARD, STERN and BOW. When coach shouts PORT all the children run to the side which is PORT etc. Add the following actions: Captains coming – children stand still and salute. Climb the rigging – children mime climbing the rigging. Scrub the decks – pretend to scrub the floor. Lifeboats – children sit and pretend to row a lifeboat. Submarines – children lie on their back with one hand in the air.

Main Activity Target Practice:
Children are put into teams of four. Hoops, buckets and other targets are set out in front of each team. Depending on the equipment, each target is worth a different number of points. In their team they are competing against each other. Children must use the overarm throw into the targets using beanbags seeing how many points they can score.



Pairs Catching:
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. PROGRESSION: If they drop the ball at all any time, then they must start from the beginning.

Beat The Ball:
In teams of six, The player who is up first, must catch the ball from the bowler, and throw into the area. The player must run to the top of the area and back, before the fielding team can throw the ball through each of these three zones. If the 'batter' gets back before the ball they score. Ball must land in the area from the initial throw.

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

Year 4 - Development of Striking & Fielding **PLAYING**

Rounders & Cricket - Lesson Plan **EDSTART**

Lesson Objective To develop a range of fielding techniques in rounders **Lesson 2/6**

Equipment Needed Cones, tennis balls, rounders balls, sponge balls, bean bags.

Success Criteria Children can:

- Watch the flight/movement of the ball and get into line with its path
- Receive the ball and return it back to a partner using the correct throwing technique needed
- Use the long barrier technique when the ball is travelling on the ground

Adapted Learning (Differentiation) (Challenge) Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.

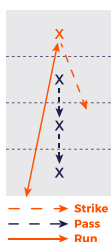
Key Questions Which throw should we use and where?

Warm Up 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 **Bounce:** 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 throw 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!

Skimming Stones:

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 and 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.



Beat The Ball:

In teams of six, The player who is up first, must catch the ball from the bowler, and throw into the area. The player must run to the top of the area and back, before the fielding team can throw the ball through each of these three zones. If the 'batter' gets back before the ball they score. Ball must land in the area from the initial throw.

Cooldown Recap and discuss Success Criteria.

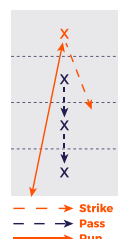
Key Technical Point

- When stopping/catching it is Important that the children place their hands close together
- Fingers apart and outstretched, soft hands

Year 4 - Development of Striking & Fielding **PLAYING**

Rounders & Cricket - Lesson Plan **EDSTART**

Lesson Objective	To develop the underarm bowling technique in rounders	Lesson 3/6
Equipment Needed	Cones, tennis balls, rounders balls, sponge balls, bean bags.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Bowl the ball to a partner using the correct technique • Understand where they need to release the ball when bowling towards the batter • Understand that they need to bowl the ball between the knee and shoulders of the batter 	
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 do we bowl?	
Warm Up	<p>Bounce:</p> <p>This game combines catching skills and introduces elements of teamwork 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 throw 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>Skills Acquisition:</p> <p>Demonstrate a bowl and discuss no ball. Bowl with an underarm throw, stepping into it with opposite foot. No ball – if ball is too wide, high, low, short, body or wrong side.</p> <p>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>Beat The Ball:</p> <p>In teams of six, The player who is up first, must catch the ball from the bowler, and throw into the area. The player must run to the top of the area and back, before the fielding team can throw the ball through each of these three zones. If the 'batter' gets back before the ball they score. Ball must land in the area from the initial throw.</p>	
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 	



Year 4 - Development of Striking & Fielding **PLAYING**

Rounders & Cricket - Lesson Plan **EDSTART**

Lesson Objective	To develop fielding the ball in a variety of different ways in cricket	Lesson 4/6
Equipment Needed	Markers, cones, cricket stumps, cricket balls.	
Success Criteria	Children can: <ul style="list-style-type: none"> Understand the 'long barrier' technique when fielding a low driven ball Field with growing accuracy and know where they need to throw the ball back to at the wicket 	
Adapted Learning (Differentiation) (Challenge)	Children to complete the skill from further away and at a faster speed.	
Key Questions	What is the short barrier? When do we use this technique?	
Warm Up	Pupils start jogging around the playing area avoiding each other and listening, when the teacher calls out "CATCH!" All of the children stand still and hold their hands in their 'catch' position (see overleaf). If the teacher calls out "How is he?" Then children should throw their hands in the air and shout "HOWZAT?!" STRETCH. Repeat.	
Main Activity	<p>Skills Acquisition (Long Barrier):</p> <p>Demonstrate to the children the techniques of the short barrier In pairs the children are to experiment with this technique. PROGRESSION – Set a time limit, how many times can you roll the ball to each other in one minute?</p> <p>Throwing At The Stumps:</p> <p>Organise the class into groups of 4/5 lining up single file behind a cone facing the stumps. Pupils take it turns throwing the ball hard at the stumps. Mark out zones each side of the stumps so all learners can access some form of success.</p> <p>Protect The Stumps:</p> <p>For this activity split the class into 4/5 groups. Mark out a circle of cones (as many as there are children in that group). Place a set of stumps in the middle of that circle. One child opposite the stumps takes the role of the bowler, they bowl under-arm aiming to make the ball bounce once and hit the stumps. Once child takes the role of the batter and aims to stop the ball hitting the stumps. Rotate positions every six balls!</p> <p>Offside/Legside – Pick Your Spot:</p> <p>Organise pupils into 4's. Three teams play on each field (Batters, Bowlers, Fielders). Bowler bowls from same end every time. After the batter hits the ball, all four batters rotate clockwise to the next wicket. Fielders can get any batter out by stumping the closest wicket. After six balls swap bowler, after each player on one team has bowled swap roles (Batters, Bowlers, Fielders).</p>	
Cooldown	Review lesson and Success Criteria.	
Key Technical Points	<ul style="list-style-type: none"> 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 	

Year 4 - Development of Striking & Fielding **PLAYING**

Rounders & Cricket - Lesson Plan **EDSTART**

Lesson Objective To develop bowling the ball overarm towards a batsman in Cricket **Lesson 5/6**

Equipment Needed Markers, cones, cricket stumps, cricket balls.

Success Criteria Children can:

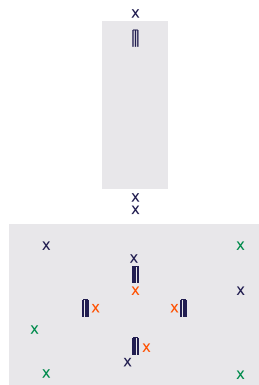
- Have a two fingered grip on the ball when bowling
- Have a straight arm when bowling and stay away from a throwing action
- Release the ball as high as possible and use front arm as a guide towards the target

Adapted Learning (Differentiation) (Challenge) Group similar ability together when playing games.

Key Questions How do we bowl?

Warm Up **Bounce (Catching Practice):**
This game combines catching skills and introduces elements of teamwork 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 overarm and the ball is not allowed to bounce three times! The children cannot move when they are holding the ball, they must throw the ball (underarm) 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.

Main Activity



Bowling at the Stumps:

Begin with showing pupils how to grip the ball. Hand each pupil a ball and allow them to hold the ball in the correct way. Walk around group and check all pupils are holding the ball correctly. Pupils return to groups facing wickets. Maintain the same set up as previous but using cricket bowl technique. Bowling arm cannot bend at any point during action. Progress to competition between groups. Using points system for targets, each time has four minutes to collect as many points as possible.

Rotation Cricket:

Organise pupils into 4's. Three teams play on each field (Batters, Bowlers, Fielders). Bowler bowls from same end every time. After the batter hits the ball, all four batters rotate clockwise to the next wicket. Fielders can get any batter out by stumping the closest wicket. After six balls swap bowler, after each player on one team has bowled swap roles (Batters, Bowlers, Fielders).

Cooldown Review lesson and Success Criteria.

Key Technical Points

- Fingers each side of the seam, thumb supports the ball
- When releasing the ball fingers should point to the wickets
- Arm stays straight as the ball is bowled

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Rounders & Cricket - Lesson Plan **EDSTART**

Lesson Objective	To develop playing the correct batting shots from a variety of different feeds in cricket	Lesson 6/6
Equipment Needed	Markers, cones, cricket stumps, cricket balls.	
Success Criteria	<p>Children can:</p> <ul style="list-style-type: none"> • Understand the correct stance when batting • Have their bat upwards, ready to play their shot when the ball is bowled • Hit the ball on both sides of their body 	
Adapted Learning (Differentiation) (Challenge)	Group similar ability together when playing games.	
Key Questions	Where does the shot need to be played?	
Warm Up	<p>Bounce (Catching Practice):</p> <p>This game combines catching skills and introduces elements of teamwork 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 overarm and the ball is not allowed to bounce three times! The children cannot move when they are holding the ball, they must throw the ball (underarm) 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>Batting Lanes Competition:</p> <p>Same as above but make competitive. Points system:</p> <ul style="list-style-type: none"> • Points scored for runs made • 1 point for the bowler if the batsman misses it • 3 points for bowling the batsman out • 1 point for the WK if batsman misses it & he they catch it • -1 for bowler if they bowl a wide or no ball <p>Ten bowls each and then swap round.</p> <p>Pick Your Spot:</p> <p>Split the class into as many groups as you have stumps. Split the pitch into four areas. The children aren't attempting to simply protect the wickets, they are trying to learn to place their shots. The bowler is to call out 1,2,3 OR 4' and the batter has to try and hit the ball in that direction.</p> <p>Paired Cricket:</p> <p>Organise pupils into pairs. Split the class into eight teams. You will have four separate competitions to keep the children engaged when fielding. Batting (as pairs), Fielding (in teams). Each pair faces two overs (12 bowls) each. In the event of a wicket, a pair loses one run off their score. The competition continues until all pairs have batted. Split the field into quarters, the groups rotate when batters do. If someone takes a catch first time their team gets 50 points! Every time a ball comes into their quarter a team must throw it to everyone in their team before throwing it back to the bowler/wicket keeper. If they manage to do this without a drop, they get 10 points.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	Children can adjust their feet as the ball travels, and plant their forward foot towards the ball and direct into an area of the pitch where there are no fielders.	