

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

### Lesson Objective

To introduce and reinforce the underarm 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 underarm 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

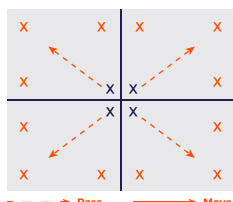
Pairs:

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:

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 must judge the flight of the object.



Incoming:

Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room - facing outwards. They then must underarm throw a ball 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 throws each, then rotate.

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 'thrower' gets back before the ball they score. Ball must land in the area from the initial throw.

### Cooldown

Recap and discuss Success Criteria.

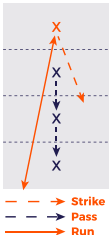
### Key Technical Points

Overarm Throw:

- Stand 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

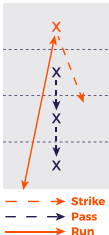
# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

<b>Lesson Objective</b>	To introduce and reinforce the overarm throwing and catching technique in rounders	<b>Lesson 2/6</b>
<b>Equipment Needed</b>	Cones, tennis balls, rounders balls, sponge balls, bean bags.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Accurately throw the ball over a variety of distances using overarm technique</li><li>• Judge the flight of the ball and be ready to catch the ball using the appropriate technique</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
<b>Key Questions</b>	How do we throw overarm?	
<b>Warm Up</b>	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.	
<b>Main Activity</b>	<p><b>Target Practice:</b></p> <p>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.</p> <p><b>Pairs Catching:</b></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. <b>PROGRESSION:</b> If they drop the ball at all any time, then they must start from the beginning.</p> <p><b>Beat The Ball:</b></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>	
	<b>Cooldown</b>	
	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<b>Overarm Throw:</b> <ul style="list-style-type: none"><li>• Stand side-ways on</li><li>• Opposite leg forward to throwing arm with weight on the back leg</li><li>• The arm extends back and bends through to release above the head</li></ul>	

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

<b>Lesson Objective</b>	To introduce and develop a range of fielding techniques in rounders	<b>Lesson 3/6</b>
<b>Equipment Needed</b>	Cones, tennis balls, rounders balls, sponge balls, bean bags.	
<b>Success Criteria</b>	<b>Children can:</b> <ul style="list-style-type: none"><li>• Watch the flight/movement of the ball and get into line with its path</li><li>• Receive the ball and return it back to a partner using the correct throwing technique needed</li><li>• Use the long barrier technique when the ball is travelling on the ground</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Group by ability, children to stand further or closer apart when throwing. Change the size and weight of the ball.	
<b>Key Questions</b>	How do we field in rounders?	
<b>Warm Up</b>	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.	
<b>Main Activity</b>	<p><b>Bounce:</b></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> <p><b>Skimming Stones:</b></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 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.</p> <p><b>Beat The Ball:</b></p> <p>In teams of six, The player who is up first, must catch the ball from the bowler, and throw/roll/ bounce the ball 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>	
		
<b>Cooldown</b>	Recap and discuss Success Criteria.	
<b>Key Technical Points</b>	<ul style="list-style-type: none"><li>• When stopping/catching it is Important that the children place their hands close together</li><li>• Fingers apart and outstretched, soft hands</li></ul>	

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

**Lesson Objective** To introduce throwing a cricket ball both underarm and overarm to a partner **Lesson 4/6**

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

**Success Criteria** Children can:

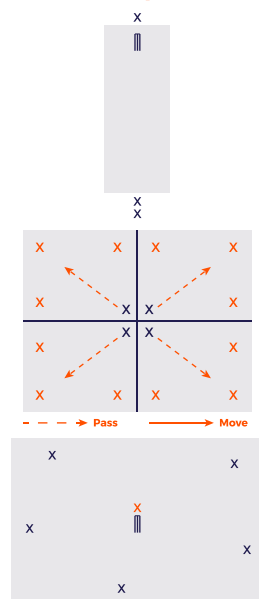
- Accurately throw both over and underarm to a partner
- Judge the flight of the ball and use the correct technique to catch

**Adapted Learning (Differentiation) (Challenge)** Children to complete the skill from further away and at a faster speed.

**Key Questions** How do we throw overarm?  
How do we throw underarm?

**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



#### Throwing At The Stumps:

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.

#### Incoming:

Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room – facing outwards. They then must underarm or overarm throw their ball 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 throws each, then rotate.

#### Protect The Stumps:

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!

**Cooldown** Review lesson and 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

#### 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 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

<b>Lesson Objective</b>	To introduce fielding the ball in a variety of different ways in cricket	<b>Lesson 5/6</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>• Understand the 'long barrier' technique when fielding a low driven ball</li><li>• Field with growing accuracy and know where they need to throw the ball back to at the wicket</li></ul>	
<b>Adapted Learning (Differentiation) (Challenge)</b>	Children to complete the skill from further away and at a faster speed.	
<b>Key Questions</b>	What is the long barrier?	
<b>Warm Up</b>	<b>Bounce:</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>	<b>Skill Acquisition (Short/Long Barrier):</b> <p>Demonstrate to the children the techniques of the short and long 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><b>Incoming:</b><p>Split the playing area into quarters (two areas needed for a full class), with four 'strikers' in the middle of the room – facing outwards. They then hit a ball (balanced on a cone) into their quarter – where their team will be standing. Fielders must stop the ball leaving the area by using the fielding techniques shown.</p></p>	
	<b>Rotation Cricket:</b> <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>	
<b>Cooldown</b>	Review lesson and Success Criteria.	
<b>Key Technical Points</b>	<b>Long Barrier:</b> <ul style="list-style-type: none"><li>• Lower left leg parallel and close to floor</li><li>• Right foot touching left knee so there is no gap</li><li>• Hands out in front to stop ball</li></ul>	

# Year 3 - Intro to Striking & Fielding

## Rounders & Cricket - Lesson Plan

Lesson Objective	To introduce bowling the ball overarm towards a batsman 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"><li>• Have a two fingered grip on the ball when bowling</li><li>• Have a straight arm when bowling and stay away from a throwing action</li><li>• Release the ball as high as possible and use front arm as a guide towards the target</li></ul>	
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><b>Bounce (Catching Practice):</b></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><b>Skill Acquisition (Bowling):</b></p> <p>Demonstrate to the children the techniques of the bowling. 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><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> <p><b>Batting Lanes Competition:</b></p> <p>Same as above but make competitive. Points system:</p> <ul style="list-style-type: none"><li>• Points scored for runs made</li><li>• 1 point for the bowler if the batsman misses it</li><li>• 3 points for bowling the batsman out</li><li>• 3 points if the bowler bowls and the WK catches</li><li>• -1 for bowler if they bowl a wide or no ball</li></ul> <p>Ten bowls each and then swap round.</p>	
Cooldown	Recap and discuss Success Criteria.	
Key Technical Points	<p><b>Technique:</b></p> <ul style="list-style-type: none"><li>• Grip ball with index/middle finger and thumb</li><li>• Two steps in to bowl (opposite arm to leg)</li><li>• Hand pointing where you want the ball to go</li></ul>	

