

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

### Lesson Objective

To introduce the underarm bowling technique in rounders

Lesson 1/6

### Equipment Needed

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

### Success Criteria

Children can:

- 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)

Alter the distance of the bowl.

### Key Questions

How do we bowl?

### Warm Up

Pairs:

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.

### Main Activity



#### Skill Acquisition:

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. 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. Through the eye of a needle: Ensure the children are 8m apart (roughly rounders distance from bowler or hitter).

#### Beat The Ball:

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 the zones.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Points

Bowling:

- Grip ball with index/middle finger and thumb
- Two steps into bowl (opposite arm to leg)
- Hand pointing where you want the ball to go

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce the correct batting technique and be able to make contact with the ball travelling towards them in rounders

Lesson 2/6

### Equipment Needed

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

### Success Criteria

Children can:

- Know to stand sideways on, with the bat backwards ready to swing at the ball
- Move the bat towards the ball being bowled towards them, and make contact with it

### Adapted Learning (Differentiation) (Challenge)

Use a lighter. Larger bat to increase success of making contact.

### Key Questions

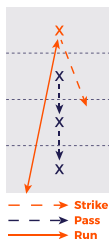
What is the correct batting technique?

### Warm Up

Pairs:

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.

### Main Activity



#### Skill Acquisition – Shooting:

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 batsman faces four balls then swaps roles. Children stand side-on and swing bat/ in a motion that is parallel to the floor.

#### Fetch – 'Hitting':

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.

#### Beat The Ball:

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 the zones.

### Cooldown

Recap and discuss Success Criteria.

### Key Technical Point

- Stand side-on
- Swing bat/racquet in a motion that is parallel to the floor
- Keep eyes on the ball

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce small modified games of rounders and adhere to the simple rules of the game

Lesson 3/6

### Equipment Needed

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

### Success Criteria

Children can:

- Understand the rules of the game and can play small games
- Know how they need to score and can run to the bases safely

### Adapted Learning (Differentiation) (Challenge)

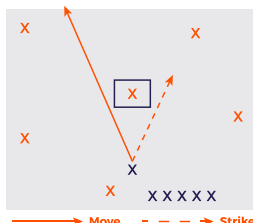
### Key Questions

### Warm Up

#### Fetch - 'Hitting':

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.

### Main Activity



#### 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. 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 'bowler's box'

#### Fielders:

- Return the ball to the bowler as quickly as possible

#### Rounders Matches (Rules):

Children are introduced to a rounders pitch. 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.

Introduce the positions: Backstop, Bowler, 1st Base, 2nd Base, 3rd Base and 4th Base Fielders

Ask the children about good fielding positions - why have they said that etc.?

Children are split into teams of six (repeat so you have enough games. 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

- The bowler bowls the ball to the batter who hits the ball forward 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

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

**COMPETING**  
**EDSTART**

### Lesson Objective

To introduce playing the correct batting shots from a variety of different feeds in cricket

Lesson 4/6

### Equipment Needed

Markers, cones, cricket stumps, cricket balls.

### Success Criteria

Children can:

- 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 by ability.

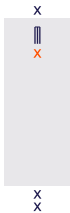
### Key Questions

How do we stand when batting?

### Warm Up

Partners to stand opposite each other on a cone. Partner 1 rolls the ball to partner 2 who picks it up and underarm throws it back to partner 1. Repeat five times then switch over. Change the technique from a roll to a low catch then high catch.

### Main Activity



#### Batting Lanes:

Children are to work in groups of four. One batsman, one bowler, one WK, one fielder. Ten hits each and then rotate.

#### Hit & Run:

Make the above drill competitive. This time when you hit it you must run to the cone and back to score a run. Six tries and then rotate.



#### Non-Stop Cricket:

2 batters, 1 bowler, 1 wicket keeper, and 4 fielders. Batsman once hit it must run. As soon as the ball gets back to the bowler they can bowl. Once out swap over. Have as many games going on as possible to give players more batting/bowling time.

### Cooldown

Review lesson and Success Criteria.

### Key Technical Points

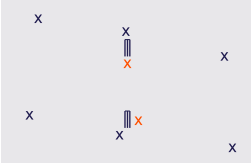
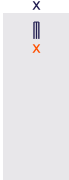
#### Batting:

Stand side on, knees bent slightly. Non preferred hand at the top of the bat, holding tight, preferred hand at the bottom of the grip, holding the bar loosely.

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

**COMPETING**  
**EDSTART**

<b>Lesson Objective</b>	To introduce the rules of cricket and follow them in small games	<b>Lesson 5/6</b>
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.	
<b>Success Criteria</b>	Children can: <ul style="list-style-type: none"><li>• Understand the basic rules of the game</li><li>• Bowl and field in order to get the batter 'out'</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group similar ability together when playing games.	
<b>Key Questions</b>	What are the rules of Kwik Cricket?	
<b>Warm Up</b>	<b>Bounce (Catching Practice):</b> <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>	
<b>Main Activity</b>	<div></div> <p><b>Hit &amp; Run:</b> Children are to work in groups of four. 1 batsman, 1 bowler, 1 WK, 1 fielder. Ten hits each and then rotate. When you hit it you must run to the cone &amp; back to score a run. Six tries and then rotate.</p> <p><b>Non-Stop Cricket:</b> 2 batters, 1 bowler, 1 wicket keeper, and 4 fielders. Batsman once hit it must run. As soon as the ball gets back to the bowler they can bowl. Once out swap over. Have as many games going on as possible to give players more batting/bowling time.</p>	
<b>Cooldown</b>	Review lesson and Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"><li>• Batters bat in pairs for two overs (Twelve balls)</li><li>• Bowler bowls six balls, over or under arm.</li><li>• One run is scored every time the batsman run</li><li>• After twelve balls the players swap round</li></ul>	

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

**COMPETING**  
**EDSTART**

<b>Lesson Objective</b>	To play small/modified games of rotational cricket	<b>Lesson 6/6</b>
<b>Equipment Needed</b>	Markers, cones, cricket stumps, cricket balls.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Play the games using the techniques shown throughout the term</li><li>• Understand the scoring system, and how players can be played 'out'</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group teams by ability.	
<b>Key Questions</b>	What are the rules of rotational cricket?	
<b>Warm Up</b>	<b>Bounce (Catching Practice):</b> <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>	
<b>Main Activity</b>	<div><p><b>Bowling at the Stumps:</b></p><p>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.</p></div> <div><p><b>Non-Stop Cricket:</b></p><p>Two batters, one bowler, one wicket keeper, and four fielders. Batsman once hit it must run. As soon as the ball gets back to the bowler they can bowl. Once out swap over. Have as many games going on as possible in order to give players more batting/bowling time.</p></div>	
<b>Cooldown</b>	Review lesson and Success Criteria.	
<b>Key Technical Points</b>	<p>Four wickets 16m apart, four batters, one bowler, three wicket keepers, and four fielders. Repeat for rest of the class.</p> <p>Rules:</p> <ul style="list-style-type: none"><li>• Batters bat in 4's for four overs (24 Balls)</li><li>• Bowler bowls six balls, over or under arm</li><li>• Two runs are scored every time the batsman run</li><li>• Repeat until every player has taken up every role</li></ul>	